

Well, coreso i Pod of Wales, welcome to Pod of Wales. [woof] That is a superb introduction to an addition to this podcast, which is my noisy-mouthed corgi, Ci. And I'm joined by Eswyllt and her dog, Twm, who is silent and well-behaved.

We're so quiet.

Yeah, yeah, absolutely. What an obnoxious pair we are to bring along. It's like when you meet that horrible couple on holiday and you're like, tell them we haven't got Facebook because otherwise they're going to add us.

When we were chatting about, we're so excited, obviously, that we've got a series two. One thing we had a big chat about after series one is what are the kind of holidays that are really useful to us in terms of travelling? And we both have dogs and we are like, I always want to go where my dog and I think it's going to be a nightmare and there's going to be nothing for us to do.

Yeah, because I do sometimes feel if I go away without him, I feel bad. Like, because there are so many things that he could be doing with me. And also kennels are really expensive.

So expensive, so expensive, yeah. So we're going to be traveling from Biwmares to Rhosneigr on Ynys Môn, the island I live on. So I'm really excited to be sort of a tourist in my own patch.

Yeah, but I'm hoping you'll also be a tour guide for me because I don't know Ynys Môn that well.

Listen, you know me. If I've got a fact, you're hearing about it. Cannot keep it to myself.

Must share that I have knowledge. So yeah, we're bringing our dogs with us. So we're going to be doing dog friendly things.

We're going to be staying in dog friendly places. So today on the agenda, we've got some exciting stuff planned. We're going to go to Puffin Island.

Yeah, on a boat.

Definitely your dog coming. Jury's out on weather mine. I'll just want to throw him over the side after a while.

Also, I should have said, my dog uses a wheelchair. So we're going to see how accessible these things are as well. So we're going on a little boat over to Puffin Island, which is where there are a colony of puffins.

It'd be weird to call an island Puffin Island if there weren't any puffins on there.

Well, for years, there was only rats on there and they still kept their names. But yeah, there's all sorts of wildlife over there and hopefully seals and puffins if we're really lucky.

Yeah, looking forward to that. I love being on a boat because I like feeling windswept.

Really?

Yeah, I like, because it makes me feel like I've been working really hard when I haven't. That feeling of like...

When you've been squinting for a prolonged period. Yeah, I always feel like I've done a day's work.

And my hair's a mess...she must have put some hours in there.

Well, do you know what? My hair started on a fall today, so it can only get worse. And then we're gonna head to a really gorgeous little ice cream shop called Red Boat, which is quite legendary in the area.

And then we're gonna go around a landmark on the island and north Wales in general, Biwmares Castle.

Yep, how ruinous is it? Is it distinguishable as a castle?

Yes, it is, but it is not, it's not Caernarfon Castle. It's not sort of like...

Nothing is.

No, nothing is, yeah. No investitures here.

What are you telling me off for?

Oh, he's very fond of Biwmares Castle, I forgot to say, so we shan't be slagging it off. Good boy, yes. No, you're right, you noble boy.

Ci, paid.

He'd look good in a rough, you know.

Wouldn't he, just in a 'ruff', sorry, that was really, really embarrassing.

Your career's over.

Yeah, it's done. And then, what's going to be really nice for me, is we're going to stay somewhere, because people always say, oh, where's good to stay on the island? And I don't know, because I live in my house.

Yeah, and as much as I love you, I didn't really want to just come and stay at your house.

Also, yeah.

On the expense of Visit Wales.

But also, I don't want it to become, that then I have to offer my house up as a destination.

Sure.

And Visit Wales then have to get hygiene standard rating and things. Listen, if we ever do an episode about Llangefni, there's not an inch of that town I can't show you.

Ci, paid.

We're waiting for a boat to take us to Puffin Island. And it's Ynys Lannog in Welsh, apparently, according to Wikipedia. Puffin Island, I've been aware of Puffin Island since I was eight years old.

Right.

Because in 1989, our school near Aberystwyth, we were given the task of painting, like, stone puffins to put on the island. To attract the puffins.

