



Following the success of the Forestry Commission's nationwide Discovery Day last year, Alice Holt will again be opening its gates to another day of free family fun on Sunday 30th September (parking charges apply). This year we are looking forward to hosting a falconry display by the brilliant Jonathan Marshall, as seen on BBC's Countryfile, who will thrill and entrance all ages (www.experiencefalconry.co.uk). Other activities on offer will be camp fires, willow craft, wild woodcraft, clay, pole lathing, animal masks, minibeast hunting, quiz trails and more! Please note: we may need to make a small charge for some activities. Check our website for more details.

www.forestry.gov.uk/aliceholt



Green light for new visitor centre

We have been given the go ahead for the first stage of a new visitor centre to be built at Alice Holt Forest, beginning construction in September.

The building includes a new visitor arrival and information area with a volunteer ranger base and brand new toilets, including a 'Changing Places' disabled toilet. Planning permission has also been granted for the provision of a dedicated cycling centre and larger education centre, which will be built at a later date.

With an eco-design, the building will be constructed from timber, with cedar roof shingles and glass windows used

to make maximum use of natural light. A woodfuel boiler will also be installed to heat the building using wood as a source of renewable energy.

Karen Guest, Recreation Development Manager, said: "People love coming to Alice Holt and we want to ensure people have facilities at the forest centre that make them feel welcome. When we asked our visitors what they wanted at Alice Holt, they said better facilities, such as toilets and information areas. This is what we need the most, so it makes sense that we put these in first."

The local team is working hard to ensure that the building works will have a minimal impact on visitors. The rangers are particularly excited about the project and hope to have these first new facilities open by May next year.

How to find us

By car
Alice Holt is 4 miles south of Farnham on the A325. Parking charges apply. See website for details.

By bus
Stagecoach no.18 operates regularly between Aldershot and Haslemere, picking up from Farnham

station and stopping at the Halfway House pub in Bucks Horn Oak.

Contact
Forestry Commission,
Alice Holt Forest,
Bucks Horn Oak,
Farnham,
Surrey GU10 4LS.
Tel. 01420 23666.



Alice Holt is cared for by:



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
Email. diversity@forestry.gsi.gov.uk



yourforest

what's happening in Alice Holt Forest July - December 2012

we love
alice holt
forest



Birds of prey come to the forest

Alice Holt will be host to an amazing array of birds of prey on Forest Discovery Day on Sunday September 30th.

There will be two fantastic flying displays with falcons performing breathtaking dives from hundreds of feet and hawks and eagles skimming the top of the audience.

There will be plenty of audience participation and children will also have the chance to hold a bird and find out just how awesome our larger feathered friends can be.

Throughout the day the birds, including falcons, hawks, eagles and owls, will be on display. Professional falconers will be in attendance to explain the history of falconry and the day to day care of the birds.

For more information on other Discovery Day activities see page 8.



Share with us

If you've discovered a bear or a Gruffalo at Alice Holt, or something that you really enjoy, please tell your friends about how grrrrreat it is! Share your photos and your experiences so that more people get to love being outdoors in our wonderful ancient forest!

www.facebook.com/aliceholtforest



Pupils from Onslow Infant School.

A generation of environmental learning

We are delighted that a generation of school children have benefited from the Forestry Commission's education service at Alice Holt Forest. Now into its 15th year, we are busier than ever working with nurseries, schools and colleges.

Onslow Infant School in Guildford is just one of the schools that's been coming for many years. This year, Kate Neal brought her Reception class.

She said "It's so lovely that children are able to explore and have hands on experiences in the forest. They've been encouraged to really use their senses and that is what early learning is all about."

The children enjoyed pretending to be a mole, wearing a blindfold and following a rope. Molly, aged 5, said "It seemed so dark and I had to feel my way along very carefully".

The team also offers Continuing Professional Development (CPD) courses for teachers and early years practitioners.

Sarah Wilkinson of Round and Round the Garden pre-school said: "There are simple things that you can do outside that you just can't do inside. Like roll down a hill, splash about in the rain, go minibeast hunting or find little treasures like stones, twigs and leaves."

