

Thursday 23rd October

Day 4 – Living the Shallowford Way

Morning Reflections and Resilience

The children woke up on their final full day at Shallowford Farm with mixed emotions — a little sad that their adventure was coming to an end, but also proud and excited about everything they had achieved throughout the week. Despite the wet, windy, and cold weather rolling across Dartmoor, the group was determined to live by the Shallowford pillars and “look after the animals and put them first.”

So, with cheerful determination, the children booted up, layered their waterproofs, and headed out into the blustery morning. It was a true test of their growing resilience — but not one they shied away from.

Out on the open moor, one group trekked up to check on the ponies. The wind whipped across the hills as they made sure the ponies had enough food for the rainy day and had found shelter from the stormy weather. The children were beginning to think and act like true farmers — observant, responsible, and deeply caring for the animals they had come to know over the week.

Meanwhile, back at the barn, another group took on the less glamorous but equally important job of mucking out the pigs and preparing their breakfast. The teamwork and laughter never faltered, even when things got a little chaotic. In true Shallowford style, there were a few “piggy escapees” — and the children had to put their well-practised herding skills to the test! With quick thinking, good communication, and a lot of laughter, the runaway pigs were safely guided back into their pens.



Tool Making and Apple Pressing

After all their hard work, the children were rewarded with a hearty farmhouse breakfast of sausages, hash browns, and porridge — just what was needed to warm up after a wild morning outdoors. Energised and ready for new challenges, the children began their tool-making activities. Guided by the Shallowford team, they learned how to safely cut and shape pieces of wood, crafting their own natural necklaces as keepsakes from their week on the farm.

With the rain still pouring outside, the group took shelter in the polytunnel and met Charles from the neighbouring orchard. He introduced them to the art of apple pressing, starting with an exciting apple-tasting session featuring different varieties from the local area. The children eagerly got to work using the pressing machines to make their own apple juice — and in true Shallowford fashion, they went above and beyond, helping Charles produce an impressive 10 litres of fresh juice!

After sampling their delicious creation, the children headed in for a warm and comforting lunch of jacket potatoes and cake, chatting happily about how satisfying it felt to make something entirely by hand — from tools to apple juice!





A Wild Walk on the Moor

With the weather showing signs of improvement, the group set out for one last big adventure — a country walk to Corndon Tor. Spirits were high as the children walked the 2.5 miles up the rugged Dartmoor landscape, admiring the sweeping views and reflecting on how much they had learned during their stay.

But Dartmoor had one more surprise in store! Just as they reached the top, the weather changed dramatically — high winds and hailstones swept across the moor, turning the journey back into a true test of resilience and teamwork. Yet rather than complain, the children laughed, sang, and encouraged one another all the way down. It was a moment that captured everything they had learned at Shallowford: determination, care, and friendship.



An Evening of Reflection and Celebration

A little soggy but still smiling, the children returned to the farmhouse for their final Shallowford evening meal — a comforting plate of cottage pie with vegetables from the farm. Warm, dry, and full of food, they gathered together one last time to reflect on their incredible week.

As the fire crackled and the room glowed with warmth, the children shared their favourite memories, from feeding the pigs and herding sheep to dancing, exploring, and braving the moorland weather. There were smiles all around as they celebrated their Shallowford achievements, proud of how much they had grown in confidence, independence, and teamwork.

It was the perfect end to a truly unforgettable week — one filled with mud, laughter, friendship, and the true spirit of life on the farm.

