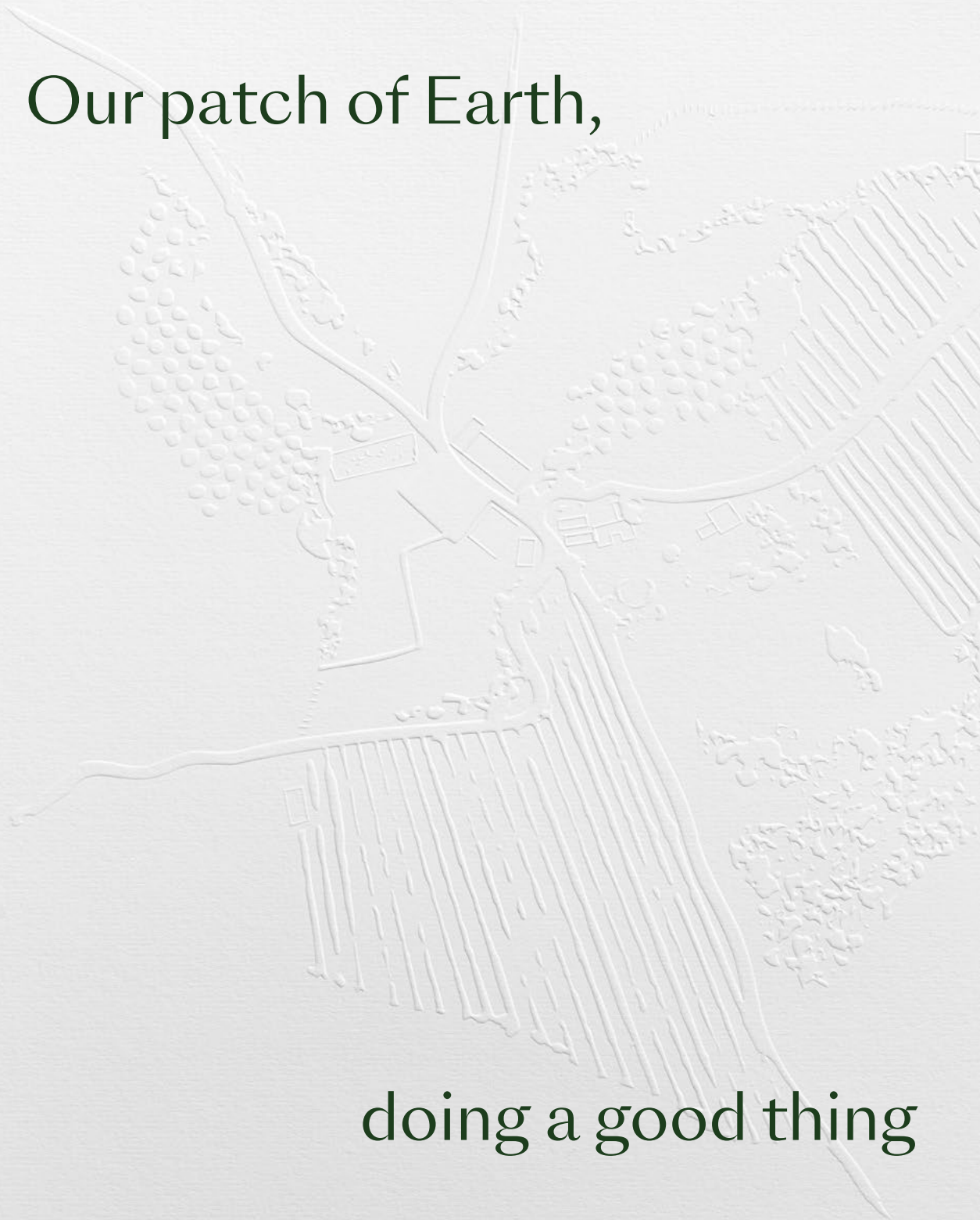


The image features a white embossed map of Louma, Senegal, set against a light grey background. The map is intricately detailed with raised lines and textures. It shows a central river system with several tributaries. To the left, there are large, circular embossed patterns representing fields or orchards. The central and right portions of the map are dominated by numerous parallel, raised lines, likely representing agricultural rows or furrows. Several small, rectangular embossed shapes are scattered across the map, representing buildings or structures. The overall design is clean and minimalist, focusing on the geographical and agricultural layout of the region.