Ruth Gardener of Tilford Meadows said she really learned that "The simple ideas are the best, like using your hands to peep through like a pair of binoculars. It's

all about behaving like a child, exploring the world through a child's eyes."

Karen Attil of Piggy Banks Nursery in Tilford, said: "I liked the minibeast hunting. Brushing away the leaves and waiting for minibeasts gives the children time for thought and builds on their attention and concentration skills".

Helen Wallace, Learning Manager at Alice Holt Forest, said: "Encouraging teachers to find new and exciting ways to teach outdoors using the natural environment is at the heart of our work and supports teachers in the delivery of the whole curriculum in the Early Years and in Primary School. We are delighted that we can offer training for teachers as well as running visits for school and college students in a wide range of subjects from pre-school exploration to A level geography and more".



Sarah Wilkinson

The night sky above the forest

Alice Holt Forest has recently been dedicated as a Dark Sky Discovery Site, which means it's the perfect place to watch the night sky. It gets very dark here in the forest, away from local light pollution and this is ideal for stargazing and observing the Milky Way. You don't even need a telescope as many of the constellations are visible to the naked eye. So why not venture out into the forest one evening and see what you can spot? (But don't forget to check the website for closing times if you're coming by car!).

Dark Sky Discovery is a project run by BBC Stargazing LIVE, encouraging people to take part in a celebration of astronomy.

For resources, event details and information on astronomy and local clubs, check out the website www.darkskydiscovery.org.uk. And don't miss our Solar Sunday event on Sunday 19th August.

Centre Stage



Sleeping Beauty

Wednesday 1 August, 5.30pm

Sleeping Beauty waits for her prince in a magical new version of this best-loved fairytale. Young and old alike will fall in love with this delightful adaptation set in the 1940s and taking you on a thrilling journey all the way to fairyland. Come along in your favourite fancy dress outfit and join the fairytale parade during the performance! Magical theatre in magical surroundings for all the family.

Adults £12, children £8, family ticket £35. Tickets and information from Farnham Maltings on **01252 745444**, visit www.farnhammaltings.com, See Tickets on **0871 2200260** or visit www.seetickets.com

Get active in the forest!

In addition to school visits, group bookings and our own events, we run a number of regular activities for children and adults.



Little Explorers

Booking in advance is essential for the following activities. Please park in the main car park.

Autumn Babes in the Wood

Toddlers 14 months – 2½ yrs with adult. £7 per child per session or £24 for all four sessions. Thursdays 10.30-12noon. 8, 15, 22 & 29 Nov.

A lively, themed activity walk followed by story time and woodland crafts back in the classroom. 1½ hours of fun for toddlers with their carers. Refreshments included. Christmas special see page 5.

Autumn Little Explorers

Pre-schoolers rising 3-4yrs with adult. £7 per child per session or £24 for all four sessions. Thursdays 2.00-3.30pm. 8, 15, 22 & 29 Nov.

Similar to Babes in the Woods but suitable for older pre-school children. Use your imagination in these lively and fun-filled activity sessions. Refreshments included. Christmas special see page 5.

Nordic Walking

Adults mixed ability. Beginners: four week course £40 including pole hire.

An increasingly popular form of exercise with poles for a wide range of fitness levels. Instructors hold International Nordic Walking Instructor Qualifications.

We ask beginners to attend four progressive sessions to develop good technique.

Please wear flexible footwear for walking along the forest trails and suitable clothing.

Series one: Thursday 10-11.15am, 20, 27 September & 4, 11 October

Series two: Thursday 10-11.15am, 8, 15, 22 & 29 November

NEW! Weekly Guided Nordic Walks

Adults with prior experience led by trained volunteers. Guided walks: £4 per session including free parking. Tuesdays from 24 July 10-11.30am. Fridays from 27 July 10-11.30am. Wednesday evenings 7-8.30pm (8.15 at end of August) from 25 July to 29 August.

A chance to put your technique into practice and meet other Nordic walkers. These sessions are for those who have finished one of our beginners' courses, or have completed a beginners' course with another organisation.

Pushy Mothers

Mondays 10.45-11.45am. £7 per session. Parking charges apply.