And later on, I had a boyfriend who lived in Llanberis, and he used to absolutely rip the piss out of me that they'd gotten some south-Walian kids to paint puffins to put on the island.

It's one of the only times where labour from the north has been outsourced to the south and not the other way around.

So, I'm looking forward to finding my puffin.

Yeah, of course.

And I hope it's had some action.

What a lovely, lovely thing.

How big is it, do you know?

You couldn't have a house on it, really. And we don't go on it. Because it's...

Oh!

Puffins burrow as well, don't they? They live in the ground in burrows. So it's actually very safe.

Did you think you were gonna go on there and literally pick up your stone puffin?

Yes! And stomp about.

And get something...a doorstep?

No, you go around it.

Oh, okay.

Unless it's changed radically.

I doubt it. I think people care more about wildlife now than they did in the 80s.

Well, I remember for a bit, I don't know if they still run this, but puffins were sort of ousted on the island by rats. So rats got over there and then they eat the eggs and live in the burrows and stuff and the puffins died out. So that's probably why you would, yeah, try to entice them back with a...

You're welcome.

Single-handedly keeping tourism alive.

One sort of art project at a time.

Okay, guys, welcome aboard Neptune Explorer, operated by Seacoast Safaris. My name is Jake.

So we're on this lovely boat, carbon neutral boat, yes, please, in the Menai Straits here.

We've wangled our way into the, is it the cabin?

Yeah, we've talked our way in into the owner's enclosure.

Hi, my name is Jake Waterman. I'm basically just a skipper of Neptune. And I've been doing this the last 8 years.

How do you get into a job where you are driving a boat, piloting a boat, captaining a boat? I don't know what the phrase is.

So basically, my old man was always, he moved here when he was 14 from Liverpool, set up a dive charter company called West Diving. So when I was about, I think I was about two days old, I was already on a boat.

You've got such an eagle eye for the Puffins, because I'm just looking at a bird and they're like, there's one there, there's one there, there's one taking off there. You must have really got your eye in. It's like whack-a-mole because they keep moving as well, don't they?

It is, you just get used to it. Like I said, they just genuinely, they just look like rubber ducks. And like half the time, the problem is, when I started this, I used to think, oh, just look for the white face.

The problem is it's so easy to get confused with just a puffin face and then a guillemot's ass.

I mean, I feel so lucky in moving back here now, but I say this all the time, especially at this time of year, I would say like I live on holiday. I was really interested in you saying the fuel that it runs on. Cause I don't think we realized when we booked this that it was, it's amazing that it is so good for the planet.

Just assumed it'd be coal.

Yeah, that we'd just take it in turns to shovel.

I can get the oars out if you want.

So what fuel does this ship run on?

So it's something called HVO. So it's hydrogenated vegetable oil. Basically old recycled chip fat.

They stick a load of hydrogen in it. Basically here we've just gone, it's not fair for us to go and show you animals then also be hurting the wildlife. So to be honest with you, like I said, it's a nice fuel, good for the environment.

And I think a lot of people appreciate it. I'm afraid I'm gonna have to go park the boat now. So unless you want, what's it, no worries, guys.

Did you say parking the boat?

The proper name's berthing the boat, but that sounds like it's gonna hurt.

So I went on this many years ago, but we have seen seals, sunbathing and sleeping upwards in the water with their noses up the sky, which is so cute. Like bananas. Yeah, bananas, and we know why.

We've got so many seal facts that I'm going to recount as my own. And there was herring gulls, or if you're an idiot, a seagull. What else was there?

There was the black backed gull, the greater one, and then the smaller one.

And the puffins.

And then puffins. They're tiny. They're very, very cute, aren't they?

And really fast.

Just keep your hands inside the vessel, just while we're tying the boat up. And yeah, just for myself, Sarah, and everybody else here at Seacoast, just want to say a big thanks for coming out on this day. I really hope you've enjoyed the trip.

Have a good one, and I'll catch you later.

Thank you.

I wouldn't clap. I haven't parked the boat yet.

So we are sat here now on a little green next to Biwmares Castle. We have just had a really lovely ice cream from the local institution that is Red Boat.

I'd never heard of it before.

