



Guisborough Wellbeing Trail

Mindful wellbeing walk with prompts throughout to take in your surroundings and relax.

Distance 5 kilometers / 3.1 miles

Duration 1 hour and 30 minutes



Wildlife



Great views



Picnic spot



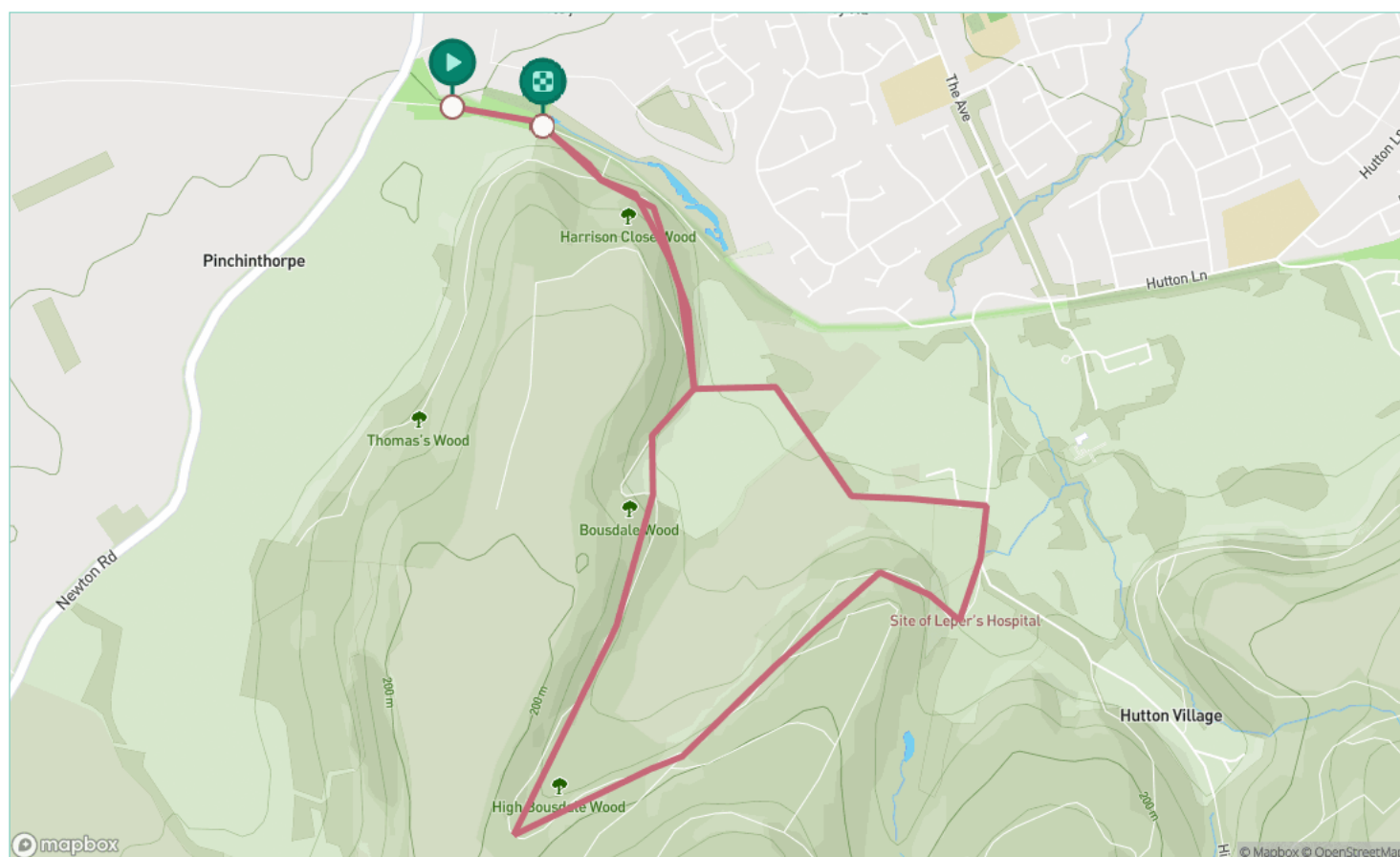
Parking

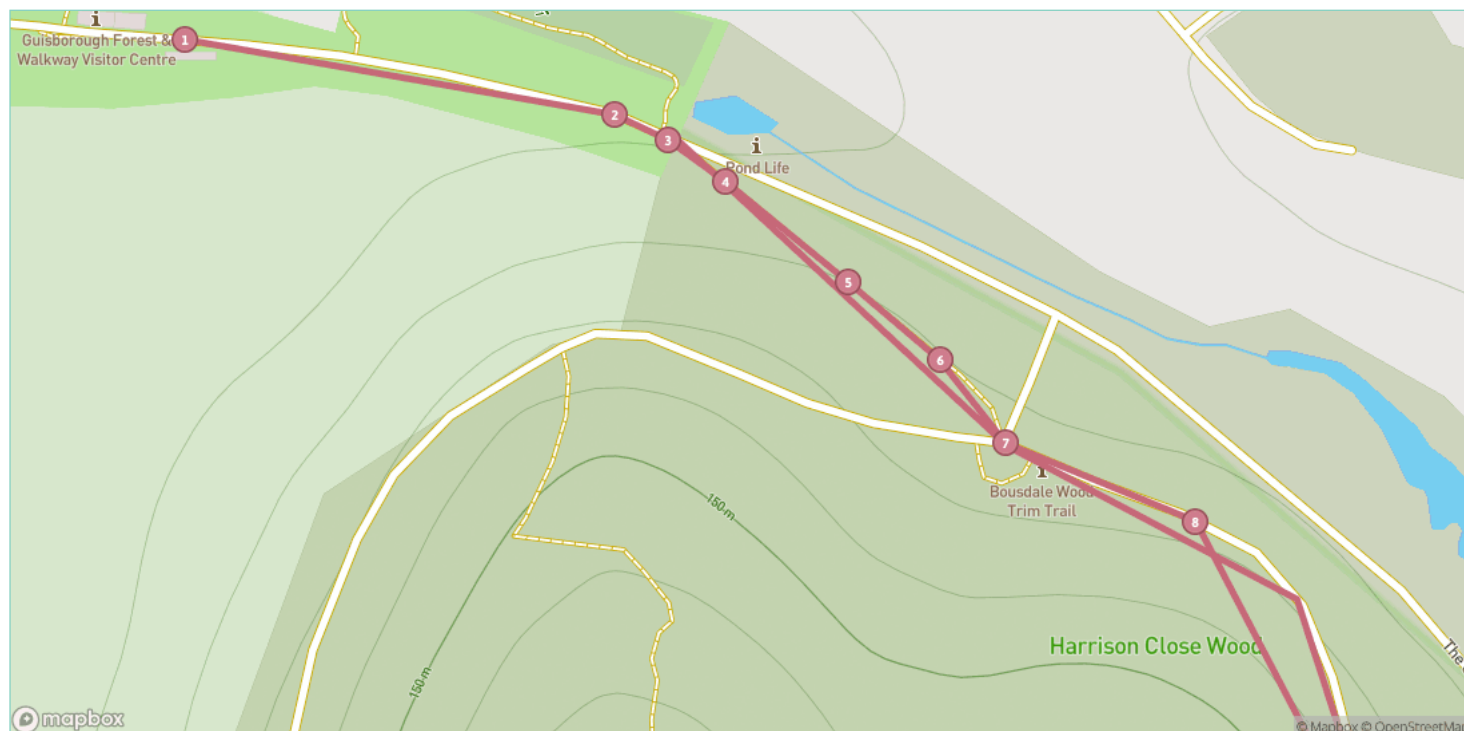


Dog friendly



Child friendly





Step 1: This walk starts at the Guisborough Visitor Centre where you can find refreshments and toilets.

