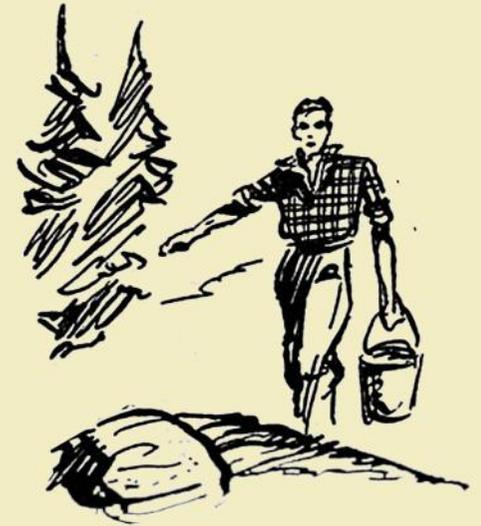


fforest creative camps

‘The most inspiring and abundant event I have ever attended. truly excellent’.



How do you start a fire in your organization?

The sort of fire that everyone can help to build, the sort of fire that everyone wants to sit around, wants to talk around, wants to dream around. A fire that grows.

Building a fire at fforest is often about the stuff that's in between the 'work'; the communication and exchange of ideas that goes on over lunch, dinner, over a beer in our Bwthyn at the end of the day; Joining our adventure or workshop activities, taking a jog along the river gorge, a walk through the woods.

The spirit of the outdoors, The quality of our food, the beauty of our landscape are things that make the fforest experience distinct, memorable, rewarding.
An experience and a place that encourages engagement, collaboration and creativity.

If you've come to the realization that you can never light a fire in a hotel or convention centre, come light a fire and warm yourself at fforest

James, fforestchief





"Just wanted to pass on our thanks to everyone at fforest for such a great time last week! The place is amazing"





'It was a great event for new members of our management to get a real feel for our culture and aims.'



What fforest offers

Everything you need for your event with full site exclusivity. Full group presentations can be held either in our Giant Tipi, or the long barn with staging set-up to your requirements.

There are a number of other venues, inside and out that can provide for informal workshops, meetings, presentations. Across the days your attendees will be provided with organic breakfast in the lodge, morning and afternoon teas and coffee, Lunches and 2 course evening meals in the barn (all fresh local produce prepared by our own cook) and on the evening before you leave our Hog Roast special or a pizza making workshop at our pizza barn.

The 'Bwthyn', our unique pub (200 year old crofters cottage) will be open each evening for welsh beers, roaring fire and stories. Accommodation ranges from the Croglofts: high quality, slate floors, underfloor heating, pressure showers (bit like a boutique hotel suite with an outdoor kitchen) Domes: custom built king size beds, furnishings welsh wool blankets to our own designs, polished wood floors, wood burning stoves, fantastic views. For the foot soldiers: the threepis: Swedish style tipis with wood burning stoves. Campshacks that accommodate 8 people in 2 canvas pods with central kitchen and dining cabin with woodburning range and stove. In addition to our standard accommodation, we have a temporary tented village that can accommodate up to 80 further guests in comfort.

We run a full range of outdoor activities from guided running and gorge walks, to canoeing, sea kayaking and coasteering. For the less adventure inclined we also offer yoga, baking, basic bushcraft and other courses depending on the season.

About fforest

Our 200 acre site sits between the Afon (River) Teifi and the teifi marshes nature reserve, 4 miles from cardigan bay and overlooked by the Preseli mountains. This rich blend of landscapes provides a venue unlike any other; our woodland corridors, canvas rooms and miles of open space are in direct contrast with the grey, anonymous world of conventional hotel conferencing.

fforest has been created as a place to enjoy the simplicity, pleasures and beauty of outdoor living in an outstanding natural environment. Our accommodation has been designed with the outdoors in mind, blending contemporary standards of comfort with traditional practicality. All canvas accommodation is sited on timber decks, with covered cooking and dining areas, insulated and covered interior floors and most have wood burning stoves. It's still camping, but only the best bits.

For those who require a little more luxury, or for high profile guests we recommend our crog lofts. 4 cottages which give the best aspects of outdoor living in a beautifully renovated stable, complete with large covered outdoor living space, wet room and timber lined bedrooms.

Getting immersed in these natural landscapes is what we're all about, and we've been providing canoeing and kayaking adventures in the teifi since the very beginning. Over the years we have extended our range of activities to provide a real choice in one of the area's largest activity programmes.