Louma

Our patch of Earth,



doing a good thing



Welcome
to Louma.



built on big
dreams.

Our little place,

We created this because we believe it can, quietly and softly, make a big difference.

We can gently change some thinking. Quietly remind people of the deep beauty of simple things. And, in so doing, profoundly change some lives.

Not just for this generation. Not just for now. The people who come here as children will one day return. We'd love to think that they will, in turn, bring their children too.

Because what people will take from here is a renewed love of nature and an appreciation of the world around us.

These are things that will live on. Long, long, long into the future.

And that is a difference worth making.

About Us

“

We initially bought Louma as a home for our family in 2019. As we discovered and listened to the land, it became clear that we needed to share its beauty with others as a place of wellbeing.

Some of our favourite childhood memories have been recreated on this patch of earth. From free roaming animals to organically grown vegetables, enchanting forest walks to open fires, healthy food, and laughter amongst family and friends.

It is a place where you can come, be yourself, and dive deeper into the things that we all care passionately about. Whether that is moving around the farm or wellness centre, eating from the vegetable garden, foraging in the forest, or attending one of our activities to learn more about farming, vineyards, cooking, animals, soil and more. It's a place where we listen and care about how you want to make memories with the people you love. It's a place we hope you come back to again and again.

”

Love

Louis + Emma

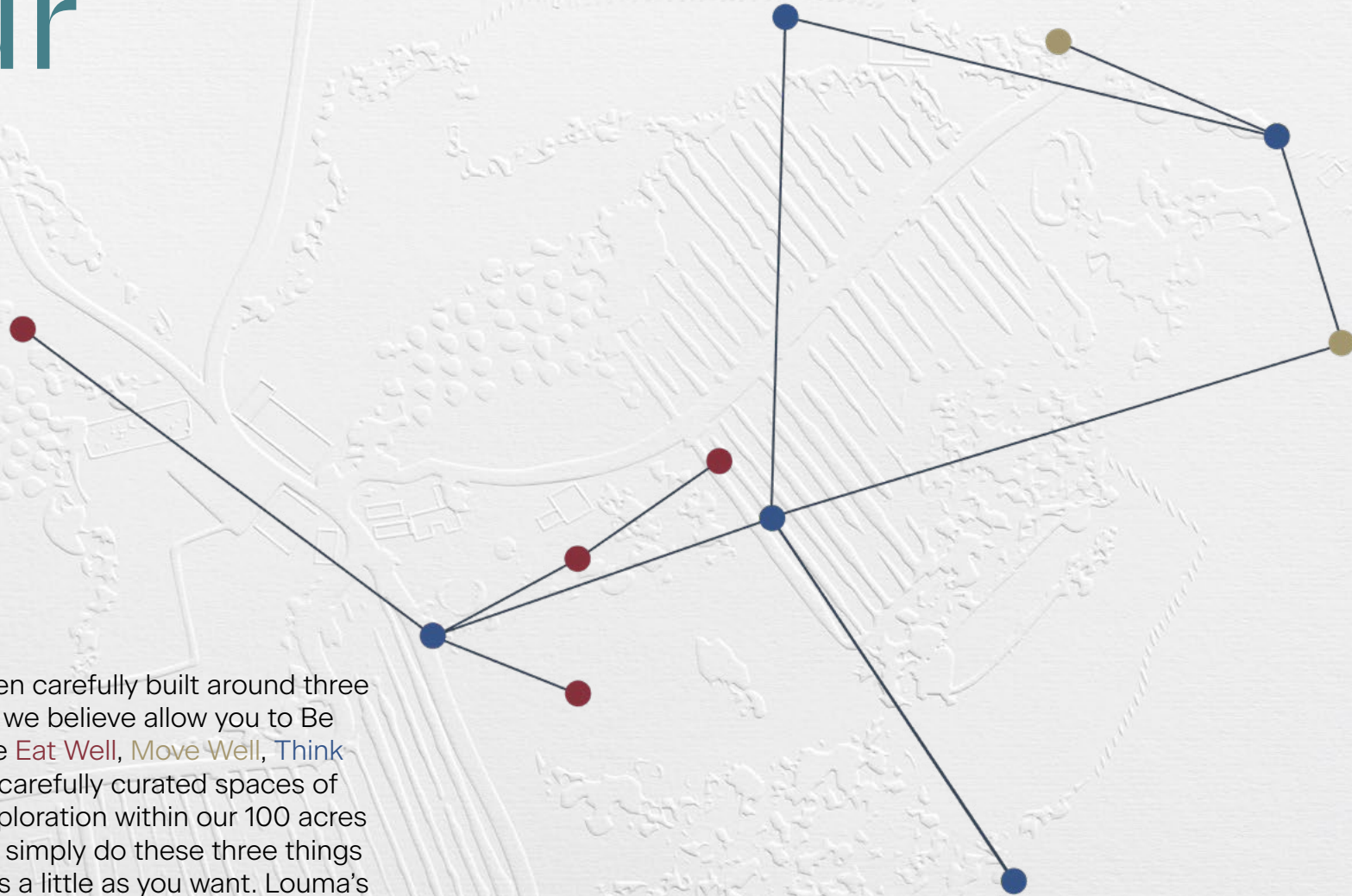


Louis & Emma

Our

Louma has been carefully built around three key pillars that we believe allow you to Be Well. These are **Eat Well**, **Move Well**, **Think Well**. We have carefully curated spaces of activity and exploration within our 100 acres to allow you to simply do these three things - as much or as a little as you want. Louma's constellation celebrates how these three pillars coexist but, when brought together, create a one of a kind constellation that can only be seen and felt on Louma's home land.

Constellation





Eat Well



Farm to Fork

Embracing the seasonal rhythms of our land, we are committed to cultivating regenerative farming practices. Our farm-to-fork experience is more than a culinary journey. We aim for the majority of our offerings to come from our gardens, fields, orchards, woods, and vineyards, with all else to be sourced mindfully. The farm yields a rich array of vegetables, mushrooms and soft fruits, while our fields provide the ample space needed for pigs, cows, chickens, and sheep. We produce our own wine, apple juice, and cider, each a testament to our unwavering dedication to excellence.