Right, well people around here are absolutely evangelical about it.

And I completely agree with them. They had so much choice.

Fair play, Esvllt, for cracking on while my dog is clearly trying to have sex with yours during this. So we're sat here with the dogs, and my dog, despite the fact he's being in a wheelchair, is like, I could give it a go.

Twm came on the boat, Ci, I thought it might be a bit much for him because he's a noisy boy.

And I think he would have barked all the way.

He would have just ruined it for everyone.

He would have ruined it for everyone, yeah. Much like his non-biological mother. Like, I'll just make noise and ruin it for everyone.

I would have loved it if he just barked so much that all the birds just left.

So that was a really lovely trip. Good facts as well. I'm like a nerd for the facts.

You love facts, don't you?

Yeah, I got plenty while I was there. So I was really happy with that. And it was nice to see, because it's not a holiday at the moment, but there's so many people around.

People are still holidaying here.

Yeah, people are coming now, you see, before the kids break up from school.

Interesting.

Yeah.

Yes.

I do not blame them.

Then we went to this, as I said, institution, Red Boat, which is a little cafe on the high

street. But what they're famous for is their ice cream. And to the point where people will be like, we stock Red Boat here as sort of as a brag.

Oh, okay. So do they sell them in shops as well?

Very select few. Very select few. So an amazing array of flavours.

I, as a vegan, managed to get a delicious raspberry ripple and a dark chocolate and vanilla. And then also some sorbet. They had a passion fruit one and a mango one.

Did you have three scoops?

Four, mate.

Oh my god.

You can't go and not try everything.

No, I know.

Some people are taking our jobs very seriously here, ESYLLT.

I had pistachio and banana and it was delicious.

Oh, those easy bedfellows. Pistachio and banana.

It's nuts and fruits, right?

Yeah. It's a trail mix.

And the dogs had ice cream as well.

So that was like a peanut butter?

It was peanut butter and my dog lost his mind. And kept trying to bite the whole pot out of my hand.

It was lovely, because the dogs are allowed in there, and he very happily annihilated a pot of dog ice cream. And it just is so nice to see them having like a happy holiday as well. I love it when they can experience the same things as you.

And then we're gonna go for a little scooch around Bumaris Castle, I think.

I've been there before, I definitely have like a magnet or something from when I was younger. So yeah, I look forward to seeing if it's changed at all.

I think pre-COVID, I was destined to do a gig in there.

Really?

Yeah, so it's a really nice space and there's usually lots going on. In fact, Biwmares is, as a destination, brilliant for, they have a Victorian Christmas sort of fair at the beginning of December. So this is a little town that I visit a lot because it's really nice all year round and there's lovely shops and things.

How did Biwmares come about?

Well, I'm glad you asked. So it's a French name.

Is it?

Yea, Beau...

Yeah, what do you think that means?

Beautiful.

Yeah.

Oh, sea? Like a marine, Maris.

Marsh. The beautiful marsh, yeah, Beau-maris, yeah.

I haven't seen a marsh.

And well, it's largely been drained now, so. But yeah, it was, and then they set up a port here and it became very important to the island and then a big sort of wealthy family set up.

It's quite a long way for the French to come, isn't it?

Yeah, I think it was like one French guy. I don't know, I don't know actually the history of that bit. But it makes it a bit tricky with the, well, you know, when there's the conversation sometimes about having a Welsh version of a name.

Yes.

Of, you know, sometimes what like Menai Bridge is probably more known as Menai Bridge than Porthaethwy, but Biwmares, there's, there's the Welsh.

It's always a bit like, oh, it's French. Yeah, no, that's fine.

So they've been less keen about pushing a translation for that. But yeah, it's a really lovely place to spend time, I think. And the great thing about Biwmares as well is you are right at the end of Eryri, the Carneddau in front of you.

So you've got that massive mountain range and the straits and it all feels so close you could touch it and you can even see Penmaenmawr and Puffin Island on a clear day. So it's, if you like views and if you like to eat your chips, it's really good for sea glass as well, but if you like to eat your chips, somewhere with a view.



Sea glass? Oh, my kids are obsessed with sea glass.