Our mantra of 'active relaxation' - that sense of well being after an active day's play - goes beyond the activity itself and the uncomfortable reality of a lot of outdoor experiences. We aim to provide a high standard of comfort across everything we do.



'It was a great 3 full days which were relaxing as well as stimulating.'



fforest event spaces 1

The Giant Tipis

The giant hat tipi is our largest and most flexible venue, a huge all-weather wood pole and canvas tipi made in Sweden.

A meeting, performance or workshop here is a memorable experience in itself. A single tipi will provide seating up to 100 as a theatre. We can combine 2 to provide seating for up to 150.

The flexible nature of the structure provides potential for multiple seating, lighting and sound arrangements. In fair weather all sides of the tipi can be raised to provide 360° views across woodland, rolling hills and water meadow.

The Garden pavillion

Next to the tipi is the garden pavillion which we kept stocked with tea, coffee homemade cakes and is also the home of our wood fired pizza oven.

This is an open fronted space that can be used for workshops of up to 30 people or more in the open air using the gravel yard outside.





fforest event spaces 2

The long barn

The long barn is a split level space of around 90m² and can be used as dining hall and workshop space

As a dining space the barn can accommodate 100 inside with serving kitchen, and a further 30 outside on the courtyard deck under the canopies. This is the space usually used for breakfast lunch and dinner, but can also be used for workshops, presentations and performance



event spaces 2

The lodge

All conference venues at fforest are based around fforest lodge, our oak clad hub of the camp. The lodge was designed as a complete and private venue for smaller gatherings for up to 30 people including open plan presentation and informal lounge area complete with wireless internet and wood burning stove, which leads out to a large outside decked area with covered dining. For larger events, fforest lodge can become the organisational centre of your event, as a smaller venue for seminars or as a lounge for high profile or executive guests.

The bwthyn

The bwthyn is the spiritual heart of fforest:

A 200 year old former crofters cottage built from the stone of the quarry only 100m away. When work was commenced on the lodge the bwthyn had all but disappeared back into the ground. The decision was made to invest in an authentic restoration of the building in memory of the way of life and the families that had lived there. Commencing work without knowing what the buildings use would be, builders wisdom decreed that it should be the fforest pub.

Today it is the repository of memory, beer, fire and the fforest ghost story.





event spaces 3

Breakout & informal spaces

firepit

The firepit can accommodate 40 seated. singing, talking, laughing, bushcraft, campfire baking, whittling, ember gazing all take place here

Pizza barn

Our pizza barn is up by the vegetable garden. Tumbledown stone barn with wood fired oven is where we run our pizza making courses and is a nice place to chat, draw and think.

outdoor rooms

We have nooks, crannies and clearings all around where tables and chairs can be set up and impromptu meetings and workshops held.



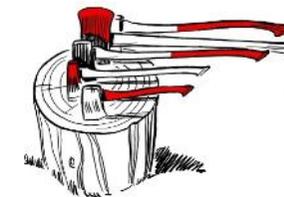
event spaces 3

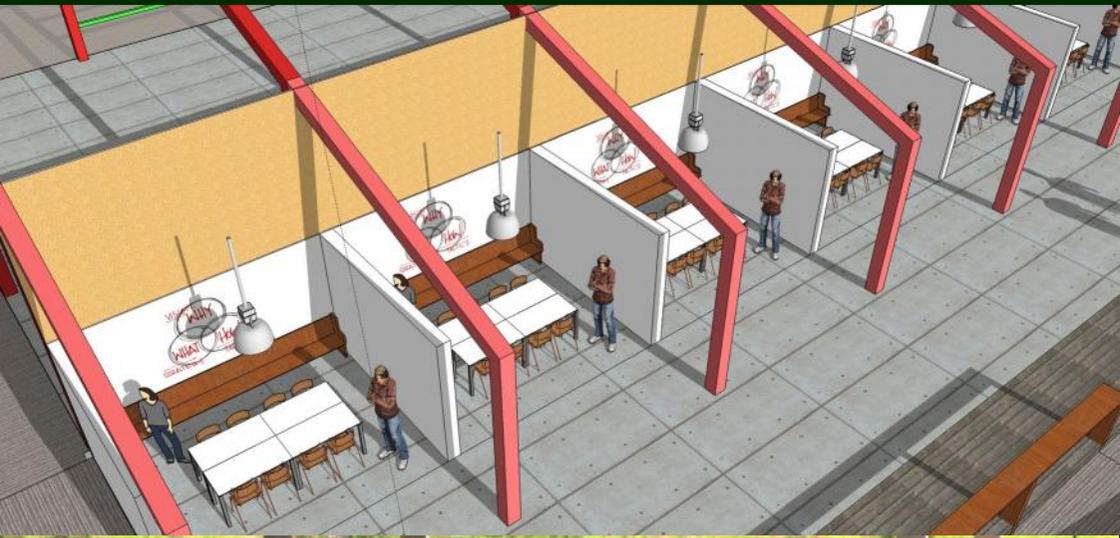
Woodland workshop (Coppicewood)