Tailor made sessions for mothers, offering more exercise benefits in the shortest time – and baby comes too. Weight loss, better posture, muscle tone and a psychological boost are all included in these fun workouts. Instructors accredited by the Royal College of Midwives. For more information and bookings please call Sophie **07702 854581**.

Walking for Health

Walking for Health at Alice Holt Forest provides two different levels of walk.

Until the end of August we walk every Tuesday evening. Walks start at 6.30pm from the Alice Holt classroom and last up to 1½ hours. From September to mid-December we offer short, safe, sociable walks lasting an hour on Tuesday mornings at 10am from the cafe.

Wear suitable footwear and clothing for the forest. Children under 16 years must be accompanied by an adult.

Contact Kat or Pam on **01420 23666**. A parking permit will be issued on the day if required. Please park in the main car park.

BodyFit Bootcamps

Tuesday and Thursdays, 9.30am. Parking charges apply

Bootcamp sessions are great for building fitness and are led by a personal trainer who can ensure that you get the best exercise format for your needs. All members get access to Bootcamp Forum with nutrition plans, recipes and more!

Please visit www.BodyFitBootcamp.co.uk or contact info@bodyfitbootcamp.co.uk for more info and your FREE trial.



Health Warning. Please note that people who do not exercise regularly and might have concerns about their health should check with their doctor before taking part in walks we lead. The Forestry Commission cannot be held responsible for the consequences if such participants do not take this advice.

What's on?

Here's what we've got lined up for summer and beyond!



Tuesday 24 July

Float your Boat!

All ages. 10-11am, 11.15am-12.15pm, 1.15-2.15pm, 2.30-3.30pm. £4 per accompanied child.

Calling all aspiring sailors! Make your very own boat or pirate ship out of natural or recycled materials. Floatability testing in our paddling pool included.

Den Building

Ages 8yrs+. 10am-12noon. £8 per child.

It's the holidays and that means den building is back! It's summer time so it doesn't matter if your den is waterproof... does it?! Come along and find out!

Thursday 26 July

Mini Beasts & Clay Critters

Ages under 5yrs. 10-11am, 11.15am-12.15pm, 1.15-2.15pm, 2.30-3.30pm. £4 per accompanied child.

We go in search of centipedes, millipedes, beetles, spiders and worms with magnifying glasses, bug pots, leaf shaking, log lifting, stone turning... an outdoor session ending with clay craft to make your own mini beast to take home.

Monday 30 July

Make and Move!

Ages 6-8yrs. 10am-1pm. Ages 9-11yrs. 2-5pm. £30 per child.

Join artist Mary Branson and dancer Rachel Palmer to create a unique art installation and dance performance inspired by the woodlands in this half-day workshop. If you like performing, photography and art, you won't want to miss this.

To book, tel: **0845 4505441**/ mob: **07855 942229** or email rachel@thedancemovement.co.uk www.thedancemovement.co.uk

Wednesday 1 August

Sleeping Beauty

Magical theatre in the forest – bring a picnic! For details see page 2.

6-31 August. Monday to Friday (Exc. Tuesday 7 & 14)

Wild Learning Holiday Club Adventure Camp

Ages 6 yrs+. 10.15am-4pm. £35 per day per child (extra hours available for additional charge).

From our secret camp deep in the woods, we venture out to try den building, fire

making, tracking and stalking, mud sculptures, environmental art, whittling, forest games, tree climbing, stream dipping and much more. For more details see www.wild-learning.net and to book a place go to www.wild-learning.net/index.php/book-a-course

Saturday 11 August

Family Bushcraft Day

All ages. 10am-4pm. Minimum one adult per group. Adults £25, under 16 £15, under 3 FREE.

As a family, learn the secrets of the forest. From fire lighting to shelter building and a spot of open fire cooking, we will cover the skills you need to feel comfortable and confident in the wildest of woods! Please remember to bring your own packed lunches but refreshments will be available all day.

To book, contact Mollie on **07979 321369/01252 781309**, or info@fieldfarmproject.com.

