



# 'Breathing Space'

An Easy Walking Retreat

Monday 13<sup>th</sup> April - Wednesday 15<sup>th</sup> April 2026  
Llangasty Retreat House, Llangorse, South Wales



Come & be gently guided through fields, lanes, bridleways & woodland, letting the beauty of the natural world & the rhythm of your feet soothe you.

A 'lightly led' walking 2-day mid-week retreat in the beautiful surroundings of the Welsh Brecon Beacons National Park, based at the amazingly peaceful [Llangasty Retreat House](#) overlooking Llangorse lake.



This retreat is for all, to enable them to take some much-needed time out of their busy schedules, helping them to relax, take some gentle exercise, & be nurtured by the beauty of this exceptional place. All are welcome; lay, ordained, full-time, part time, paid or voluntary, priest, administrator, children's worker, person of faith, or none etc.



Sarah Price, your walk leader, has recently been leading wellbeing walks and reflective rambles for Herefordshire diocese and is a qualified lowland walk leader with her own walking business, Sarah specialises in leading people who are new, or returning, to countryside walking, Therefore if you are a keen walker, or if you are a beginner, you are all welcome & are in safe hands.

Walks will be up to 6 miles in length, and someone with an average fitness level will be able to manage perfectly well, (please do however contact Sarah, if you would like to chat through any concerns about your ability to walk, she would be happy to chat).

There will be some hills, but no mountains, and all walks will be taken at a very easy pace with plenty of time to stop and admire the views. There will be pauses along the routes with poems and reflections using the Celtic Christian tradition, along with other sources.

## Programme:

### Monday 13<sup>th</sup> April

- Check in from 4pm
- Supper at 6pm with introductions & welcome
- Free time till bed



### Tuesday 14<sup>th</sup> April

- Breakfast at 8.30am
- Walk at 10am (with packed lunch provided)
- Free time after walk at retreat house for an hour or so depending on what time we arrive back.
- Optional 4.30pm short ramble to bird hide (bring your binoculars)!
- 6pm supper, then free time till bed

### Wednesday 15<sup>th</sup> April

- Breakfast 8.30am
- Check out of rooms
- Walk at 10.30am (with packed lunch provided)
- Finish at roughly 3.30pm back at the retreat house



The retreat house has a beautiful chapel which will be open & available for prayer and quiet time throughout your stay.

£240 per person full board (x10 single rooms & x1 twin room to share)

To book your place please call the Retreat House 01874 658250 or email [enquiries@langasty.com](mailto:enquiries@langasty.com)

For more information about the walks email Sarah at [info@sarahpricehiking.co.uk](mailto:info@sarahpricehiking.co.uk) or telephone 07570946074