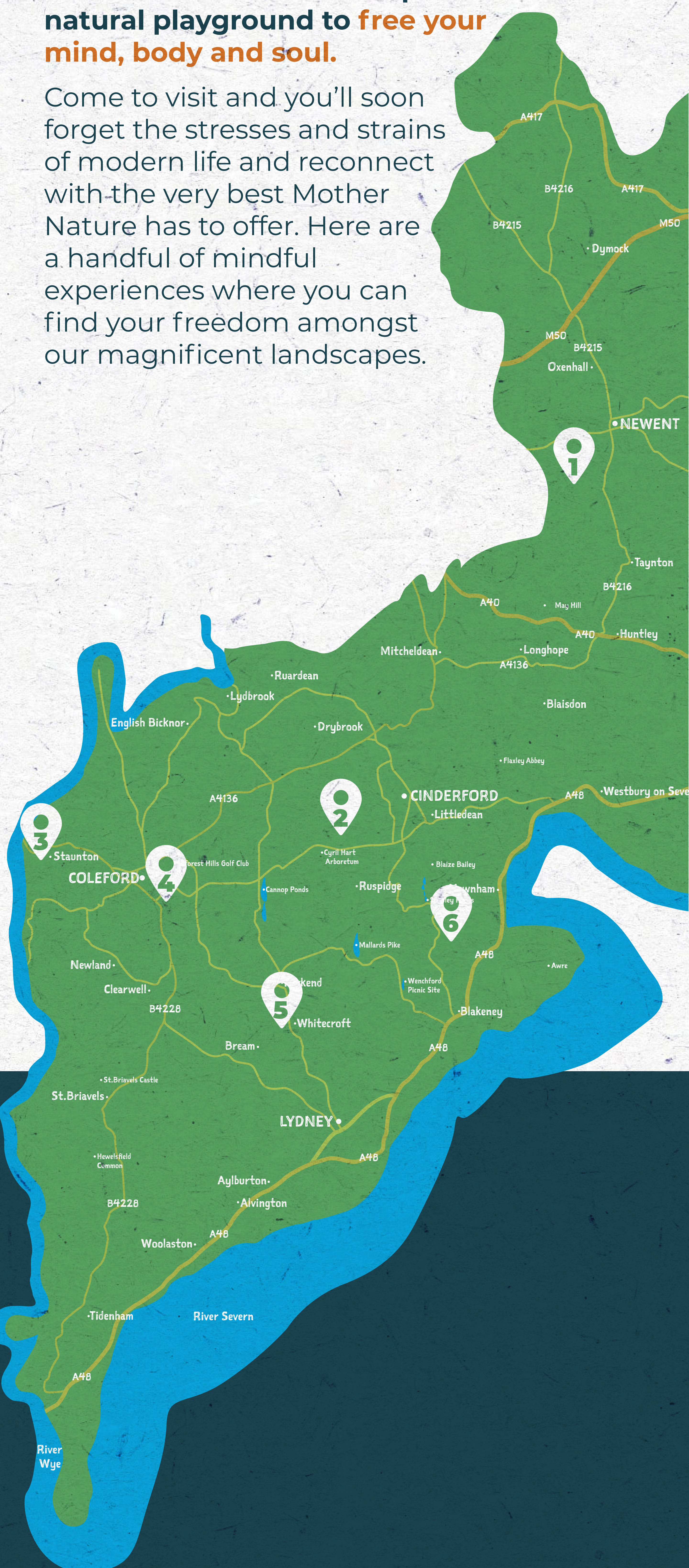


FIND YOUR FREEDOM
**FREEDOM
AWAITS**

Easy Experiences For Your Mind, Body and Soul

The Forest of Dean is the perfect natural playground to **free your mind, body and soul**.

Come to visit and you'll soon forget the stresses and strains of modern life and reconnect with the very best Mother Nature has to offer. Here are a handful of mindful experiences where you can find your freedom amongst our magnificent landscapes.



- 1** Llama trekking with Briery Hill Llamas.
- 2** A Forest wildlife walk at dusk with Ed Drewitt.
- 3** Fishing on a spring-fed lake at Broadstone Fisheries.
- 4** Woodland exploring with Wye-Bikes.
- 5** Relax in your own floatation pod with Float in the Forest.
- 6** Mindful bathing with Forest Bathe.

+ MANY MORE BELOW



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FREEDOM AWAITS AMONG THE TREES

With over 20 million trees in the Royal Forest of Dean, stretching some 200 square miles, **it's impossible not to feel rooted to the natural world in this special place.**

We recommend exploring the forest tracks and well-laid paths by foot or by bike, stopping every so often to breathe in the soft scents and listen to the oak, beech and birch trees stirring in the breeze.



1 DO SOMETHING UNIQUE

Sync your senses with the forest on an incredible forest bathing (or shinrin-yoku) experience with Carina from Forest Bathe.