Adjoining fforest and near the lodge, coppicewood college is acharity that teaches traditional woodland management and green woodworking skills such as charcoal making (where we get ours from) hedge laying and pole lathing. They have a beautiful atmospheric workshop we can use depending on time of year. Capacity 20-30

Barrel sauna

Ever tried a meeting in a sauna? Difficult to find somewhere to keep your pencil and you wont remember much after the cold shower, but the smell of the cedar, the deep heat of the steam and the woodland setting will refresh your mind and nourish the spirit.





event spaces 4

The project barn & vegetable garden

The project barn is a 28m x 6m space divided into 6 workshop bays, each providing space for around 12 people. The partitions are demountable, so can be reconfigured as a single event space in which 150 could be seated at tables, or other configurations depending on requirements.

The barn has power floated concrete floor and translucent walls to the front, which can be slid open to the vegetable garden.

The vegetable garden is a collection of raised beds with a central table with covered pergola and seating at tables for up to 50.



'It was clear there had been a lot of time and effort put into organising this meeting which made it very worthwhile.'



Case study 1 the do lectures 2008-2013

...a bonfire with soul

the most inspiring and abundant event I have ever attended... truly excellent... a genius of place... great job, great lectures, a very special thing going on there in West Wales... the location, the hosting, the food, attendees, the speakers blended together to form a magical mix... I loved the Do Lectures, I really mean I fell in love with them... you gave me the greatest experience and I will remember it forever... the most inspiring conference event thing (which it clearly isn't) that I've taken part in... a double shot of fresh air for my brain... like putting a hell of a lot of interesting, clever, funny, sparky people in a blender, in a field... a cross between The Burning Man, Ted Lectures and Where The Wild Things Are... a place of storytelling, a place of inspiration... I jumped in a river with some of the smartest, kindest, friendliest people on the planet... The meals taught us that food is not a thing but a relationship... I laughed. I laughed a lot... fuel for the soul... revolutions can start in that pub... a melting pot of people and ideas... people will get sick of me going on about how great it was... and fforest, well it gives it something so magical which feels key to the vibe and openness... thanks for a wonderful, amazing and unique event... damn that food was good...

I leave alive, Diolch.

Each year fforest becomes the home of the DO Lectures for a 4 days of talking, eating, running, drinking, singing, dancing, making things and generally doing or planning to do. Some call it life-changing. But at least, it's inspiring.

Speakers, delegates, hosts and entertainers all stay on site, spending four days together exchanging ideas and inspiring each other to get out and DO more. There are stories from every corner of the world about groundbreaking advances in design and technology, intrepid adventures, personal development, bonding communities and helping the environment. All going on in our little corner of Wales.

'One of the most uplifting and inspiring events I have ever been to'



Case study 2 do lectures 2010

26 speakers, 80 delegates, a handful of film and sound technicians, a few musicians and a couple of journalists. Add these to the usual forest crew and you have the DO lectures. The DOs are all about talking....and listening. Everyone who steps on the stage has been invited there because they have done something amazing. These aren't motivational speakers. Many of them aren't speakers at all. Some don't like it, some think they aren't very good at it, some have just never been asked to do it before. But they all had an idea, no matter how far fetched, and just ran with it. And succeeded. And because of that they each have a very unique story to tell which is so worth listening to.