Yeah, you can always get some. Last time I was here, I found an old pipe.

Oh, they'd love it.

Should we go, should we go and wander around a castle?

Yeah. Is there a verb for that? Ca...no.

Let's castle it.

No, no, no.

Let's not do that.

Nice that you tried.

Thank you.

But it's not going to be on a t-shirt any time soon.

So we're sat here now inside the Castle in sort of the main area inside, because there's an outer wall and in a wall and we're in the, what do you say, courtyard in the middle? But it's grassy and it's lovely.

It's so nice on a sunny day. This is where in the past as a child, I've been to events. The iconic Biwmares Brass Band has been playing.

I love coming to castles just because I love imagining how I would be in a castle. Like if I lived in a castle.

Oh, I would be dead with like boils on my groin in the corner. There would be no way I would survive anything as hardcore as the people. Because this was built in like, was it 12th, well, sort of the 11th century?

And then it was never finished. And it's really commanding considering that.

Sure.

So I just think a lot of people probably had to suffer an awful lot to get it as big as it is today. And I would be one of those people.

Okay, well, you do you and I'll...

What do you think you would have been?

I'd be signing off executions constantly. I imagine...

You wouldn't be able to write, you mad woman.

I could do an 'X'.

But apparently everything that you can see here was built in five years. Which is incredible, isn't it?

Even in just terms of the stone. How much, you know, to quarry this much stone, it must have all come locally as well. Yeah.

I feel really bad because it's like it's only half done, but there's still more of it than of Aberystwyth Castle.

For anyone who wants to see a gig or would like to gig in Ynys Môn, where would you recommend?

Well, there periodically is gigs around here, in Biwmares, actually. And sometimes there's a, Tudur ran a great gig over on the other side of the island. But I would say what is missing is a brilliant gig on the island.

And I just don't have time to run one. I periodically do stuff for around Brynsiencyn and places like that. And there's a lot just over the bridge as well in Bangor and Caernarfon.

But I think that is one of the things that we're missing here. If you're listening and you're a Welsh comedian, the audience is here. The comedians aren't very far from here.

And when I've put on stuff, it's always been really well attended by really fun people. So I hope that's in the future of north Wales. I think it's something you and I are both really passionate about, is making sure there's more of a joined-up comedy scene and more of a scene in Wales.

I think that Welsh and English language comedy nights are going to grow. And that's a really exciting thing.

Yeah, because there definitely should be more, because I think Anglesey, like with so many other places in Wales, I think you have very distinct humour as well. Because I think you can identify different people from different areas of Wales based on the humour. Like I always think about fans from West Wales or people from the Rhondda Valley.

And I think Anglesey has a quite distinct, humourous element to them. And that's not me saying that there are funny people to be laughed at, I mean.

Well, you've said it now. The last time you'll be welcome here, we'll blow the bridges once you've left.

Bore da.

Did you sleep well?

I did sleep really well, actually, and so did Twm. He was flat out. He'd had such a busy day, and the room was nice and warm, and so he fell asleep with his complimentary tennis ball by his paws.

I absolutely love that. So there was a little dog welcome pack when he came. We were at Sandy Mount House, a beautiful historic building in Rhosneigr.

Have I got some history about it? Absolutely. But let's hear about your welcome pack first.

So, yeah, one of the lovely things here is that when we walked in the room, there's a dog bed, all made up for him, with a towel, and there's a bowl, and then there was this little box with a tennis ball, some snacks and poo bags.

That's so nice.

Yeah, I know. I didn't get anything like that.

Was he pleased with it?

Oh, yeah, he went straight for the ball. He was like, mine! In case there was any doubt. But yeah, it's lovely.

When places say they're dog-friendly around here, they really are, because you can have dogs in the bar here. And we went for food last night, and there was a whole separate dog menu, with a vegan option, yeah, with a specific vegan option. Do you know what?

It was lovely, and I can see why it's so popular, especially with families visiting the area, because Rhosneigr typically is really popular with holidaymakers. I just don't come over to this side of the island. So I'd heard of the oyster catcher.