Step 2: Head towards the gate, following signs for the wellbeing walks and continue through the gate

Step 3: Go through the gate and read the information on the trail start sign. Spot birds in the trees on your way

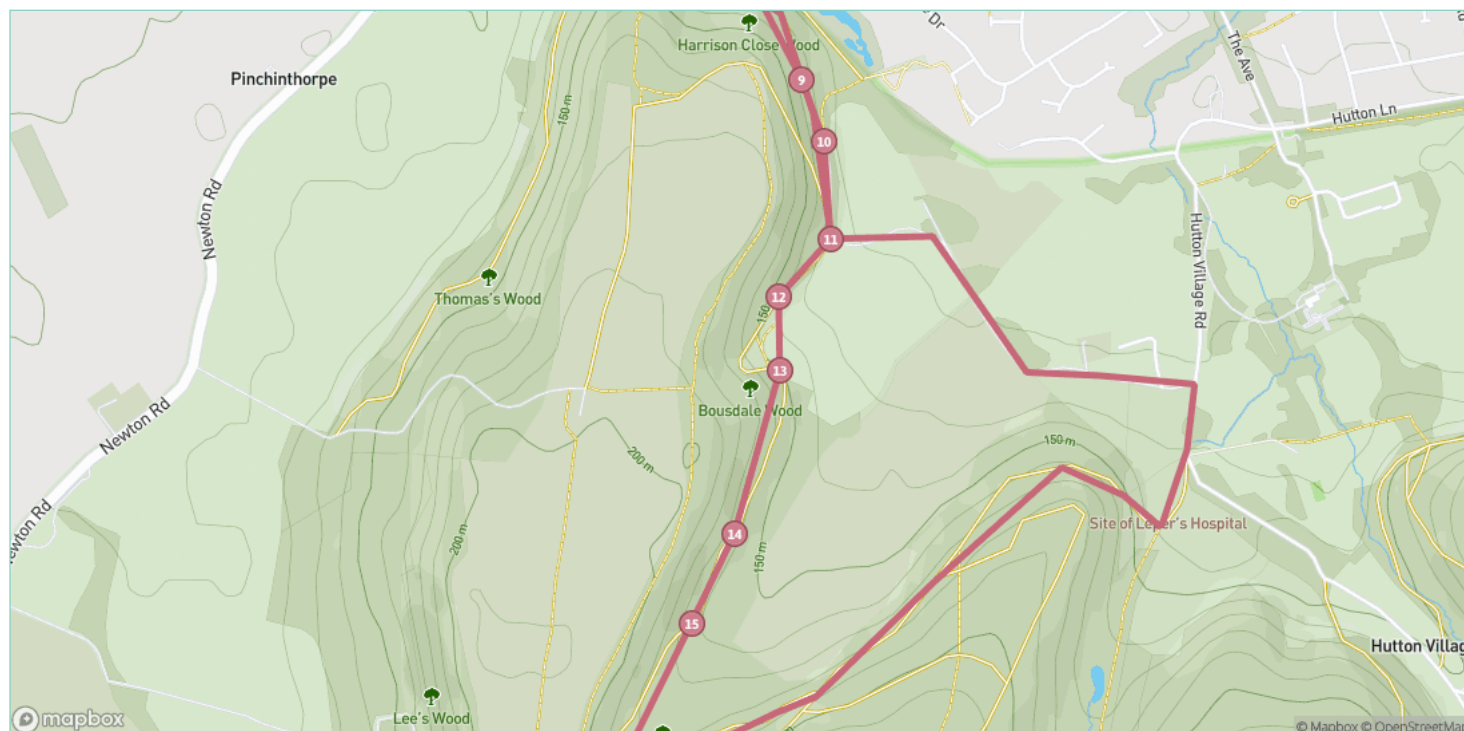
Step 4: Take a look at the deadwood carvings on your left as you continue on the path.

Step 5: Continue into a woodland clearing where you can picnic and spot an owl sculpture.

Step 6: Take note of the forest bathing prompt. Pause to breathe in the forest air.

Step 7: At the junction, head left to follow signs for the wellbeing trail and watch out for passing cyclists.

Step 8: Continue uphill on the gravel path which will bend to the right.



Step 9: Walk around the wooden gate on the left hand side and pass Bousdale House.

Step 10: Follow the blue arrow and keep straight. Notice the colours in nature all around you.

