



Resource

MINI PILGRIMS

Forest Bathing

The Mini Pilgrims Group 4th Sunday Adventures went on a walk in a little known wood at Bowscar, perfect for soaking up the natural soothing effects of the trees.

The wood is off Bowscar Road just outside of Penrith. From the roundabout (where the Stoneybeck Inn is) drive up Bowscar road to the quarry. About a quarter of a mile past the quarry there is parking available in a layby on your right with a gate in the stone wall leading into the woods, there are paths that you can follow. Grid Reference NY523345 nearest postcode CA11 8RR.

Here in a wooded area we are more keenly aware of the cycle of life, death and re-birth and the interconnectedness of this in the wild space. As you lie and gaze up at the branches above you, or perhaps even hug a tree, consider 'if we could ask the trees a question what would it be?' What do you notice about the trees themselves, when you look at them from afar, when you look up close. How does it make you feel when you look up into the branches? Just as the trees are rooted into the ground, so we are tethered to the earth - how does this affect our relationship to the environments we live in? How can we respect this world that we are the caretakers of?



A tarpaulin or ground sheet might be useful to lie down on. This walk is most suited to a wooded area. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies.

For the walk in Bowscar see: Ordnance Survey Explorer Map OL5 The English Lakes North-Eastern Area.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.