Sunday 19 August

Solar Sunday

Family event. 11am-4pm. FREE.

Come and view the sun safely with the Farnham Astronomical Society using a special solar telescope. Society members will be on hand to explain things to you. Visit www.farnham-as.co.uk for information. No booking required.

Tuesday 21 August

Den Building

Ages 8yrs+. 10am-12noon. £8 per child.

More shelters in the trees led by our lively rangers. Book early!



Camp Fire and Food

Ages 8yrs+. £10 per child. 1-4pm.

Learn essential camp skills – especially fire lighting and tasty cooking. Join our ranger Nigel for an outdoor forest supper.

Special Offer: book both Den Building and Camp Fire and Food and save – £15 for both. NB We are unable to provide supervision for children between 12noon and 1pm.

Tuesday 28 August

Dr Seuss Story in the Forest

Ages 5-8yrs. 10-11am, 11.15-12.15pm. £3 per accompanied child.

"I speak for the trees" said Dr Seuss' Lorax. In our magical woodland clearing hear 'The Lorax', a tale of trees, greed and the last "truffula seed" from one of our rangers. Then meet our own friendly tree characters and guess their names.

Mini Beasts and Clay Critters

Ages under 5yrs. 10-11am, 11.15-12.15pm. £4 per accompanied child.

In search of mini beasts. See July 26th.

Crafty Kids: Raffia and String Baskets

Ages 8yrs+. 1.30-3pm. £7 per child.

We will teach you simple skills and techniques for colourful raffia, string, and yarn baskets. Then you can choose and create your own project.

Thursday 30 August

Survival Day

Ages 10yrs+. 10am-3pm. £15 per accompanied child (max four children per adult).

A thrilling bushcraft adventure for young people. Create a traditional shelter, learn the craft of fire making, cook your own survival food and start to recognise the animal tracks and secret signs of all who live in the woods.

Lazy Summer Afternoon Pond Dipping

Ages 6+. 1-3pm. 50p per child.

Discover tiny watery wonders under the surface! We provide all the equipment and know-how. No need to book. Just turn up at the pond by the café. Dipping time may be limited at busy periods.

Sunday 30 September

Forest Discovery Day

11am-3.30pm.

See page 8 for details

Saturday 27 October

Family Bushcraft Day

All ages. 10am-4pm. Adults £25, under 16 £15, under 3 FREE. Minimum one adult per group.

As a family, learn the secrets of the forest. From fire lighting to shelter building and a spot of open fire cooking. For full details see 11th August. To book contact Mollie on **07979 321369** / **01252 781309**, info@fieldfarmproject.com

Monday 29 October

Fun with Fungus!

Ages 6yrs+. 10am-12noon. £6 per accompanied child.

A great chance for you to explore the woodland floor with Professor Fungus and learn more about the fantastic world of fungi... the good ones, the bad ones and the ugly ones! All children to be accompanied.

Lantern Making

Session 1: Ages 8yrs+. 10am-12noon. Session 2: 1-2pm and Session 3: 2.30-3.30pm for under 8's with adults helping. £7 per lantern.

A very popular event lighting up the darker days. Make a colourful lantern from willow and tissue. Children under 8yrs will decorate a simple ready-made frame.

Safety LED lights can be purchased at £3 if booked in advance

Tuesday 30 October

Autumn Antics

Ages 4-7yrs. 10.30-12noon. £6 per accompanied child.

Join us for games and activities in a fantastic outdoor setting. An opportunity to discover just how amazing the forest is at this time of year – seeds, colourful leaves, birds and animals getting ready for winter.

Last Den Build

Ages 8yrs+. 10am-12pm. £8 per child.

The last in the 2012 season of den builds. Join us for a final flourish of fabulous forest shelters. Don't miss it!

Wednesday 31 October

Halloween Crafts

Mixed ages. Session 1: 10am-11.30am. Session 2: 1-2.30pm. £7 per accompanied child.

Wands, wizard hats, jam jar lanterns and broomsticks will be amongst the craft offerings in the classroom.



December

Babes in the Wood Christmas Specials

Ages 14 months-2½ yrs. Parking permit included. £10.