Our Vineyard

Our 30-acre vineyard was planted in 2006–2007 and first harvested in 2009, when the grapes were sold to local wineries. It was planted at the start of the resurgence towards English Wine and for many years was one of the largest vineyards in Dorset. Louma took over management of the vineyard in 2020, with our first harvest in the Autumn of that year, and we

have since been concentrating on growing for our own wine production. We use regenerative practices such as the introduction of livestock into the vineyard and sowing cover-crops and wildflowers between the rows, in line with our mission to produce quality grapes with minimal impact on the land.





“Our gardens fulfil several purposes, which allow diversity to thrive and abundance to grow and are designed with people in mind, whether that be the enjoyment of its beauty or its bounty. Our gardens are collaborative with our chefs and we don’t ever compromise on our environmental integrity, goals, vision.”

Jon Davison, Head Gardener at Louma





Jamie Thewes

“

My career as a chef began early, from school to a catering firm in London, before attending world renowned Ballymaloe Cookery School under the extraordinary tutelage of Darina Allen. I was fortunate to win an apprenticeship at the School's sister hotel where I learnt the importance of ingredient driven cooking: the idea that good, healthy food starts with exceptional ingredients. From there I travelled the globe, honing my skills in Europe and Australia, before returning to Scotland in 2002 to establish Port na Craig Inn. In 2003 I was awarded a coveted Bib Gourmand in the Michelin Guide before being awarded "Restaurant of the Year, UK" by Les Routières. My culinary journey then took me to Bali where I trained the kitchen team of Bali's most prestigious villa - The Istana.

After seven extremely informative years I returned to the UK working in high-end event venues. Last year, my young family and I relocated to West Dorset, before I joined the Louma team as Executive Chef.

My recipes are born out of the wonderful produce grown at Louma and the surrounding countryside, working collaboratively with, not only my kitchen team, but closely with each member of the wider Louma community. My passion for fresh, seasonal, exceptional produce are reflected in our menus which are exquisitely diverse and delicious. ”



our Executive Chef



Move Well

Making Time to Reconnect

We believe that connecting with the Earth is paramount in our universal wellness. Movement re-establishes that connection, adding energy and dimension to our respect for ourselves and our environment. Connecting with our breath, body, and mind, allows us to open our senses, appreciate the world around us, and work through any stress or anxiety we may be feeling.