I'd heard of it as well, because it was totally owned, I think it's now part owned by the Timpson families and the Cobblers. And they were inspired by, do you remember Jamie Oliver's 15 that worked with people? So a lot of the people in the kitchen are ex-offenders, and it's a brilliant way of allowing people to sort of support themselves into rehabilitation and sort of engage in meaningful employment.

So yeah, I think they're still involved in the business, which is lovely. So I had heard of it, but I hadn't been there. And do you know what, it's really beautiful.

Oh, the location is amazing. When you walk towards it, it just looks like it's the middle of nowhere, just surrounded by sand dunes.

And it's really fabulous, and the views are great, there's lots of glass so you can see out, lovely for dogs. The restaurant was full of dogs and a nice little bar downstairs,

so I think in the summer it's an absolute hub. The building we're in now, Sandy Mount House, has got a famous previous owner who used to run it.

His name is Ken Rees, R-E-E-S, and he was one of the last surviving group of people who made an escape from a prisoner of war camp that was turned into the film *The Great Escape* with Steve McQueen.

So like the real man, not one of the actors in the film?

No, no, no, the real man. In fact, he was about to go up, he was last to escape, and then he heard a shot back down the tunnel and realised they'd been discovered, so he ran back up the tunnel towards the shot to help burn the identity papers so they wouldn't clock on who was trying to escape.

Oh my God, so he didn't actually escape himself?

No, about 90 did, and about 50 of those were instantly murdered. He's also famous because he won a bet by flying a bomber under the Menai Suspension Bridge. So he sounds like a bit of a wild child.

He owned a post office for a while in north Wales, and then he moved here and was here for many years. And I think it was known as the Escapee's Club or something. It was a social club, basically.

So yeah, this building has a really rich history in this area. And the room was exquisite. It was like a honeymoon suite.

Your bathroom was mad.

Yeah, I stayed here with my partner who messaged me. He just left and went, did you get a picture of the bathroom? I've got video, babes, don't you worry.

And the room was beautiful, poster bed and yeah, it was really beautiful. We're going to be a bit more wellness today, aren't we?

Yes, I'm already regretting my full English.

Well, I had one as well. They were amazing. They didn't have a vegan option on the menu, but they knocked one up for me.

It was absolutely lovely. And also they go, it's a great thing. Halen Môn salt on the table, which is the salt from Anglesey.

And that's where we're going next.

That's where we're going next. Yeah, we're just going to bathe in salt. Well, no, we sort of are.

Yeah. Are we sitting in a barrel?

Yes. So full disclosure, I've done this before.

Yeah.

They did a test run to see what people thought. And I loved it so much, I went back again under my own steam. And now I'm going back a third time.

Oh my God, this is your third time.

Third time, mate. That's why I look so youthful and radiant.

You do.

Because it's good for your skin, the seaweed.

Yeah.

So what's in the barrel? Because I do get weirded out. You know, when you walk out to sea and then some seaweed brushes against your leg.

You're going to hate this.

Basically, you're in a whiskey barrel with seaweed, but you're in first and then they put it in. But it feels lovely.

Okay. I'm going to trust you.

Honestly, it sounds bizarre, but it's really magical and really unusual.

I don't know what it is because I'm fine with everything else. Like I'm fine with anything, you know, I'm fine with vomit and blood.

Right, well none of those are in the barrel. But they might be afterwards. If you have a really tough time.

Yeah, then you sit in this barrel and it's really warm. And then it's this special sustainably, because seaweed is really sustainable to farm. I think it's like the future of all sorts of things, like fertilizer and feeding cattle and things.

And you can take seaweed home with you.

What do you mean you can take it home with you?

If you want, the seaweed that's been in your barrel, they'll put it in a bag for you.

Like an after-birth.

No. Would you stop bringing everything back to vomit and blood? It's not like a placenta in a bag, no.

Listen, I'll have yours if you're not taking it away.

God.

Because it'll go on my composter.

Okay, sure.

It's really good.

Can the dog eat it? He might eat it.

He can try.

And today is quite overcast, so we won't be able to see what you would normally see, probably, which is Eryri mountain range. And Yr Wyddfa is just in front of you. So that's Snowdonia and Snowdon.

