

# SUMMER SENSATION



## HAMSTERLEY FOREST ACTIVITIES

### Gruffalo Sculpture Trail

If you venture into the deep dark wood, you may bump into the Gruffalo and the Gruffalo's Child plus other characters from Julia Donaldson's fantastic story.



Follow the blue Riverside Trail 1.5 miles to explore the Trail. Starting point is the Silver Bridge outside the info point.

Each wooden sculpture has been carved in a different position - can you find them all? Post your Gruffalo photos on the Hamsterley Forest [Facebook page](#) - we'd love to see them.

This activity is for families to take part in on a day that suits them. A packed lunch and a Gruffalo book is included for each child - as well as free parking at Hamsterley Forest.

### Wellbeing Trail



Take some time for you and try the new wellbeing trail at Hamsterley Forest, a mindful walk through the forest that invites you to really relax.

Panels along the trail will prompt you to stop, notice and connect with the wellbeing benefits of the forest environment. Just follow the Bedburn Valley Walk 2.5 miles to find all panels starting at the silver bridge

outside the info point. Pebbles are available to decorate and leave on the trail as a gift to the forest.

This activity is for families to take part in on a day that suits them. A packed lunch is included for each eligible child as well as free parking at Hamsterley Forest.

### How to book

To book onto either activity, send us an email to [weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk) including:

- The date of your visit
- Your choice of ham or cheese for the packed lunch sandwich

**Please Note:** The Gruffalo sculptures trail is accessible for pushchairs. Wheelchairs can access this trail however there is a gravel incline to push the chair up and alternative route back is along the Forest Drive. This is up to the individual as to which path they take.