This year saw Tim Berners-Lee, inventor of the world-wide web giving us an insight into the projects of his childhood and how the seeds were sown for changing the way the world now accesses information. Ed Stafford, fresh from walking the length of the Amazon, made his first speech detailing why and how he did it with plenty of colourful anecdotes along the way. Maggie Doyne, founder of the BlinkNow Foundation, proved that anything is possible when she stood up and described how by the age of 23 she had changed the lives of dozens of Nepalese children by buying a small plot of land and setting up an orphanage, following her gap year experiences. And Steve Edge entertained with his incredible positivity and can-do attitude, a fine example that dyslexia needn't stand in the way of a brilliant business career.

'The first lecturer speaks of soil as if it were a creature; he is passionate, intelligent, and eloquent about dirt. He opens a packet of it and pours it on his hand as though it were gold dust. I'm fascinated by his enthusiasm and dedication for something I'd been wiping on my doorstep all my life....'
Trendero blog, October 2010

'the canoeing event was GREAT could have done that ALL DAY!! the food was great and the venue was great'



Case study 3 cotswold outdoor

Cotswold Outdoor: Management conferences 2010-2014

Cotswold Outdoor is Britain's fastest growing quality outdoor retailer and we were really excited when they approached us about hosting their management conference at fforest in 2010. Cotswold were looking for a venue which matched their brand aspirations of environmental respect, sustainable growth and one which offered a truly outdoor experience to over 60 store and senior managers.

As well as providing an opportunity for staff from across the country to meet and pool thoughts and ideas, Cotswold were keen to provide activities which allowed their staff to test equipment demonstrated by Columbia, one of the world's largest outdoor clothing and equipment brands, who sponsored the activities. To allow gear to be tested in a range of environments, we organised a full day packed with action - canoe orienteering through the Teifi gorge, abseiling at the slate quarry and bushcraft in the pine forest to the south for over 60 members of staff.

The event was a huge success and we were really pleased to hear that fforest was just the kind of alternative venue Cotswold Outdoor were looking for to mark a fresh approach to the way they operate. We were of course even more delighted to hear that they have chosen fforest for a repeat event this year.

'Superb event, the best 'corporate' activity I've been involved in during my 20 year career. The location was right on brand, the service and attention delivered by the fforest staff was second to none right down to filling my hot water bottle for me!'

'Fabulous experience. Shattered on my return, but definitely worth it. Lets do something like this every year!'



8:30am - Breakfast
 9:30am - Canoeing
 10:30am - Presentation
 11:30am - Lunch
 12:30pm - Activities
 1:30pm - Columbia
 2:30pm - Dinner
 3:30pm - Coffee
 4:30pm - Depart

8:30am - PLEASURES
 9:30am - Lunch
 10:30am - Presentation
 11:30am - Lunch
 12:30pm - Activities
 1:30pm - Columbia
 2:30pm - Dinner
 3:30pm - Coffee
 4:30pm - Depart

'I thought this was an excellent event and the resulting improvement in cross departmental communication has been greater and longer lasting than I imagined it could be.'



Adventure and activity events Skills development activities

Whatever you are looking for, our emphasis for corporate events is to facilitate self analysis and self-application of new skills and new ways of thinking. Put simply, we leave your guests to draw the link between their experience with us and their daily working lives.

You may wish to provide leadership training to managers, promote effective communication between departments or encourage a sense of cooperation between team members. All our activities can be adapted to provide valuable learning opportunities in an enjoyable way, in fresh environments which gives every member of your group the opportunity to contribute.

All our corporate activity events are designed bespoke. By listening to your desired outcomes we aim to provide an experience which is relevant to you and your team. All our activity sessions can be tailored to include the training outcomes you need.

We like a challenge too, so call us to discuss your specific needs and our experienced team will advise the most appropriate activity format for your custom event.

"Just wanted to pass on our thanks to everyone at fforest for such a great time last week! The place is amazing"



fforest accommodation

For events we frequently have the challenge of providing accommodation for groups within which the level of comfort and convenience required may be very different.

We've looked hard at what we offer and believe we can provide a range of accommodation types that will meet most requirements.

Our range of accommodation includes unique group tents, tipi's and geodesic dome suites all designed specifically for fforest, and our very special croglofts. Altogether this provides accommodation for up to 100 people depending on the profile of your guests and whether sharing, double or single occupancy is required.

Every aspect of your good night's sleep has been thought of at fforest. tents are spaced out to prevent travelling noise and each tent is positioned to take advantage of uninterrupted views, giving you and your guests privacy, a breathtaking view and the benefit of warm morning or afternoon sunshine.

We've thought hard about the furnishings, using ethically sourced materials and local products which blend function with form. We hope you agree; we've tried to think of everything.