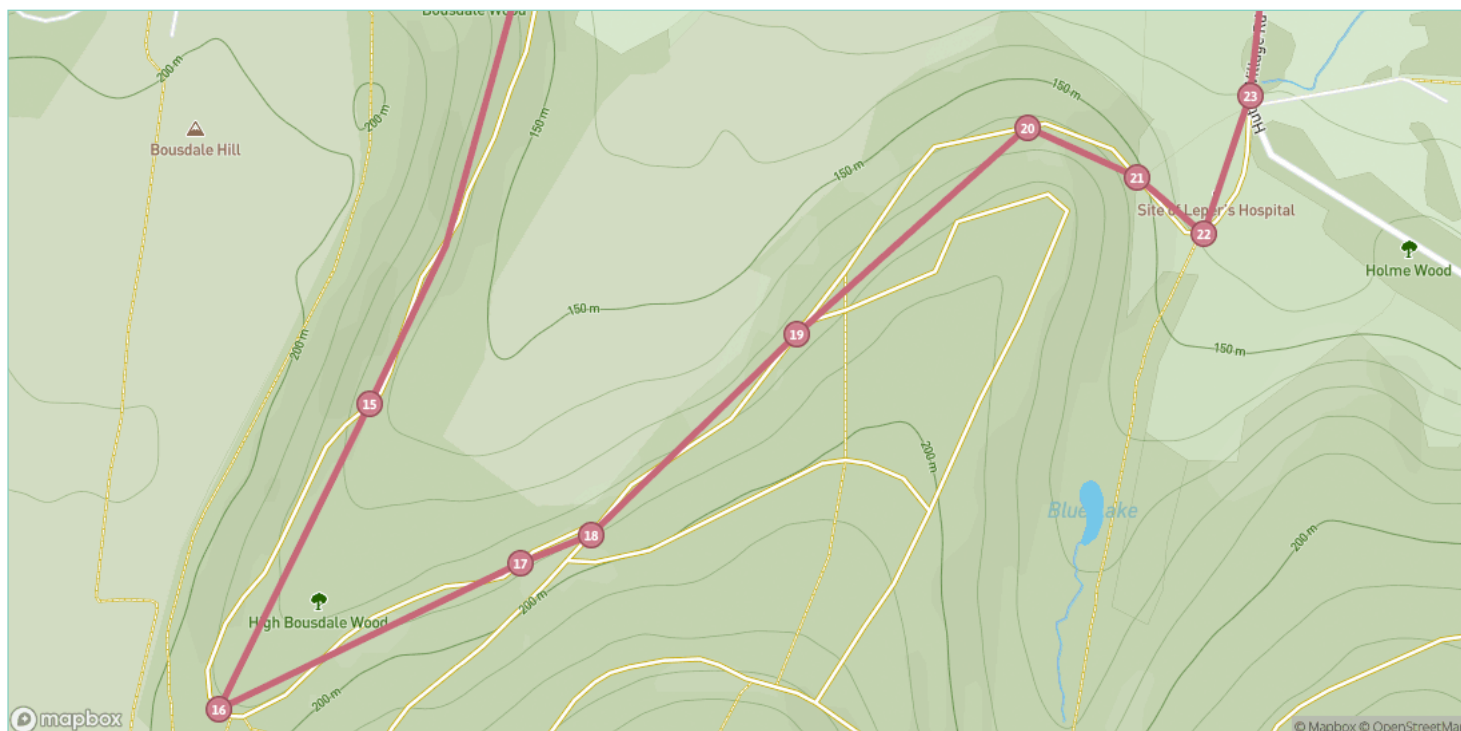
Step 11: Head right at the fork to follow the sign for Wellbeing Trail.

Step 12: Rest on the bench if you need a breather before the next hill section. The path continues to gently climb and wind left and right.

Step 13: Keep following this winding path, thinking about what you are grateful for.

Step 14: Continue following the gravel path.

Step 15: Move mindfully as you travel up this next hill section.



Step 16: Follow the track as it bends to the left.

Step 17: Keep travelling straight after the bend.

Step 18: At the junction instead of turning right to lead to the moors, follow the path left to continue the trail.

