

Woodland wellbeing walks

Join us for our woodland wellbeing walks at Shining Cliff Woods near Ambergate led by Woodland Connections (a collaboration between Shining Cliff Hostel & All About the Calm)

The sessions will run once a month and the first three dates are:

- Tuesday 18th October 12.30-2.30pm
- Saturday 5th November 10am-12pm
- Sunday 4th December 10-12pm (followed by a Winter Wreath making workshop at Shining Cliff hostel that can be booked separately)

Our Woodland Wellbeing Walk is a very gentle walk in Shining Cliff woods, where the focus is to take our time, slow down and have a go at some gentle mindful activities that help us to stop thinking about our 'to do' lists and give us some well needed 'me time' away from the everyday routine.

The walk distance is normally less than a mile, is very slow but involves uneven ground with slopes. Dogs are not allowed to accompany the walk, as it distracts us from engaging fully in the mindful activities. There are no toilets, and car parking involves driving 400m along an uneven woodland dirt track to the private car park area.

Directions to the meeting point are provided on booking, unfortunately the meeting point is not close to public transport routes. It is possible to get the train or bus to Ambergate and walk up through the woodland, this is approximately a 50 minute walk on uneven, uphill woodland paths.

For more information and to book on to one of our 12 spaces for these walks please contact Kate or Bonnie at info@woodlandconnections.org or scan the QR code below to book direct on our Eventbrite page.