We'll probably be able to see Caernarfon Castle. The Menai Straits will be right in front of us. It's incredibly beautiful, even on a day that's a bit grim.

But I would say a day that's a bit grim is the perfect time to sit in a hot tub, basically.

It's like, you know, when you're in the Alps skiing.

No. No, I don't.

We're so different.

Guess which one worked in travel PR for years. And guess which one was raised on a farm.

Yeah, I'll sit in a barrel of slops.

Give them my after birth. I'm taking it home with me.

So we're now inside a tipi outside Halen Môn in Brynsiencyn, ready to go into a seaweed bath.

But we're also joined by a guest. Would you like to introduce yourself?

My name is Alison Lea-Wilson and I'm Managing Director here at Halen Môn.

So thank you so much for having us in your...

Thank you for coming.

Well, in your new venture.

I know. So exciting.

Yes, they are. So they're whiskey barrels, upcycled whiskey barrels, with warm water inside, very warm water, like a bath almost, and this wonderful seaweed in. So how did this all come about?

Well, my daughter Jess has been banging on about this for about five years. We use the waste distilled water from our salt making process. And then we add a bucket of seaweed, which is serrated bladder wrack, since you asked, which you didn't.

And you can see the oils, the gel that's being released by the warm water. And that's what makes your skin feel so fabulous.

Quite an old tradition that, isn't it?

It is, it is. They used to be all over Britain as well, but apparently there's only one now, which is in Margate, which is achingly trendy.

Yes, it is, as is Brynsiencyn.

Well, we try.

So how do you fill the barrels with the water then?

Oh, it's really high tech. There's a hose. But you'll see, we have charming bathing attendants who will fill your barrel, put the seaweed in, add more cold water, warm water, seaweed, as your heart dictates, and they'll also bring you drinks and snacks.

I know.

Shall we do it then?

Yeah, please.

Shall we take all our clothes off?

Let's get naked.

Finally.

I think we're fine on the same one, are we?

Yeah, let's do it.

We've got the barrels already set up at the moment, so when you guys are ready, just follow the steps around.

So we're here at the seaweed baths. I'm being very well looked after. Tell us what your name is, my love.

My name is Lewis.

Are you local, Lewis?

I live on the island, but I have not grown up on the island. I moved here last year, about a year ago now.

Oh, really?

One of the best decisions I ever made.

Oh, that's so nice.

It's lovely, I love it up here.

It's in there.

So, I've got you set up with some already in the barrels anyway to soak and release the oils. So then, with the temperature, I can raise that for you as well if you need it hotter or colder, depending on what you need. How is that?

Oh, that's great.

That is so lovely.

It's perfect. Isn't it magic? Yeah, so if you rub it, the oils come out of it.

It's so cool.

So, we are post-seaweed bath. We've got that floaty glow.

I think my voice has dropped about two octaves.

It's a very, like, woozy. It's like Alan Partridge's deep bath.

All right.

No? OK.

So, yeah, we're post-bath, and we're here with Jess Lea-Wilson. We've had a chat to your mum. That sounds like she's told us about you.

And now we would like a word, please, like you've been shoplifting.

I feel like I'm four years old.

So she mentioned that this was your idea, the seaweed baths. So tell us a little bit about that.

Yes, so I actually read about the baths for the first time, and I read that it was a big



thing in Ireland, on the west coast of Ireland, and I just thought it was so cool, such a great idea, and I thought we've got all the resources in Wales for that. Why aren't we doing it? And so we've been talking about it for a long time, and we finally, finally did it, and I'm very excited that you're here enjoying it.

Thank you so much for having us. It's one of the first places I recommend people coming to the island, and you have to go here.

There's an amazing team of people who make it, and if you look on the bottom of any pouch of Halen Môn, we have the initials of the person who packed it, because I think it's really important to know that your food has been made by a person. And then you can match their initials on our website, see a little picture of them, and get a little bio.

I thought you could count how many units people are packing a day. Obviously, cull the ones who are slower, with a shovel.

God, you saw straight through that.