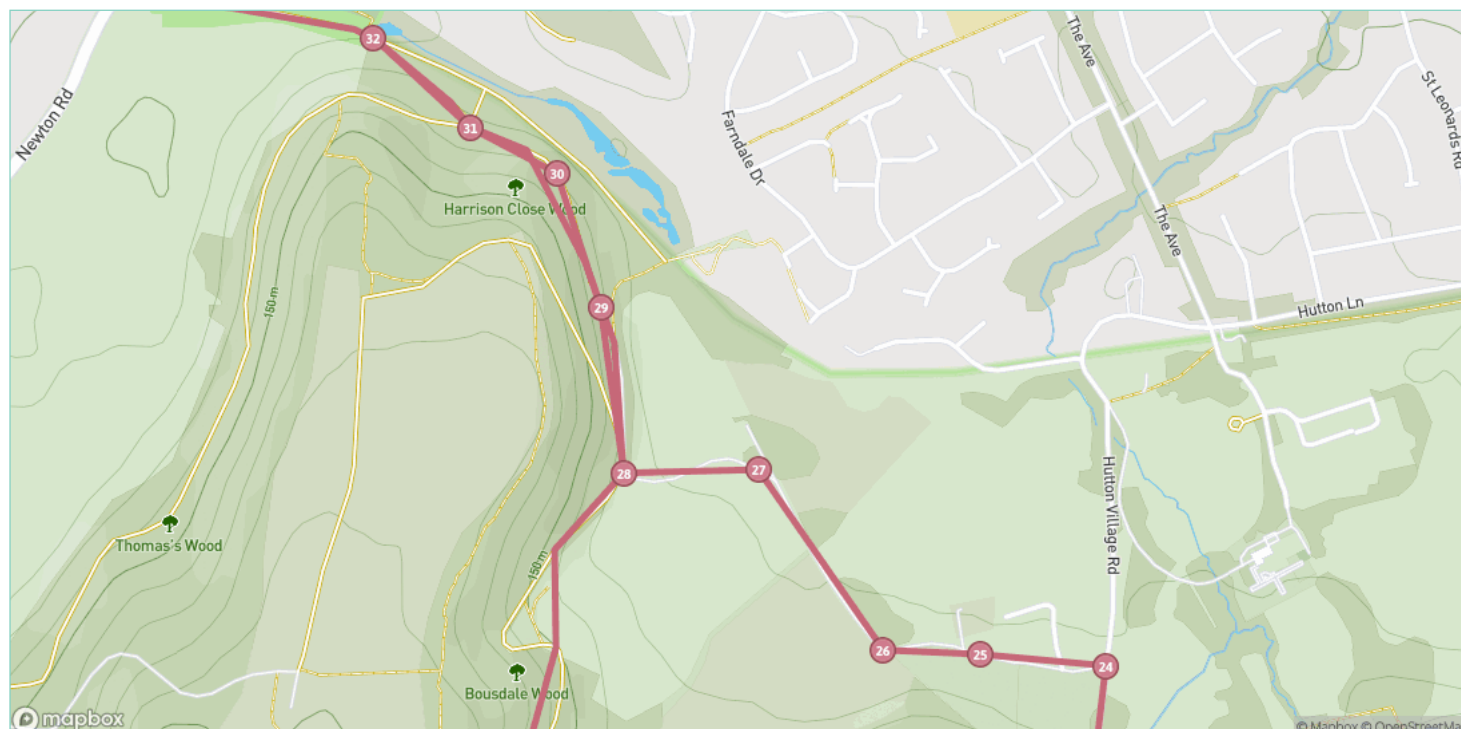
Step 19: Continue straight on to find the next sign.

Step 20: Follow the bend to the right.

Step 21: Reaching the next sign, think about ways to embrace your creative side.

Step 22: Follow the bend to the left through the field.

Step 23: Look out for the sign prompting you to be amazed and in awe of the beautiful forest that surrounds you. Continue on the village road.



Step 24: Turn left on the track past the farm.

Step 25: Continue along path to head back to the forest.

Step 26: Stay on the path and breathe in the fresh air.

Step 27: Keep on the path as it bends left past the houses on your right and through the field.

Step 28: Take a right once you reach the end of the path to make your way back onto the wellbeing trail.

Step 29: Once you are back in the woods, make sure to finish your walk by trying to connect with your surroundings. Breathe in some of the forest air

Step 30: Continue back until you reach the final sign. Continue through the gate and head back to the visitor centre or car park.

Step 31: Head diagonally right at the junction to retrace your steps before ending your walk and getting a cup of tea ☕

Step 32: Head left to return to the visitor centre.