Lots of festive fun! There'll be lots of seasonal crafts along with a story and songs after a short walk in the winter woods. Refreshments and a gift included. Very popular, early booking essential.

Monday 10 December Session A: 10.30am-12noon. Session B: 2-3.30pm

Tuesday 11 December Session C: 10.30am-12noon. Session D: 2-3.30pm

Little Explorer Christmas Special

Ages rising 3 to 4 years. Parking permit included. £10.

Just like Babes in the Wood but suitable for older children.

Wed 12 December Session A: 2.00-3.30pm

Thurs 13 December Session B: 10.30-12 noon Session C: 2.00-3.30pm

Why not combine a Little Explorers or Babes in the Wood session with a special Christmas party for your group at the cafe? See page 6 for details.

The small print

For all events, park in the main car parks where normal parking charges apply. Events start from the classroom unless specified.

All children under 8 years must be accompanied on all activities. Over 8s do not normally need to be accompanied but for some activities it is essential that they are. Please check when booking.

All activities are to be booked in advance with the exception of pond dipping.

Activities just for adults

Time for some grown up fun. Here are our events for grown ups only...

Friday 12 October

Fungal Foray

£8 per person. 10am-12noon.

This is an opportunity for adults to investigate the amazing fungi to be found in the woods at this time of year and to gain new facts about them. Very popular, book early.

Tues 4 & Wed 5 December

Evergreen Christmas Wreaths

Adults £18 per session. 10am-12.15pm.

Come and join the creative fun by making an evergreen wreath from forest materials. Our resident enthusiasts will show you how it's done. Price includes use of our warm, cosy classroom, tools, all materials, instruction, refreshments and a parking permit! If you're a quick worker you might also have time for some other decorations.

Thurs 6 & Sat 8 December

Festive Willow Crafts

Adults £18 per session. 10am-12.15pm or 12.45-3pm.

Learn to craft a willow wreath, a frame for a "Kissing ball" and festive foliage decorated willow stars. Price includes use of our warm, cosy classroom, tools, all materials, instruction, refreshments and a parking permit!

NEW! Free family activity leaflets and collecting bags

If you'd like your young explorers to get more from their visit to the forest, pick up one of our new family discovery leaflets available in the park.

Developed by our specialist education team, each one features a woodland animal and suggests exciting sensory activities as children explore the woodland.



At Alice Holt we believe that there's really no better place to celebrate your birthday than in the great outdoors!

If you're planning a party – take your pick of the following bookable activities:

Wilderness walks

- **Den building and bushcraft skills**
2 hours (8+) £90 (up to 20 children)
- **Bushcraft, campfire and food**
3 hours (10+) £180 (10-15 children)
- **Games** (includes Attack Attack Attack!)
2 hours (9+) £80 (up to 20 children)

For more details call Nigel on **07989 652757** or email: caroline.netley@sky.com

Quench Cycles

Parties on wheels at the forest can include everything from obstacle courses to games and competitions.

Prices, inclusive of guide and helmets for up to 10 children:

1 hour	£35.00
1.5 hours	£55.00
2 hours	£70.00

Call Quench Cycles on **01420 520355** for further info and booking.

Go Ape

Have a go on the tree top adventure, for 10 year olds and over. Age 10-17 cost £20, Adults £30. Call **0845 6439215** or visit www.goape.co.uk

Classroom & barbeque hire

If you'd like to run your own party, why not hire one of our classrooms or barbecues in the park?

- **Barbecues:** £33/session (10am-3pm or 4pm till closing).
- **Classroom 1:** £80 for 4 hours, £40 for 2 hours
- **Classroom 2:** £70 for 4 hours, £35 for 2 hours (no toilets)

Call **01420 23666** for booking, or visit www.forestry.gov.uk/aliceholt

Party catering from Café on the Green

Birthday parties are a speciality for Café on the Green. Pirate and fairy themes are available, as well as party bags and other activities to ensure that parents get to enjoy the celebrations too.

Already thinking about Christmas? Why not try one of our special Christmas parties at the café? Gingerbread decorating and hot berry juice are on the menu, as well as options for clue trails, crackers and presents!

