



As you explore the Easy Access Trail today, look out for the symbols on the posts and use this leaflet to discover more about the forest.



We hope you enjoy your walk and come back again soon



If you have enjoyed our trail today we hope that you will visit Alice Holt again.

You might also like to play in our **Playwood Children's Playground** or on the **Timberline Trail** with their wide range of play structures.

Also available is the **Habitat Trail**. Its large wooden play sculptures of forest creatures are an exciting experience for children and offer an enjoyable walk for the rest of the family.

If you are feeling more adventurous we have a **Family Cycle Trail** and two other walking trails, the **Willow's Green and Lodge Pond Trails**.

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

Alice Holt Forest

Easy Access

Discovery Trail





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



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



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



Birch



Oak



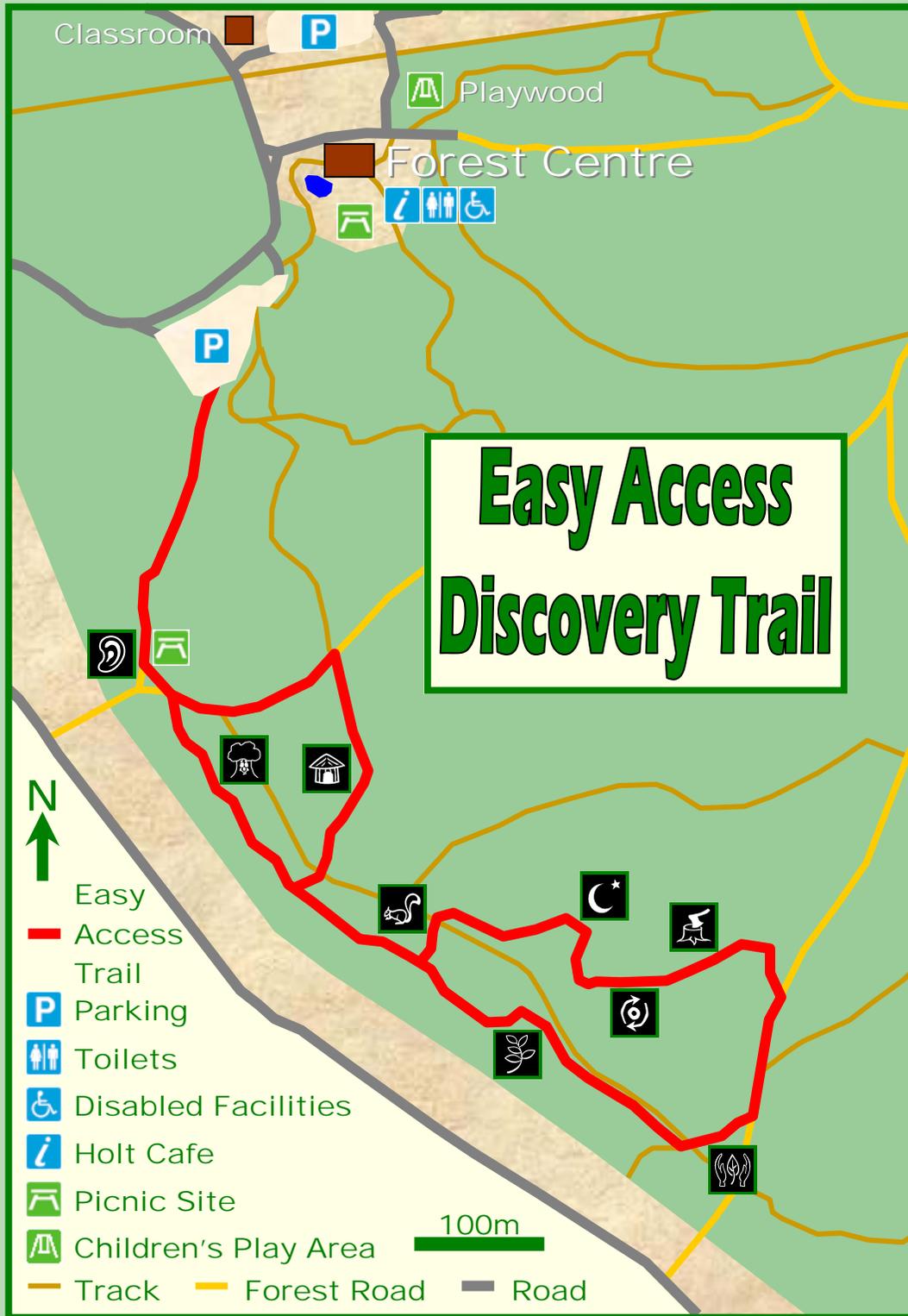
Rowan



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?



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



Easy Access Discovery Trail



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



You are now entering the deepest, darkest part of the trail. The evergreen trees here are Western Hemlock. The leaves of these trees smell very fragrant when crushed. Try comparing them with other leaves, do they all smell the same?

Did you know: These trees got their name because their crushed leaves smell like the hemlock shrub.



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!



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