



Forestry England



Loving Later Life Forest Taster Day

10:00am-2:00pm, Wednesday 25 September
Haldon Forest Park, Exeter, EX6 7XR

Get active your way with a range of free and discounted forest activities for people aged 50+ of all abilities and levels of fitness. Sign up on the day to try something new, or revisit an old hobby in a relaxed and sociable setting.

All equipment provided, simply wear suitable outdoor clothing and comfortable shoes. Mobility vehicles available to hire.

FREE parking. Cafe available or bring your own picnic.

Turn over for the full programme.

In partnership with





Activity Programme

ACTIVITY	MEET AT	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
Registration, tea and coffee	Forest Hub	From 9:00am				
AGM and Event Welcome	Studio	9.15am (45 mins)				
Forest Ranger Walk	Forest Hub		10:00am (45 mins)	11:00am (45 mins)	12:00pm (45 mins)	13:00pm (45 mins)
Guided Cycling	Forest Hub		10:00am (45 mins)	11:00am (45 mins)	12:00pm (45 mins)	13:00pm (45 mins)
Guided Segway Tour (£10ppn)	Forest Hub		10:00am (45 mins)	11:00am (45 mins)	12:00pm (45 mins)	13:00pm (45 mins)
Gentle Pilates	Yurt		10:00am (30 mins)	10:40am (30 mins)		
Gong Bathing	Yurt			11:30am (45 mins)	12:30pm (45 mins)	
Gentle Walk-to-Run	Forest Hub		10:00am (45 mins)	11:00am (45 mins)	12:00pm (45 mins)	13:00pm (45 mins)
Forest Bathing	Yurt		10:30am (90 mins)			
Nordic-style Walking	Forest Hub		10:00am (30 mins)	11:00am (30 mins)	12:00pm (30 mins)	13:00pm (30 mins)
Lawn Games	Forest Hub		All day			

PLUS introduction to orienteering and toasting marshmallows round the camp fire!

Share your feedback for FREE tea/coffee and cake

For more information, call 0300 067 5826 or email haldon.rangers@forestryengland.uk

Haldon Forest Park is just 5 minutes from the A38. Follow the brown signs from the dual carriageway. If using sat nav, our postcode takes you to the service entrance. Please follow signs to the visitor car park.