

Sensory Trail Information and Visual Aid

Sensory Trail Information

The Sensory Trail is a chance to explore the forest using all your senses. What you see, hear and smell on your visit will change each time you visit as the weather and seasons bring changes to the forest, but the activities you can do will stay the same.

Where to park

The overflow car park is closest to the start of the trail. The nearest toilets are in the Courtyard building, near the café. Other toilets are available in the main car park at the Visitor Information building.

What to bring

To get the most out of the trail you should bring:

- A blindfold, such as a scarf or eye mask – for the 'Blind Rope Challenge';
- Drawing chalk – for 'Instant Poetry';
- Paper and crayons – for 'Tree Treasure Hunt', if you'd like to take a rubbing of the different leaves; and
- A spare pair of socks and/or a towel – for 'Bare Your Souls'.

Safety information

- Please don't use the trail in high winds e.g. when the larger branches of trees are moving.
- Many of the activities are sited under the trees, please take care when leaving the main path and watch out for trip hazards.
- Before taking off your or your child's shoes for the 'Bare your Souls' activity please check the walk way for anything harmful.
- Dogs should be kept on a lead throughout and away from the 'Bare your Souls' activity.

Activities

There are twelve activity points on the trail and whilst the trail is linear, the activities can be done in any order.

Each activity point is marked by an easily visible blue post with an information panel attached.

End of the trail

- You can turn around and go back along the same route you came.
- Turn around and go back along the Sensory Trail and move onto the Giant's Lair Trail.
- Walk up the hill onto the Forest Drive and return to the main forest park along the road; watch out for cars.

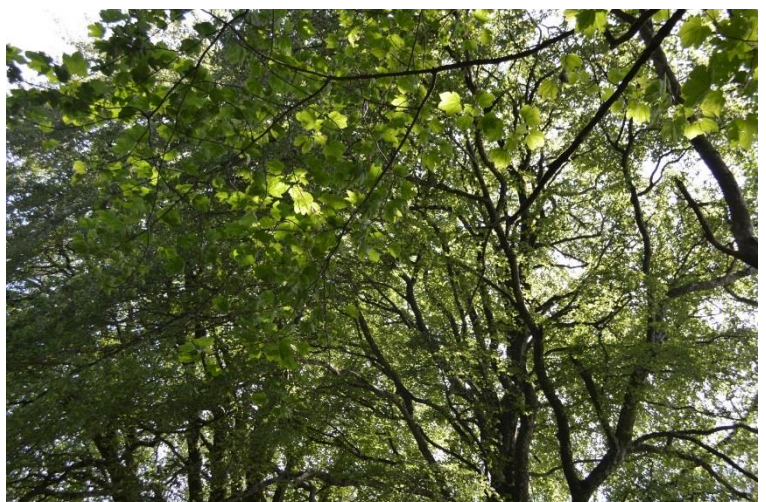
Visual Aid

Start of the trail:



Forest Bathing

Climb up the grass slope to the wooden chairs. Sit back in the chairs and look up, what do you see?



A summer view from the wooden chairs

Blind Rope Challenge



Hidden behind a large tree is the blind rope challenge.

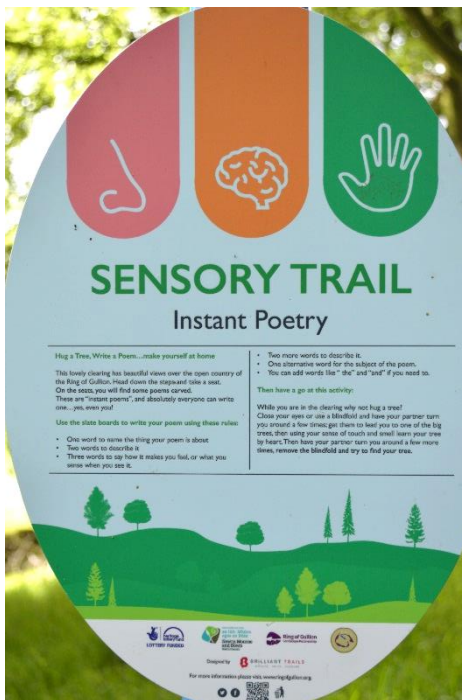


When at the rope, put on your blind fold or close your eyes and feel your way around the course. Use your feet to feel for logs and other obstacles. Can you make it all the way around without peeking?

Tree Rings



Instant Poetry



Sit on the bench and think of words to describe what you see.

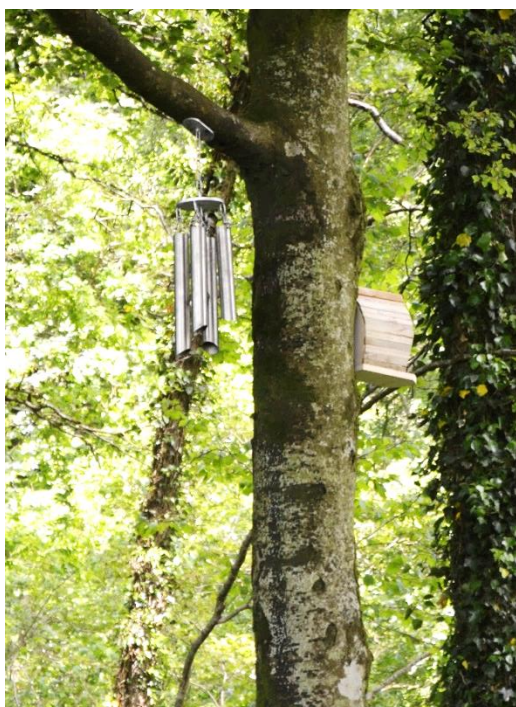


Write your words or poem on the chalk boards for others to read.



Nature's Orchestra

Walk through the trees, what sounds can you hear? Can you make your own sounds?



Eye Spy a Troll

Look up in the trees and see if you can find all nine trolls. Don't forget to look behind you.



Tree Treasure Hunt

Use your finger to trace the leaf shapes, can you find the same type of tree nearby? Don't forget to look behind you. If you have paper and a crayon, you can make a leaf rubbing.



Take a seat on the bench and listen to the sound the water makes. What other sounds can you hear?



Check for rubbish or anything sharp on the path before starting. Take off your shoes and walk barefoot along the different surfaces. If you don't fancy barefoot you can keep your socks on, if you have an extra pair with you. Alternatively you can walk along with your shoes on.



Read the posts and see if you can see what they are talking about nearby or answer the question. You might not see the animals talked about, but the trees are always there.



Look through the Perspex and line up the hills beyond with their names, which hills can you see?



End of the trail

Congratulations you have reached the end of the Sensory Trail. You need to turn around now and walk back the way you came.



If you don't want to walk back the way you came you can do a loop walk along the Forest Drive, just head up the slope to the left of the sign. Watch out for cars on your way back to the carpark.