You Matter

Thoughtful motion is therapy, a tonic for tensions that your mind or body may harbour. Stroll through the woods, swim in our pool, cycle along the lanes, laugh in our playground, breathe deeply, and move well.

“

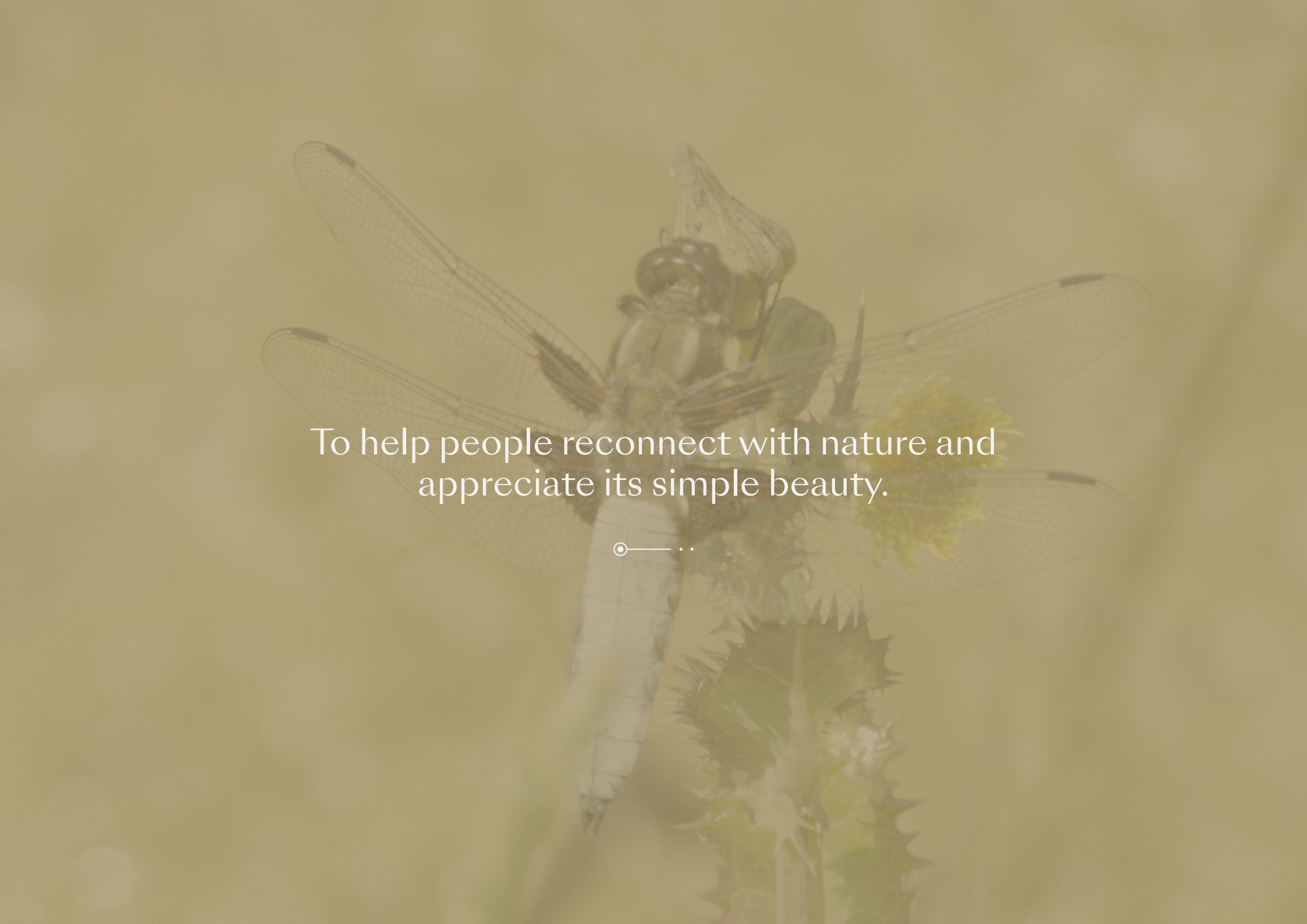
An intrinsic part of our ethos at Louma is to produce as much of our food on the farm as possible, doing so in a way that doesn't deplete the land, but regenerates it. To this end, we have selected the best-suited breeds of livestock and varieties of crops, which we rear and grow with the utmost care, in turn giving us the most delicious food one could hope for.

