



# Girlguiding Hertfordshire

## Walking Team

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## Sensory Safari

**Sunday 8 October 2023**

This walking event, in the beautiful Broxbourne Woods, is open to Rainbows and Brownies in small groups with their unit leaders or with their families.\*

Participants will be encouraged to use all their senses: touching and feeling tree barks, looking for nature's gifts, smelling and tasting herbs and forest fruits, listening to woodland sounds and a story. There will also be a nature scavenger hunt and a chance to build miniature fairy shelters or bigger ones.

The event will start at 10am but individual groups will be given a specific start time so people can set off on a staggered basis. The trail takes about 1.5 hours but most groups like a little longer – say 2 hours – to play and build mini shelters. You can of course bring a picnic and extend your stay, but note there are no public toilets. (Plenty of trees and bushes though)



Leaders, young leaders and other adults might like to stay for the afternoon, when there will be a guided social walk for those aged 14+ between 1:30 – 3:30pm to explore a little further into the beautiful deciduous woodland. It's also a good walk to practice navigation, for those who wish to.

A refundable deposit of £5 will be requested per group to cover the loan of equipment. Leaders or families can book direct by email: [walking@girlguidinghertfordshire.org.uk](mailto:walking@girlguidinghertfordshire.org.uk)

**Bookings before 21 July** please, even if final numbers need to be confirmed after the summer holidays.

\*Siblings are very welcome in family groups. Dogs are also permitted in the woods and many of us love to bring our four-legged friends, but given the large number of people participating, plus members of the public also enjoying the woods, we respectfully request that if families do bring dogs that they keep them under close control, preferably on a lead.