

We look after Bedgebury for people, wildlife and trees. For more information about our work and the activities available here, visit forestryengland.uk/bedgebury or email us at bedgebury@forestryengland.uk.

Find out more about Bedgebury's trees and wildlife online, or join us for one of our learning events throughout the year.

Keep learning

Take advantage of the many walking or cycling trails through the forest. Join us on one of our running events, or have a go at climbing through the trees with Go Ape!

Be active

Visit the pinetum with family and friends, or take part in our activities to meet new people.

Connect with people

Take out membership and support Bedgebury National Pinetum and Forest. Or ask in the visitor centre about the many volunteering opportunities on site.

Give to others

Take time out to explore nature. Follow this trail, or find your own. Ask at the visitor centre about other maps and guides.

Take notice



Take a moment...

... to slow down and immerse yourself in the tree collection of Bedgebury National Pinetum.

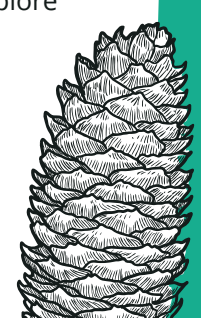
Walk calmly and quietly amongst the trees, breathe slowly and deeply and observe the small details of nature.

With its peaceful atmosphere, Bedgebury National Pinetum is the perfect place to notice the sights, scents and sounds of the world around you.

This trail is approximately 1½ miles (2¼ km) in length, taking about 1 – 1½ hours to complete at a steady pace. Our trail takes you on a route with surfaced paths and benches, but if you want to be more adventurous and explore deeper into the pinetum, please do!

The trail is mostly flat, with one steep slope down between points 3 and 4, an upward slope up to the viewpoint at point 6 and down again after.

Conditions can vary and some paths can become slippery in wet weather, so take care and wear appropriate footwear.



A walk in the pinetum is good for your body and soul. Being aware of the sights, scents and sounds of nature is a gentle, natural distraction from everyday worries and troubles.

There are many other opportunities here at Bedgebury to practice mindfulness, as well as the other 4 steps to wellbeing. Why not give some of them a try?

Taking notice and being more aware of the present moment is one of these five. This awareness, sometimes referred to as **mindfulness**, can positively change the way you feel about life and how you approach challenges. Following this trail will encourage you to take notice of the world around you and to be active amongst nature.

Growing understanding of mental health recognises 5 steps to wellbeing.

What else can Bedgebury do for you?

Join today

As a member you'll be supporting Bedgebury National Pinetum & Forest and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership

Contact us

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Bedgebury is open all year (except Christmas day) from 8am. Check our website or on-site notices for closing times.

forestryengland.uk/bedgebury

[bedgeburypinetum](https://www.facebook.com/bedgeburypinetum)
 [@bedgeburyP](https://twitter.com/bedgeburyP)
 [bedgebury.pinetum](https://www.instagram.com/bedgebury.pinetum)



Forestry England forests and woodlands have been certified in accordance with the UK Woodland Assurance Standard (UKWAS)



For alternative formats, please get in touch:
Call **0300 067 4000** or email info@forestryengland.uk

Following our trail can help you to become more aware of the present moment and the world around you.



Forestry England

Be Here Now Trail

Take a walk to become more aware of the present moment and connect with the world around you.

forestryengland.uk/bedgebury

Leave it all behind...

As you wind your way into the pinetum, leave behind the buzz and bustle of the visitor centre. Try and ignore technology and focus on being here right now. Walk slowly, breathe deeply and tune in to your surroundings.

The marked locations are suggested spots to stop and take a moment to experience sights, scents and sounds, but you will find many other points of interest along your way!

1) Open your eyes...

Take a moment to open your eyes and really notice.

The view across the lake showcases some of our trees and plants; look out for the variety of colours, shapes and sizes.

As you follow the path, why not stop to look up close at finer details such as the textures of bark, leaves and needles?

Be still for a moment and take time to observe the life of the pinetum as it goes on around you.

2) Tune in...

We are not alone! We share our world with many trees, plants, animals, birds and insects.

The variety of woodland, grassland and aquatic habitats found at Bedgebury provides a haven for wildlife. On most days you will hear birds calling in the trees, squirrels scurrying through the branches and leaves rustling in the wind. Close your eyes and absorb the sounds that they make.

Take a moment to truly listen and feel how you are part of the natural world.

3) Reach out...

Take time out from the bigger picture and feel stress recede by observing tiny details, such as the intricacies of the bark on these Douglas fir trees. Touch the bark and feel the contours of the ridges and furrows beneath your fingers.

The thick, deeply fissured bark of the Douglas fir is fire resistant, protecting the tree from the forest fires that occur in its native habitat.

If you can stay a bit longer, why not explore the woodland area behind you and look at the small details of some of the other trees found here.

The slope down to point 4 is steep and can be slippery. Please take care.



4) Breathe it in...

Of all the senses, our sense of smell is the greatest trigger of memory, transporting our thoughts instantly to another time or place.

Here amongst the Scots pine trees, close your eyes and breathe deeply. Absorb the evocative aromas of the trees in front of you and embrace the memories they bring to mind.

But why do pine trees smell so good? The answer is in the resin produced by the tree to protect itself from infection. This resin contains high levels of terpenes, which give pine trees their iconic scent.

5) Take time to reflect...

In front of you is one of Bedgebury's iconic views.

A mix of dawn redwood and swamp cypress trees, both deciduous conifer species, gives stunning reflections in the water of Marshal's Lake.

However, trees don't need to be big and flashy to be significant. Everyone has a tree that has a special place in their heart.

Take a moment to think of *your* tree. It may be a tree you climbed when you were young, one that you always collected conkers from or a tree that you walk past every day.

Watch out for cars on the road as you walk to the next stop.

6) Lose your mind and find your soul...

As the naturalist John Muir said, "In every walk with nature, one receives far more than he seeks". Noticing the complexity and beauty of the world around us distracts the mind from everyday worries and makes us feel part of something much greater.

Here as you look across at the wider view of the pinetum, let go of the idea that you are separate and embrace the feeling of being part of life itself.

7) Feel the benefits...

Taking time out and being outdoors makes you feel good, but there is science behind the magic! Being around trees exposes us to phytoncides, terpene-based compounds released by trees, which can reduce levels of the stress hormones cortisol and adrenaline as well as boosting the immune system. So sit back, relax and soak up the goodness of trees!

Time to return...

We hope you have enjoyed your walk through our pinetum and return awakened and refreshed. Our pinetum offers different sights, scents and sounds at all times of year, so why not come back again in a different season?