”

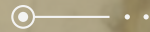
Drew

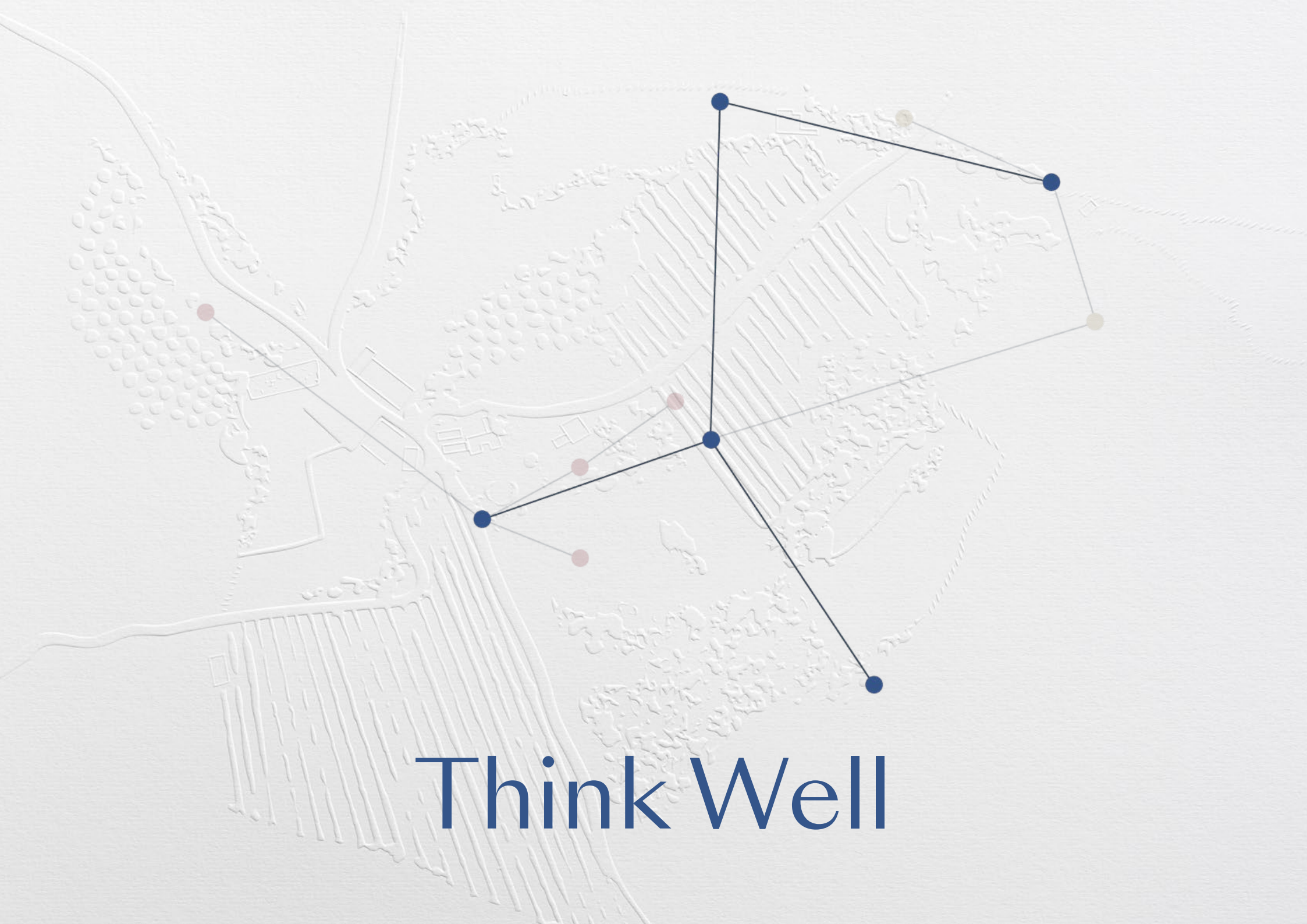
our Head Farmer



A dragonfly is perched on a yellow flower, likely a thistle, with its wings spread. The dragonfly's body is light-colored, and its wings are transparent with a visible network of veins. The background is a soft, out-of-focus green and yellow, suggesting a natural outdoor setting. The overall image has a warm, muted color palette.