For a great winter's day out, why not get a group together and enjoy your party after one of our Babes in the Wood or Little Explorer sessions? (See Regular Activities on page 3.)

Calling all party professionals!

If you are interested in running outdoor activity parties for visitors at Alice Holt, please contact the Recreation Department on **01420 23666** for details of permissions.

Quench Cycles



Quench cycles offers great mountain bikes for hire, including push-a-long balance bikes, go karts, bikes for 5yrs+, as well as tag-a-longs, baby seats, carriages and tandems.

Also on offer at Quench cycles:

- **Kid's after school and Saturday Club**
Children's after school clubs run 4-6pm during term time
- **Real Spin fitness class**
Who needs the sweaty gym when you can exercise in the fresh air? Real spin session run Mondays, Thursdays and Fridays 10-11am from the cycle shop. Trial session £7 then £50 for 10 sessions including bike hire. Children welcome – buggies and child seats available.
- **Birthday parties**
Cycle parties with a professional guide – from 1-2 hours. Tackle obstacles, practise skills and play a few games on the way!

• Courses and guiding

One on one coaching for cyclists from complete beginners to seasoned trail riders.

• Cycling Proficiency Bike Check

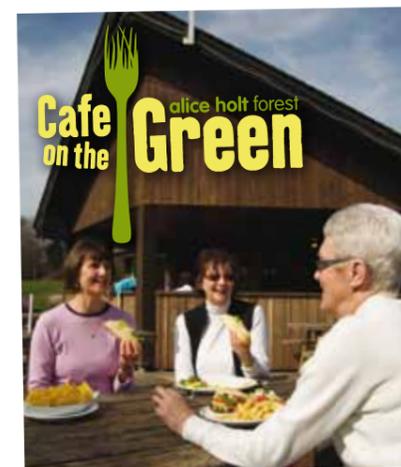
• Free bike health checks

• Bike and helmet sale

Open seven days a week 9am-5pm all year. For more information contact Quench cycles on **01420 520 355** or email alice.holt@quenchuk.co.uk or visit www.quenchcycles.co.uk



Cafe on the Green



Our ever popular café on the Green continues to expand to cater for all of our visitors. There is now a dedicated seating area with new furniture and umbrellas (come rain or shine!), and all food is freshly prepared to order. And if you simply need that ice cream as quickly as possible, our Café on the Go kiosk is open at peak times to keep all the little people happy!

For more information on children's birthday and christmas parties, group catering, menus, barbecues, picnic boxes, corporate events, please call **01420 521267** or visit www.cafeonthegreen.co



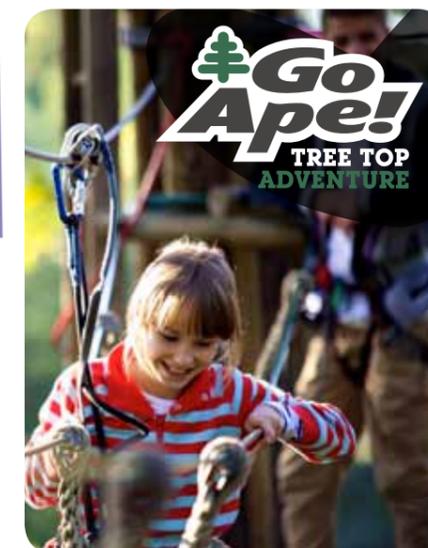
Save money support the forest

If you're a regular visitor to Alice Holt, then why not get a Discovery Pass? At £40 for the year, it is excellent value for money (about £3.33 a month, which means if you only visit for three hours a month, you're already saving money!). The pass provides free car parking, discounts at the cafe, Quench Cycles and Go Ape, as well as local and national benefits including the Eden Project and Forest Holidays.

The money from the pass provides a large part of the funding for our work and goes into maintaining the forest.

Buy online or on site

www.forestry.gov.uk/pass



Go Ape is all about getting out, having fun and being adventurous.

Our tree top adventure makes us a great option for a birthday treat or just a great day out with the whole gang.

To book, visit www.goape.co.uk or call **0845 643 2036**.