



Forestry England

Feel good at

Thames Chase

Explore your local forest on a led family walk. Book onto the 'Trail of the senses' walk. Connect with nature, reap its wellbeing benefits, whilst having fun in the forest.

11.30am- 12.30pm, 13 & 20 Aug 26

Find out more at

southeastnordicwalking@gmail.com
forestryengland.uk/feel-good