To help people reconnect with nature and
appreciate its simple beauty.





Think Well

To Simply Connect and Just Be

We believe that connection with nature, mindfulness, and education are key tools to help us nurture our mental well-being. Through nature and wellness, we have created ample opportunities for connection, revitalised health, serene peace and deeper understanding to expand our minds and allow us to recentre.


We encourage you to take the opportunity to break from day-to-day routines and sink into supportive experiences that will nourish you from the inside out, through treatments, tours, mindful exercises, and gentle reminders of the simple beauty of life and nature. Whether that is a rejuvenating massage, a cleansing facial, a soak in the hot tub, or delving into a good book in one of our swing seats.



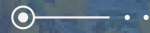


Immersed in Nature

Allow nature to fill your senses. There is much to explore on our 100-acre estate and many new discoveries to be made. Enjoy the serene landscape of Charmouth Valley, where you can watch the gulls fly inland, sea mists roll over the hillsides, and swells move through the sea over the horizon. Enjoy open expanses of field, meadow, deep woodland and sacred pockets of nature, forever changing throughout the seasons, always offering visceral ways to connect. Embrace the cyclical ways of nature, the weather, and your own natural instinct to be and to move amongst the verdant landscape.

A field of sunflowers under a blue sky, with a fence visible in the background.

“Escaping to Louma, you’ll find a sense of calm that leaves you receptive to everything our simple, beautiful patch of earth can impress on you, and you’ll take it all with you when it’s time to go home.”



Site Map



These animals are on a field rotation.
Ask a member of staff where they are today or explore and find them.

- | | | |
|--------------------------|-----------------------|------------------------|
| 1. Entrance/Exit | 12. Ornamental Garden | 23. Poplar's Pond |
| 2. Main Barn & Reception | 13. Glasshouse | 24. Play Area |
| 3. Main House | 14. Kitchen Garden | 25. Woodland Walk |
| 4. Timber Stables | 15. Horse Stables | 26. Forest School |
| 5. Stone Barn | 16. Horse Paddocks | 27. Woodland Platform |
| 6. Herb Garden | 17. Sand School | 28. Mushroom Logs |
| 7. Wellness Barn | 18. Apiary | 29. Agroforestry |
| 8. Massage Huts | 19. Cow & Sheep Barn | 30. Hide Huts |
| 9. The Furrow | 20. Guppy Barn | |
| 10. Shepherd's Huts | 21. Guppy Pond | (A) Main Car Park |
| 11. BBQ/Braai & Pond | 22. Guppy Pergola | (B) Reception Car Park |

Things to do at Louma



Animal Hour



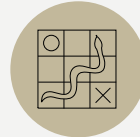
Arts & Crafts



Bee Safari



Bird Watching



Board Games



Celebrate with us



Collect eggs for breakfast



Cook up a feast



Explore on foot



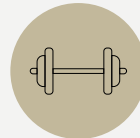
Explore surrounding forests



Farm Walks



Feed our hens



Fitness Suite



Foraging



Forest School



Guided Walks



Guided Yoga



Harvest with our gardeners



History Tours



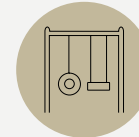
Horse & Pony Treks



Indoor & Outdoor Pools



Meet our farm animals



Play Area



Private Dining



Pumpkin Picking



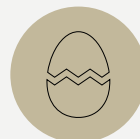
Reserve a Hide Hut



Sauna



Special Occasions



Spend Easter with us



Sports



Stables Tours



Stargazing



Stay for Christmas



Strawberry Picking



Take a picnic



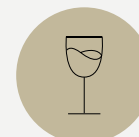
Treasure Hunts



Vineyard Tours



Wellness Barn



Wine Tasting



Woodland Walk



Where Memories are Made

Contact

hello@loumafarmandretreat.co.uk

+44 (0)7519 560095

Louma Farm and Retreat, Dorset

loumafarmandretreat.co.uk

