



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](https://forestryengland.uk/bedgebury)



## 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.



### Contact us

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e: [bedgebury@forestryengland.uk](mailto:bedgebury@forestryengland.uk)

Bedgebury National Pinetum & Forest,  
Bedgebury Road, Goudhurst, Kent, TN17 2SJ

### Cafe

t: 01580 879397

[bedgeburycafe.co.uk](https://bedgeburycafe.co.uk)

### Bike hire & shop

t: 01580 879694

[quenchuk.co.uk](https://quenchuk.co.uk)

### Go Ape

t: 08456 439 215

[goape.co.uk](https://goape.co.uk)

### Bedgebury Forest Cycle Club

[boarsonbikes.co.uk](https://boarsonbikes.co.uk)

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

[forestryengland.uk/bedgebury](https://forestryengland.uk/bedgebury)

f [bedgeburypinetum](https://www.facebook.com/bedgeburypinetum)

t [@bedgeburyP](https://twitter.com/bedgeburyP)

i [forestryengland](https://www.instagram.com/forestryengland)

## the friends of Bedgebury Pinetum

Join as a Friends member for unlimited  
admission all year, access to other gardens  
and a range of discounts and offers.  
Visit [bedgeburypinetum.org.uk](https://bedgeburypinetum.org.uk) or  
call 01580 879842 to find out more.

f [Bedgeburyfriends](https://www.facebook.com/Bedgeburyfriends) i [lovebedgebury](https://www.instagram.com/lovebedgebury)



Forestry England  
woodlands have  
been certified in  
accordance with the  
rules of the Forest  
Stewardship Council®



For alternative formats, please get in touch:  
Call 0300 067 4000 or email  
[info@forestryengland.uk](mailto:info@forestryengland.uk)



## 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 scrabbling 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.

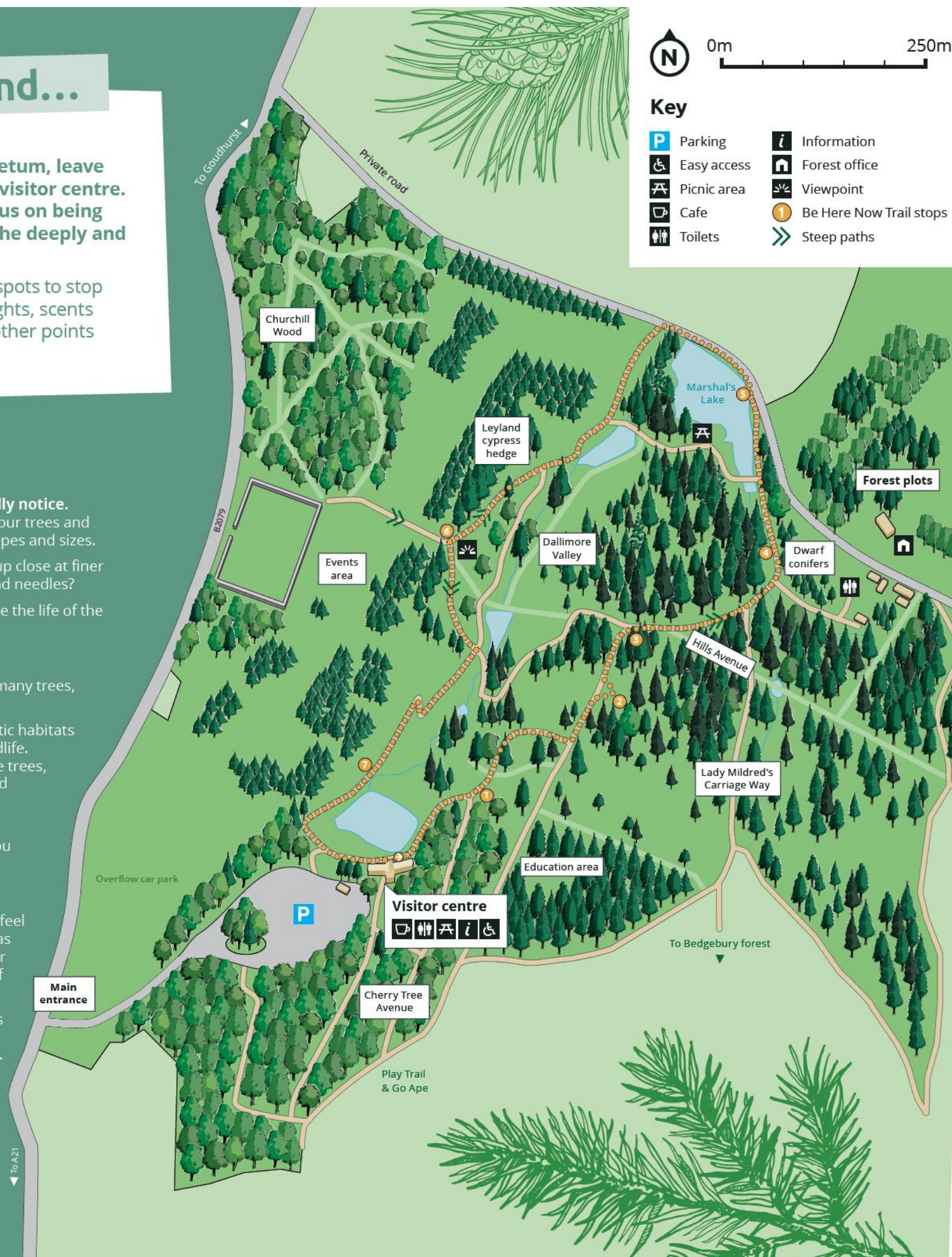
### 3) Reach out...

**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 Marshall'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.





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

## What else can Bedgebury do for you?

**Growing understanding of mental health recognises 5 steps to wellbeing.**

**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.

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?

**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.



### Take notice

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

### Give to others

Become a member of the Friends of Bedgebury Pinetum to support our conservation work. Or ask in the visitor centre about the many volunteering opportunities on site.

### Connect with people

Visit the pinetum with family and friends, or join one of our guided walks or activities to meet new people.

### Be active

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!

### Keep learning

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



We look after Bedgebury for people, wildlife and trees. For more information about our work and the activities available here, visit [forestryengland.uk/bedgebury](https://forestryengland.uk/bedgebury) or email us at [bedgebury@forestryengland.uk](mailto:bedgebury@forestryengland.uk). You can visit the Friends of Bedgebury Pinetum website at [bedgeburypinetum.org.uk](https://bedgeburypinetum.org.uk)