Shinrin-yoku is a mindful practice, where you walk slowly, whilst absorbing the forest atmosphere. Each two to four hour session is followed by a foraged tea and healthy snacks.

2 TRY SOMETHING NEW

Nudge things up a gear with an e-bike ride. Hire your e-bike from Wye-Bikes and pick your route.

For an easy ride, try the The Family Cycle Trail, which follows the Dean's fully surfaced disused rail network. For a more thrilling ride, the Verderers' Trail is perfect for intermediate and experienced cyclists on mountain bikes.

3 EXPLORE MORE

Find one of the many viewpoints overlooking the Forest of Dean or River Severn to take the best photos.

Pack a picnic, explore our history and heritage or simply walk and enjoy nature. May Hill in Cliffords Mesne is a familiar landmark, with its near circular mound and crowning clump of trees. Its wild open spaces offer 360-degree views across the three surrounding counties, and is an ideal spot to view the sunrise and sunset over the forest, hills and valleys.

4 SEE SOMETHING DIFFERENT

On a mindful photowalk with the Forest of Dean and Wye Valley School of Photography.

The emphasis is on 'seeing' the forest and all its beauty, rather than just looking at it and taking pictures. Learn how to retune your 'eye' to enhance your creativity and skill.



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FREEDOM AWAITS

ALONGSIDE THE WILDLIFE

Wildlife is at the heart of the Forest of Dean. Birds, butterflies, squirrels, pine martens, deer, bats and boar all **call this ancient forest home.**

So whether you're exploring our beauty spots and arboretums in the spring, or discovering our nature reserves, ponds and lakes during the summer, you'll never be far away from the wonderful creatures that live here.



1 DO SOMETHING UNIQUE

The forest at dusk is quite different to the forest during the day.

At this special time, shy creatures come out to explore. Join local wildlife expert, Ed Drewitt, on a steady-paced walking wildlife safari, looking out for the forest animals that not everyone who comes here is lucky enough to see, including tawny owls, kingfishers, fallow deer and mandarin ducks.

2 TRY SOMETHING NEW

Although not native to the Forest of Dean, llamas are very much a part of the landscape over at Briery Hill Farm.

Set in 32-acres of beautiful green landscape, Briery Hill Llamas offers visitors many enjoyable llama encounters and experiences, including Llama Trekking with Afternoon Tea. The delicious spread is the perfect way to finish off the gentle llama walk through their woodland. They also have pigs, chickens and cows and there is a wealth of wildlife to see on their farm.

3 EXPLORE MORE

Head to the RSPB Nagshead Nature Reserve near Parkend to experience some of the Forest of Dean's variety of birds.

There are two wildlife hides and a pond as well as waymarked trails, which can be found near the visitor centre. Keep an eye out for pied flycatchers and redstarts in the spring, woodpeckers in the summer, nuthatches in the autumn and goshawks and treecreepers in the winter. This mature oak woodland throngs with birds all-year round. Seeing a bird of prey in the wild is exhilarating and you don't have to go far to do that here.



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FREEDOM AWAITS **BY THE WATER**

The Forest of Dean is known for its incredible woodland, but it's also home to **two majestic rivers** - The River Wye and the River Severn - as well as many pretty lakes, ponds and streams.



1 **DO SOMETHING UNIQUE**

If you don't fancy water sports, but do want some of the health benefits, try Float in the Forest instead.

This unique floatation experience takes place inside your own private floatation pod. Climb into the soothing warm water where you float effortlessly. You can choose from a range of soft colour-changing lights and music or enjoy complete silence. It's a deeply relaxing experience that can free your body from any aches and your mind from any worries.

2 **TRY SOMETHING NEW**

Cast your line into spring-fed waters and see if you can hook yourself a bream or trout carp at Broadstone Fisheries and Campsite.

This small, family-run fishery and campsite sits in an unspoilt area near Coleford in an idyllic spot where you can also camp amongst the peace and quiet. If you're new to fishing, don't worry; lessons are available.

3 **EXPLORE MORE**

Visit Woorgreens Lake and Nature Reserve in the heart of the Forest. In the spring and summer it's a great place to spot dragonflies and damselflies or look for reptiles.

Bird life is abundant, both on the lake and in the surrounding heathland and woodland edges. Be sure to listen out for the sound of a cuckoo, see if you can spot the shy crossbills in the woodland edges, or look for hobbies chasing dragonflies over the lake. If you enjoy more fast flowing watery vistas, head for Lower Lydbrook where you can sit by the River Wye and watch people canoe, kayak and paddleboard.

4 **REFUEL AT**

The Forge Hammer and River Spice, located just 100m from the River Wye in Lower Lydbrook.

This microbrewery serves home brewed ales and from May until September serves snacks, meals and drinks from a food truck situated in the car park.



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