



Viaggio Didattico Galles Wales Study Trip

Data / Dates:

09/03/2025 - 15/03/2025

A.A / A.Y:

2024/2025

Tutor:

Pozzi Federica

Sunday, March 9, 2025

03:00
Departure fro Bra Movicentro

06:00
Flight from Torino Caselle Airport

07:00
Arrive at Bristol Airport
Bus waiting for us at the airport. Drive to West Wales. (2.5hours or so)

12:30
Arrival at Wright's Food Emporium, Llanarthne
Meeting with food educator Simon Wright, founder of Wright's Food Emporium, who will speak about the importance of sustainable food, farming and local food chains.
[Wright's, Shop and Kitchen, West Wales](#)

13:00
Tapas-style lunch at Wright's Food Emporium.

14:30
Departure to St Davids
Check in at the St Davids City Inn Hotel
<https://www.cityinnstdavids.co.uk/>
Dinner at The Bishop pub
<http://www.thebish.co.uk/>
End of didactic activities

Monday, March 10, 2025

Breakfast at the Hotel

08:30
Departure to Newport, Pembrokeshire
Visit at the Real Seeds Company where we will discuss with Kate their open-pollinating seed saving practices.
<https://www.realseeds.co.uk/>

11:30
Departure to Wild Emporium, St Davids

12:15
Tapas lunch based on seaweed and shellfish

14:00
Departure to "Car-Y-Mor", Wales' first regenerative seaweed and shellfish farm.
[Câr-y-Môr | Wales' first regenerative seaweed & shellfish farm](#)
Visit and coastal forage (possibility for boat trip to the seaweed farm here. Bring warm clothes,

waterproof shoes/boots and wind/rain jacket)

17:00/17:30

Departure to another Car Y Mor location

Meeting with Misha Jetha, education and outreach lead

18:30

Departure to Fforest Farm and shopping on the way for breakfast and dinner

Night stay at Fforest Farm Cwm Plysgog, Cardigan, Cilgerran SA43 2TB, Regno Unito

Fforest Farm. <https://www.coldatnight.co.uk/fforest-farm>

End of didactic activities

Tuesday, March 11, 2025

09:00

Breakfast at Fforest Farm

We prepare it ourselves

10:00

Departure to Hebron Vineyard

Visit at Hebron Vineyard to see regenerative viticulture practices for producing Welsh wine

Talk and tour of the vineyard.

[About | Hebron Vineyard and Accommodation | Hebron Vineyard](#)

12:30/13:00

Tapas lunch and tasting at the vineyard.

<https://www.hebronvineyard.com/about>

13:45

Departure to Parc y Dderwen

Visit at Parc y Dderwen, who produce ferments such as sauerkraut and kimchi from locally-produced organic vegetables, as a part of the "One Planet Development" government scheme.

[Parc y Dderwen shares a new angle for sustainable horticulture |](#)

16:30

Free time in Cardigan

18:30

Dinner cooked by Jack Martin, ex-UNISG student at Abion Hotel, close to Fforest Farm

<https://www.albrocastle.co.uk/>

We will meet Jack during the study trip, he will let us know when he can join so we may already know him by this moment or he will introduce himself in this occasion

Taxi back to Fforest Farm

Night stay

<https://www.coldatnight.co.uk/fforest-farm>

End of didactic activities

Wednesday, March 12, 2025

08:00

Breakfast at Fforest Farm

09:00

Departure from Fforest Farm

Arrival at Caws Teifi/ Da Mhile, a joint organic cheese-producer and distillery.

<https://www.teificheese.co.uk/history-farm> <https://www.damhile.co.uk/>

12:30

Tasting lunch based on Caws Teifi products

14:00/14:30

Free afternoon in Llangrannog

17:00

Departure to Bwlchwernen Farm

18:00

Arrival at Bwlchwernen Farm

Dinner

Bwlchwernen Farm, overnight stay here

End of didactic activities

Thursday, March 13, 2025

09:00

Breakfast at Bwlchwernen Farm

10:00

Meeting with Patrick and Becky Holden, owners of Bwlchwernen farm and Hafod Cheese.

Tour of farm and Hafod cheese production.

<https://holdenfarmdairy.co.uk/> |

12:30

Tasting lunch at the end of the visit with Bwlchwernen farm and Hafod Cheese products

13:45

Departure to Felin Ganol Watermill

14:30

Visit at Felin Ganol Watermill to meet with Ann Parry who will talk about traditional milling practices and an ancient oat variety project called "Llafur Ni". <https://felinganol.co.uk/>

Return to Bwlchwernen Farm.

16:00

Cooking workshop with Barny Haughton, food educator and founder of the Square Food Foundation

A slightly competitive hands-on cookery session which will include prep for supper and two conversation themes

The Hungry Gap: what does it mean and why does it matter?

Forget being a gastronome, be a food leader. The principles and practice of food leadership

19:30

Supper

Welsh folk night- usually consisting of a hog-roast and folk music

Stay at Bwlchwernen Farm

End of didactic activities

Friday, March 14, 2025

08:00

Breakfast at Bwlchwernen Farm

09:00

Departure to Llandysul

Meeting with Ein Cegin. Presentation of the association and participation at a food awareness workshop where we'll prepare our own lunch

https://www.instagram.com/ein_cegin/?hl=en

14:00

Departure to Portishead

18:30

Check in at hotel in Portishead

<http://www.go2hotels.com/>

Free dinner in Portishead

Night stay

End of didactic activities

Saturday, March 15, 2025

06:00

Departure and drive to Bristol airport

09:00

Flight to Torino Caselle Airport

12:00

Arrival at Torino Caselle

13:00

Train to Bra Movicentro

14:30

Arrival at Bra Movicentro