All accommodation on site is within a 3 minute walk of the central lodge area, and all tents share a purpose - built shower and toilet block built out of cedar and facing south to maximise the extensive views across Cilgerran castle to the Preseli mountains (and to catch the sun's rays when we install our solar panels on the roof)



Thank you again for such an awesome event! I think all our managers will be talking about it for years to come!!



Accommodation 2

Croglfts

For some, staying in a tent, even one of ours, just isn't practical, so this allows more people to stay on site (even the fussy ones). They are ideal for the bridal party at weddings or for those who think they just can't cope without electricity, even for a few days.

4 modern stable conversions each offering accommodation for up to 4 in King size beds and bunks. Each crog loft is comfortably furnished with armchairs, outdoor living area, underfloor heating and slate lined private wet rooms.

Total crogloft accommodation 5 double beds, 3 pairs of bunks

Geodesic domes

fforest's most famous feature is the dome. Each of the fforest domes is sited to offer privacy and take advantage of the wonderful views on offer. Some are located in open meadow with plenty of room to run around, while others are tucked into peaceful corners just a short hop from the cedar barrel sauna. Each dome has 1 kingsize double bed for individual or couple accommodation.

Total dome accommodation 8 individuals or couples

Offsite accommodation

For those who would prefer to stay in 'traditional' accommodation, we have apartments in 'Granary lofts' a short hop away on the riverside in Cardigan. There are 5 lofts that together can accommodate up to 20 people.

Accommodation 3



The Campshacks

Campshacks are a new innovation: central wood cabin provides, kitchen and dining space for 8 guests, complete with wood burning cooking range and stove. Attached to the cabin are 2 individual canvas sleeping pods each providing sleeping accommodation for 4

Total campshack accommodation 24 individuals



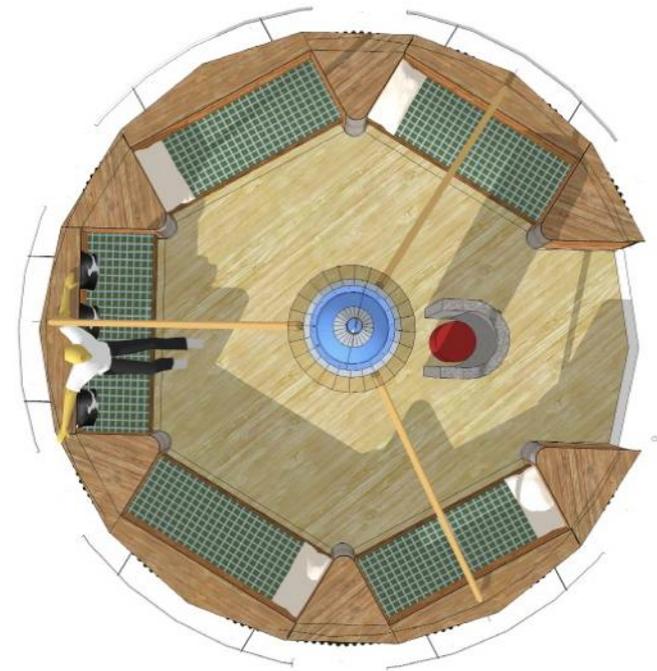


Accommodation 3

Privacy and comfort

A cross between a cabin and a tent, the Katacabins provide 5 individual full size single beds set into the cabin base.

The cabins have an ultra efficient 5v electric system powering led lighting and charging ports for phones and pads.



Accommodation 4



Katakabin

The fforest threepi; like a tipi, but three times as good. Each year we try to improve our tented accommodation, listen to the little niggles our guests have had and iron them out to make the experience even better. That's why we've introduced the threepi. It's our own design - a bespoke solid frame; a new canvas skin, better able to cope with the Welsh weather; a central woodburner and overhead light dome, making it lighter, brighter and warmer when it's needed; and new soft mattresses so you sleep like a king (or queen) even under canvas.

We have a total of 5 threepis at fforest each of which can accommodate up to 5 adults. So staff could choose to occupy only 3 with some overflow space (maybe some of the partners will be happy with sharing?) or spread out 3 to a tent

Guests staying in the threepis normally provide their own sleeping bags and pillows. We recommend a minimum 3 season sleeping bag. If you would like more advice or would like us to supply this equipment just let us know

Total threepi accommodation 20-25 individuals

Offsite accommodation

For those who would prefer to stay in 'traditional' accommodation, we have apartments in 'Granary lofts' a short hop away on the riverside in Cardigan. There are 5 lofts that together can accommodate up to 20 people.



