



Go Slow England & Wales



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A celebration of life in the slow lane with a hand-picked selection of special places to stay. Here are B&Bs, hotels and inns all owned and run by people who positively embrace the 'slow' ethos. They are passionate about local and seasonal food and supportive of their local farmers and suppliers, caring about the environment, protective about the traditions of their region and, as if that wasn't enough, they love having guests. It's enough to make you want to up sticks, pack in your job and just go with the slow:

- A proper escape from the fast lane on a magical 200-acre farm in Pembrokeshire with elegant camping (Welsh woollen blankets, reindeer hides, woodburners and comfy beds), convivial dinners and a host of activities from kayaking, to pheasant plucking (true)
- A pair of owners in Somerset who serve their own lamb and poultry, their own sausages, bacon, air-dried hams and salamis, preserves, ice creams and breads. They have even made a smoker from a wardrobe (in the barn, not the guest bedroom)
- It's not just country types living the good life – be lulled to sleep by hooting owls, woken by woodpeckers and then breakfast on eggs from the owners' hens – and all in Crystal Palace

Interesting Stuff

Go Slow England, the first title in Sawday's 'Slow' series of guides, has been a runaway success selling over 25,000 copies.

42 entries including B&Bs, hotels, self-catering and pubs; eight places are in Wales.

Regional guides pinpoint the way to tea gardens, farmers' markets, pick-your-own farms, county fairs, historic and unusual places to visit and all manner of 'slow' spots nearby.

For more information or review copies call Sarah Bolton on 01275 395433 or email sarah@sawdays.co.uk

Things we can do for you: suggest and compile round-ups and features, provide photos, arrange giveaways and competition prizes.