



welcome to
alice holt
forest

...and welcome to the Discovery Trail

As you journey along the Discovery Trail, keep an eye out for symbols on wooden posts and use this leaflet to find out more about the forest.

Information Alice Holt Forest



Access

The Easy Access Discovery Trail is suitable for wheelchairs and pushchairs and has an optional shortcut. There are benches at points along the route. The Trail has been developed in partnership with the **Treloar Trust** and kindly sponsored by **Xxxxxx xxxxx**.

Additional resources

For people with speech and language difficulties, pick up a Treloar Pack from the cafe or forest office. The pack has

a communication booklet with notes for carers.

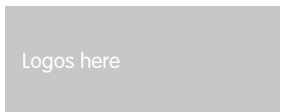
For young children there is a discovery kit for you to keep which is available from the cafe.

Further information

If you would like to know more about the learning activities here at Alice Holt, please visit www.forestry.gov.uk/aliceholt-learning or call our education team on **01420 23666**.

www.forestry.gov.uk/aliceholt

If you need this publication in large print or in another language please contact The Diversity Team. **Tel:** 0131 314 6575
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we love
alice holt
forest



Easy Access Discovery Trail

www.forestry.gov.uk

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Trail map & guide

Hidey hole

Peep through the holes, what can you see?

Smelly cocktails

How many smells can you find beside the path? Rub the leaves and scratch the bark to find out.

Listen

Take a moment to sit at the bench here and listen. How many different kinds of birds, insects or other animals can you hear? Can you hear anything man-made? What's the loudest sound you can hear?

Funny faces

If you look carefully, some trees seem to have faces. Look for nobbles that could be noses or ears, grooves that could be smiles...

Dens and shelters

If you are lucky, you should see some dens here. These are a fun way of recycling and reusing the logs and branches that the forest produces. Why not make your own mini-den for your favourite woodland friends?

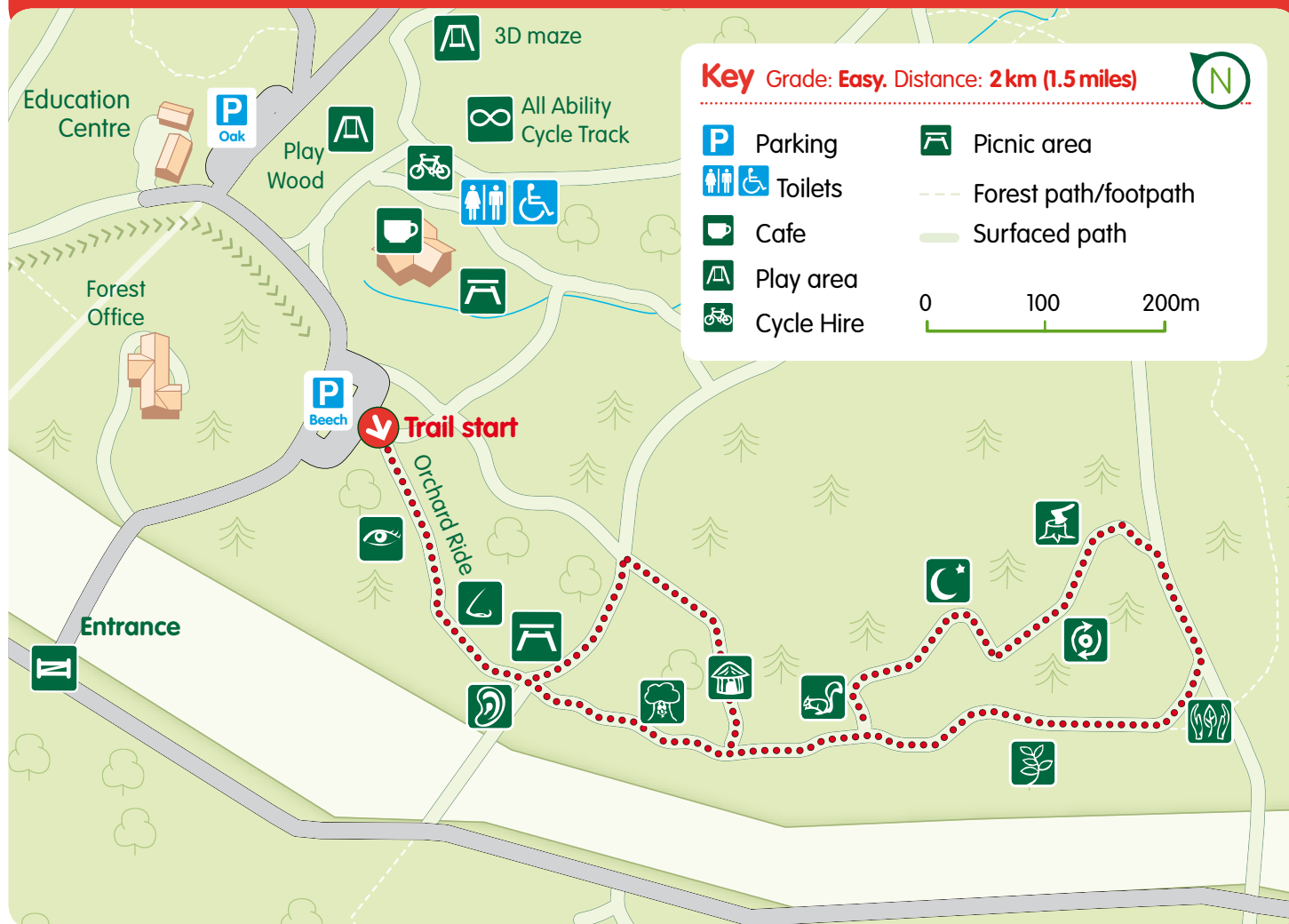
Leafy lookout

As you walk along the trail, see if you can spot any trees with leaves that match the ones below.



Sweet Chestnuts

This is a sweet chestnut tree. It wraps its nuts in spikey cases to stop animals eating them. What other textures can you feel here? Can you find smooth, rough and furry ones?



I'm stumped!

If you look carefully at the dead stumps and logs nearby, you will find them full of life! They are home to hundreds of little creatures. Wood-boring beetles made the holes.

Wood rings

Look at the stumps and logs here. Can you see the rings? One for each year of the tree's life. How many are there? A tree may still grow sometimes, even if the main trunk is damaged. Can you see a tree nearby that has grown again after it was blown down?

Deep, dark forest

You are now entering the deepest, darkest part of the trail. The evergreen trees here are Western Hemlock. Can you think of a story about a deep, dark forest? How about starting with "Once upon a time, two children named..."

Squirrelling squirrels

This is a good part of the trail to see squirrels. If you look really hard, you might see where they live up in the trees. You can also find their food on the ground, nibbled cones like this!