Accommodation 5

Delegate accommodation

grouptents

New for 2014, we have created the grouptent to answer the need for group accommodation for corporate and educational events. The pod is made from a canvas cotton polyester mix for maximum breathability and comfort. Each pod consists of 4 compartments, each of which can each comfortably accommodate 2 adults. Central area is a timber built kitchen and store area with seating for 8. Our full size custom designed beds, made from recycled timber are comfortable and solid.

The cabins have an ultra efficient 5v electric system powering led lighting throughout.

We believe that group accommodation encourages the community forming process and helps to quickly establish social ease between members of the group

Guests staying in the grouptents normally provide their own sleeping bags and pillows. Regardless of time of year we recommend a minimum 3 season sleeping bag. If you would like more advice or would like us to supply this equipment just let us know

There are 3 permanent grouptents accommodating up to 24 guests



Accommodation 5

Group tent accommodation for 24





Accommodation 6

Delegate accommodation

Grouptent village

Temporary accommodation for larger events.

The pod is made from a canvas cotton polyester mix for maximum breathability and comfort. Each pod consists of 2 rooms which can each comfortably accommodate 5 adults. Between each room is a dry canopy covered area for storing boots and bags

Our full size custom designed beds, made from recycled timber are comfortable and solid.

We believe that group accommodation encourages the community forming process and helps to quickly establish social ease between members of the group

Guests staying in the grouptents normally provide their own sleeping bags and pillows. Regardless of time of year we recommend a minimum 3 season sleeping bag. If you would like more advice or would like us to supply this equipment just let us know

We can provide 10 pods accommodating up to 80 guests

Offsite accommodation

For those who would prefer to stay in 'traditional' accommodation, we have apartments in 'Granary lofts' a short hop away on the riverside in Cardigan. There are 5 lofts that together can accommodate up to 20 people. For full details see

granaryloftscardigan.co.uk



Accommodation 6

Group tent village: Temporary accommodation
accommodation for 80

'You guys truly have something remarkably special at fforest'



Pictures left to right top:

A fforest favourite: whole boned marinated chicken, barbeque finished and served with crushed buttered new potatoes and fforest salad and tomato salsa

Tomatoes freshly picked in our polytunnel

Selection of breads by occasional fforest head of bread, (dr) evil Gordon.

'Such a special, amazing place – the best food imaginable with such wonderful attentive staff, we want to stay longer and will definitely come back'

food and drink at fforest

All food at fforest is prepared and cooked on site by our cooks, using produce sourced as locally and ethically as possible. Our now established market garden at the farm provides much of our fruit and vegetable requirements, and our resident chickens supply the eggs for wholesome breakfasts of homemade granola, local honey, bread, fruit, yoghurt and fresh coffee.

We have a range of dining options to suit most budgets using the very best seasonal produce; welsh mountain lamb and beef, Cardigan Bay crab and lobster and salmon and sewin (sea trout) caught by the traditional coracle men of the teifi river. The provenance of fforest food is very important to us, and whatever menu you select, you can be sure each dish will feature the real tastes and textures of our favourite local ingredients.

For evening dinners with a difference, choose from a selection of meal formats from a 4 course meal, casual barbeque, a decadent seafood barbecue, a spit-roasted hog with all the trimmings or a pizza making party in the wood fired clay oven at our market garden.

If you have specific catering requirements in mind, or would like more information such as sample menus or information on our suppliers and food miles, please get in touch and we'll work with you to meet your requirements





Adventure and activity

Making the most of being outdoors is part of what fforest is all about.