So, the yoga, I'm not going to make you do anything strenuous. We're just going to do a little bit of sun salutations and a few other little things. And then you can lie back and relax.

And then I'll do you half an hour sound bath. And I've got some blankets here, because when we do the meditation, it's really good for you guys to just get really relaxed in the most comfortable position that you want to get in.

Exhaling.

And now lower your knees, your chest and your chin, keeping your elbows nice and tight into your rib cage.

And then just bring your upper back up for a low cobra here, making sure that your hands are underneath your shoulders.

Bring your focus, awareness to a point on your belly button.

Thank you.

Thank you for entrusting me to give you a sound bath on the beach. And I hope you enjoyed it.

It's amazing, I snored myself awake twice.

That's a good sign.

That's a really good sign, I like it.

Do you know what, I don't want to take this blanket off.

So we're sat in this sort of like, dip of a sand dune, on some yoga mats, in some blankets. Do you know what's been really nice is, the sort of whole time we've been doing this, people have been going back and forward from the sauna into the sea, which is what we did. And it is, it's so lovely, isn't it?

Yeah, they've definitely seen my bum, because I didn't wear leggings for this.

Oh really? Good for you, let it breathe girl, let it breathe. So we've had a really gorgeous afternoon.

We went in the sauna, which is fantastic.

The sauna was amazing.

Oh yeah, [yawning] you know what I mean?

All this sea air as well. I'm gonna sleep like a toddler.

You're like a baby!

Honestly, if you get me near the sea, I, really...

So we were in the sauna earlier, and then that was amazing. And then we came down to this lovely sort of shaded, we're in this sort of dip of a sand dune, with all this beautiful long grass around us. And we had a sound bath here.

It felt so perfect here and so in tune with what was already happening around us in terms of the elements and the wind and hearing the sea.

Yeah, and even though it was calming, there was something quite visceral about it as well. Like it went through your body.

Yeah, and doing the yoga was amazing as well. You really feel those deep breaths. And I love the smell.

I know.

The smell of air as well, being in these sand dunes. And we're in the summer months now, so there's flowers and things around, and obviously the salt from the beach smells great.

I was about to say about the salt, because I don't think I've ever tasted saltier. So between the seaweed bath and sweating salt out, and now being by the sea, I'm 90% salt. Like, you know how they cover, is it Gravidlax? The salmon in salt, and they leave it for a bit. I feel like that. I feel like a piece of salmon.

Those salt licks that farmers buy for cows we'll put you in a field with your top off.

They'd love it.

And we grabbed some food as well from Menai Bridge. Had a lovely Green Olive.

That was delicious.

Yeah, all vegan actually. So vegans listening, I really recommend it.

Yeah, and as a staunch meat eater, I really enjoyed it.

Oh good, I'm pleased. What's lovely about all this is it's happening in a little layby in the middle of nowhere, which is what we are. We're an island.

People don't really pass through. If they do, they're going to Ireland and they're in an HGV, but this is a little layby and there's all this happening here that you can have a sound bath experience. You can have yoga, you can have a sauna.

On the weekends, there's an amazing food van that comes down here called Dream Boat, which does vegan vegetarian stuff. Loads of the veg comes from their garden. It's, you know, all of this is happening in the lay by and I'm again, just so proud that it's on the island that I live on.

I've really enjoyed coming here. Thank you so much for having me because it feels like a real privilege.

That I let you on? I do single-handedly wave people through on the bridges.

But it genuinely is because I know from conversations we've had in the past, like the way you talk about Anglesey, like you're so passionate about it. And, you know, as a lot of people are about where they come from and where they live, but to come here and experience it. And I think through your eyes as well, because you've kind of guided me through it. I've really enjoyed it and I have fallen a lot in love with it.

Good, I'm glad. That's all I want, is for everyone to want to live here. Just so the, my house value rises.

Well, that is the episode on Ynys Môn from Biwmares to Rhosneigr.

Thank you to everyone that we've seen and who have helped guide us through this wondrous island. And thanks to our dogs as well, who have been surprisingly well behaved.

Yes, diolch Ci a Twm.

This has been a Little Wander production in association with Visit Wales.