

Nordic  
Walking -  
Greyfield  
Wood



Self care with  
*Gvonne B*



# Nordic Walking

## Greyfield Wood

**Starting Point: Greyfield Wood Car Park, High Littleton, BS39 6YE**

A stunning scenic walk through woodlands, taking in the waterfall area and across fields. Each area of the woods has its own special feel with wildlife never too far away.

The terrain is varied from field paths to stone paths and mud trails with tree roots near to the surface. There is one narrow wooden walkway (approx. 2 feet) – be mindful if slippery even though the drop is less than one and half feet.

In the woods the mud trails can get saturated following rainfall making small slippery patches.

The waterfall area is accessed via a narrow metal bridge. Taking care over it as it could be a slippery surface following rain.

Waterfall – expect footwear to get wet if you want to get close to the waterfall. It is a lovely closed in area, shallow water (at its deepest possibly 6 inches). Also, after heavy rainfall, the shallow water rises significantly

Crossing fields – possibility of cows grazing. Walk around the outskirts of the field so as not to disturb them..

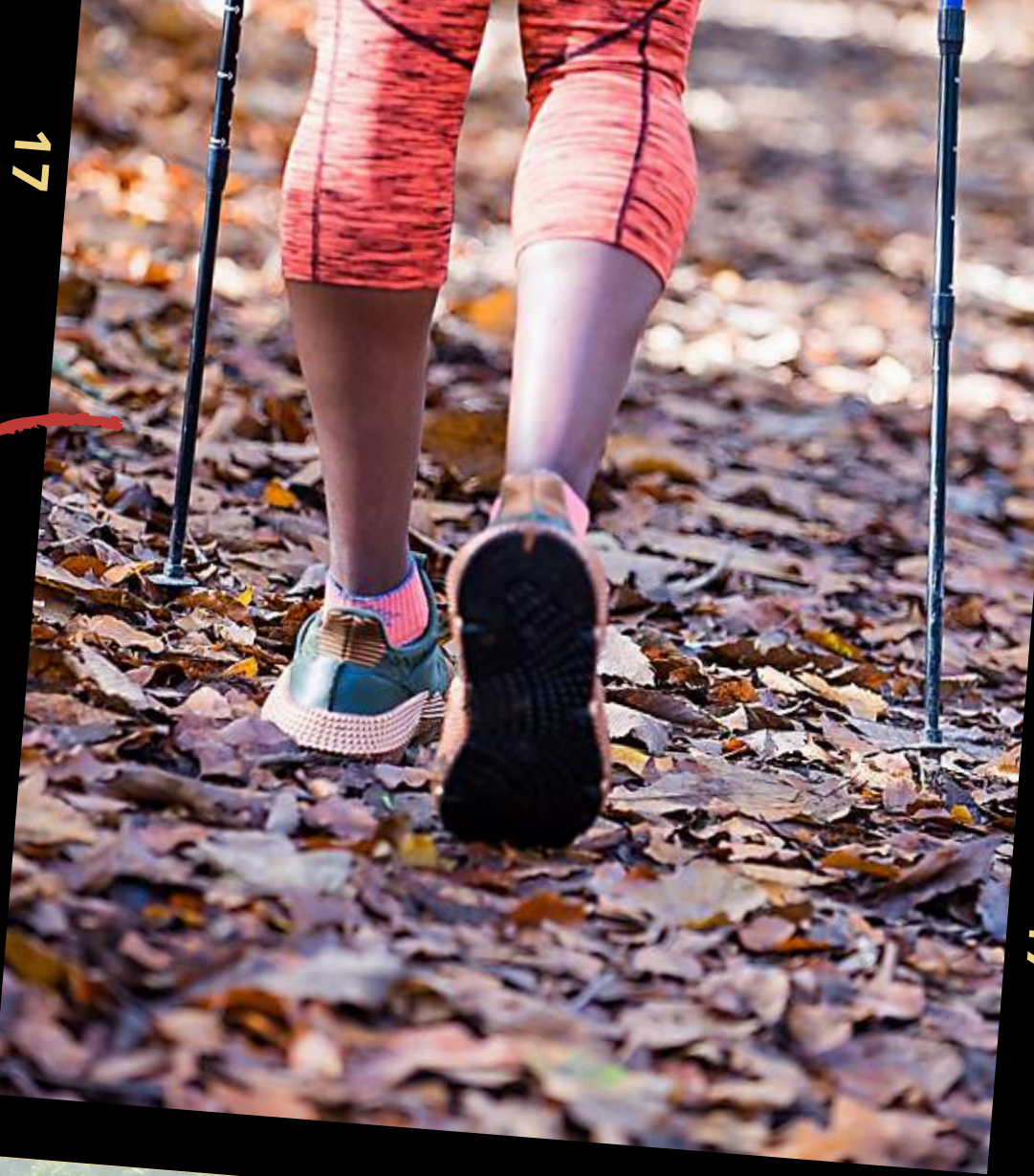
Proper walking footwear is always recommended due to the fields being muddy after rainfall. Due to walking through some overgrowth, long leggings or tracksuit bottoms are ideal

**ALL WALKS ARE SUBJECT TO CHANGE.**



# Nordic Walking

Email:  
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for workshop availability,  
timetable and programme  
rates



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