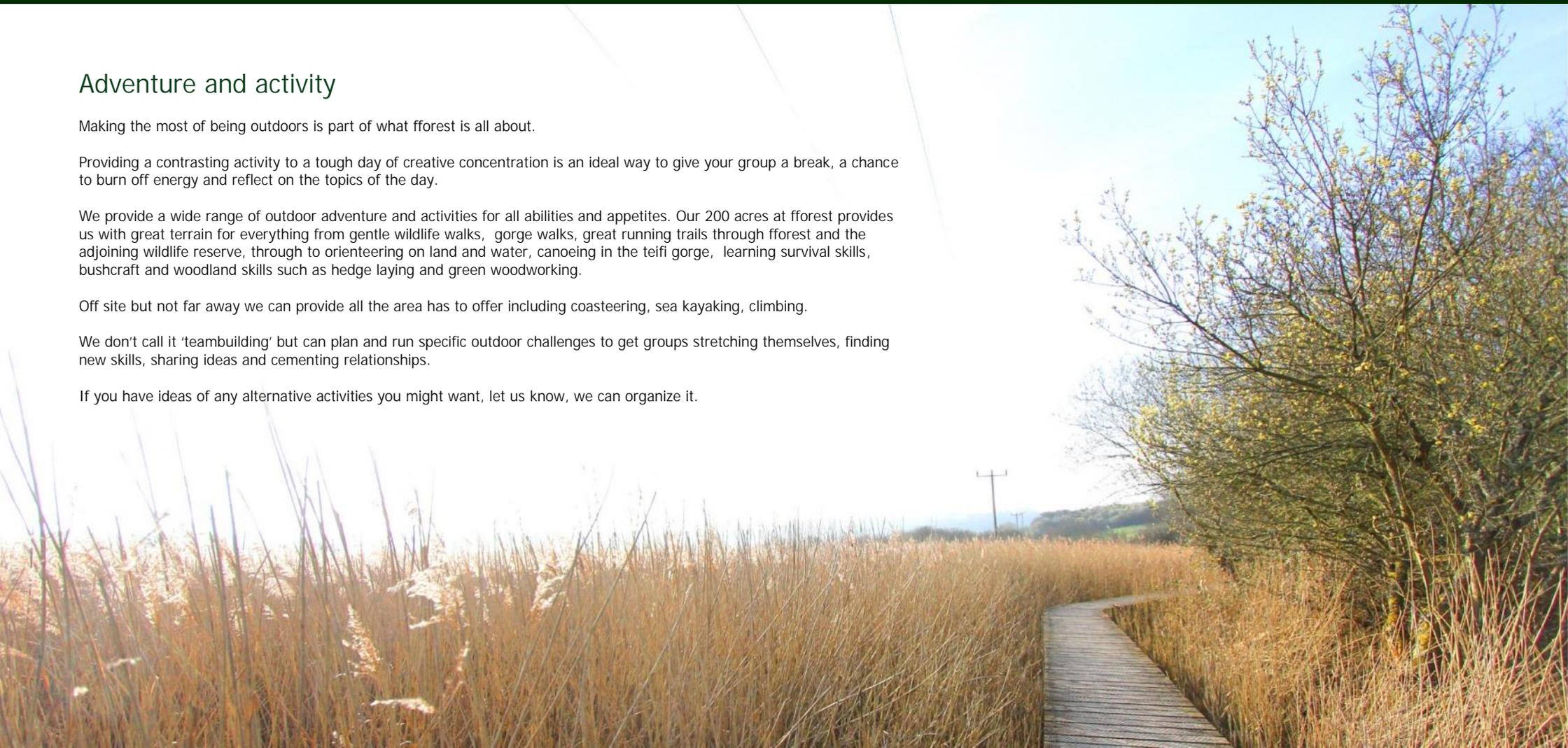
Providing a contrasting activity to a tough day of creative concentration is an ideal way to give your group a break, a chance to burn off energy and reflect on the topics of the day.

We provide a wide range of outdoor adventure and activities for all abilities and appetites. Our 200 acres at fforest provides us with great terrain for everything from gentle wildlife walks, gorge walks, great running trails through fforest and the adjoining wildlife reserve, through to orienteering on land and water, canoeing in the teifi gorge, learning survival skills, bushcraft and woodland skills such as hedge laying and green woodworking.

Off site but not far away we can provide all the area has to offer including coasteering, sea kayaking, climbing.

We don't call it 'teambuilding' but can plan and run specific outdoor challenges to get groups stretching themselves, finding new skills, sharing ideas and cementing relationships.

If you have ideas of any alternative activities you might want, let us know, we can organize it.





'a bonfire with soul'



fforest is the result of a dream. The dream of what 'simple' can look, feel and taste like. This dream is of the inspiration and beauty of the great outdoors. It imagines the simplest and purest of things all wrapped up in a magical setting, great local food, living and working with the minimum of means

forest is a place to dream, learn, reflect and refresh

Welcome to Simple.





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