

‘Escape the daily grind with an opportunity to explore your mind.’



### Definition of Wes Hal

The word ‘wes hal’ comes from the Middle English toast meaning ‘be thou hale’, which in turn means be in good health’.

The inspiration for the logo comes from a Scutiform pendant found at West Stow. It’s likeness to a shield suggests it would have been used as an amulet for protection.

### Wellbeing at West Stow

West Stow Country Park is a unique location with an ethereal quality from thousands of years of human history.

We offer a broad range of wellbeing activities including yoga, sound baths and more to help you leave your stresses behind and soak up the beautiful landscape.

Visit [www.weststow.org](http://www.weststow.org) for more information and event listings.



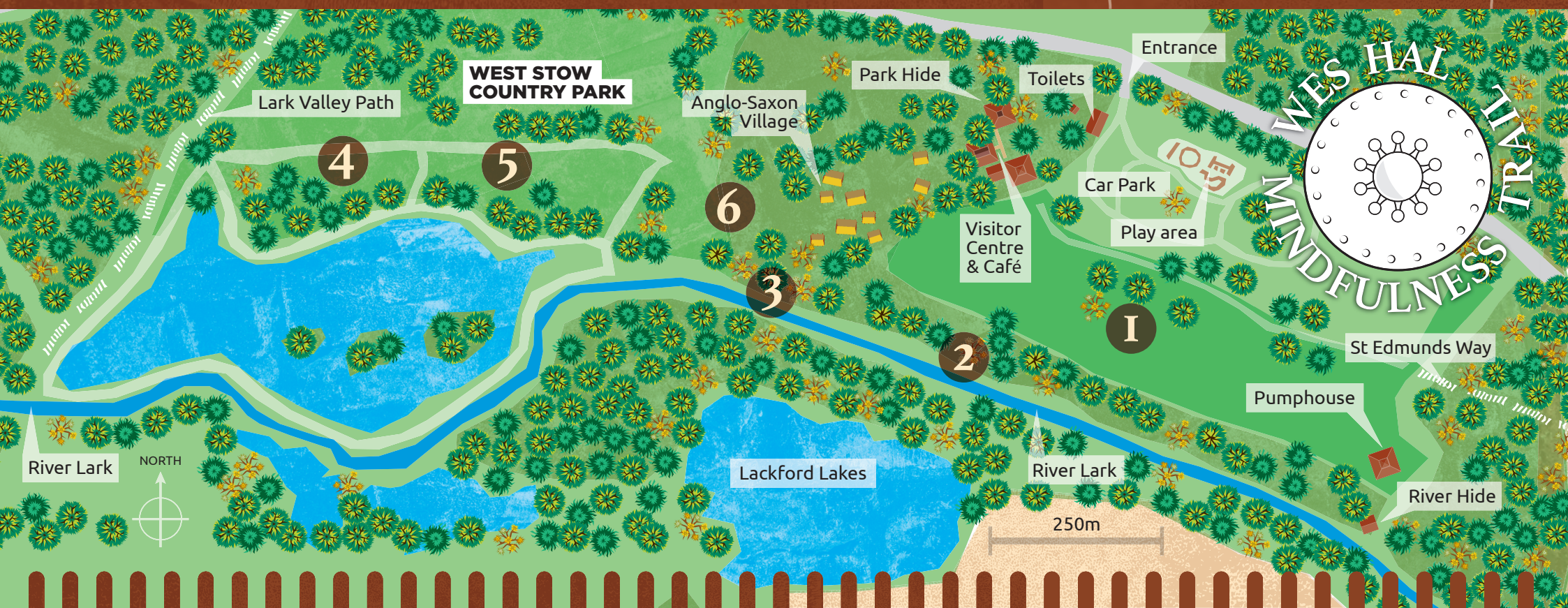
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This trail has been curated to give you the opportunity to discover new areas of the Country Park while taking time out from the demands of society.

Using **sight, sound, touch, smell and imagination**, we encourage you to engage with the natural world without the distractions of modern life.

Once you’ve finished exploring the trail, make your way back to the visitor centre to complete a short reflection questionnaire and receive your ‘Wes Hal’ pin badge. (one per map)

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There is no specific order to the trail, you don’t even have to visit all the stops. The activities are prompts to re-focus your mind.

### Panoramic view (former tip site)

- Turn around 360 degrees and take in the landscape – what do you see?
- Are there any particular shapes you can pick out?
- Shut your eyes, what do you hear? Leaves rustling? Birds calling?
- Feel the weather around you.
- Focus on one point in the landscape, take 10 slow breaths.

### River Lark

- Notice all the wildlife supported by the river.
- Shut your eyes and listen to the peacefulness of the water.
- Notice the moss on the tree, run your hand on the bark and the moss – how does it feel?
- Focus on one point in the landscape, take 10 slow breaths.

### River bank erosion

- Here a tree fell across the river increasing the water flow, eroding the bank. We had to create a new path. The power of nature has made the walk along the river more interesting, and created new spawning areas for fish.
- Focus on one point in the landscape, take 10 slow breaths.

### Lake view

- Look across the lake. This is a gravel pit, reclaimed by nature.
- What does the reflection in the water look like?
- Notice the variety of birds drawn to the lake.
- Focus on one point in the landscape, take 10 slow breaths

### The mighty oak

- How does the tree change through the seasons?
- Look closely at a flower, leaf or bark. How many colours or shades can you see?
- While walking to the next stop, think about the sound of your footsteps.
- Focus on one point in the landscape, take 10 slow breaths.

### Panoramic view across the heath from Neolithic burial

- Notice how the landscape changes – silver birch woods, formal pine lines, heathland.
- Run your hands through the long grass – how does it feel?
- Imagine standing here 3500 years ago, how do you think the landscape may have look?
- Focus on one point in the landscape, take 10 slow breaths. How do you feel having explored the park?