

### **For Walkers to note:**

Our Boot Room houses walking gear!

A new way to enjoy the area has been launched by the Forest of Dean and Wye Valley Tour Guides. A number of themed tours and walks are being produced. The band of newly qualified guides is extremely enthusiastic about the tours and walks they can offer. Contact Roni Maher, the chairman of Forest of Dean and Wye Valley Tour Guides, at [roni@wyedeantourism.co.uk](mailto:roni@wyedeantourism.co.uk)

For people who cannot manage the type of walks covered in events like the Herefordshire walking festival, there's 'Walking to Health Walks'. The Ross on Wye Group of the Ramblers Association has produced a leaflet describing in detail 8 walks varying in length from 1-4 miles. Walking to Health Walks is a town based grassroots project that supports a Government Health Initiative. Not every one has the stamina or mobility level for long walks over undulating ground so it's wonderful that these walks have now been produced and we have details here at Portland House.

<http://www.ross-on-wyewalkersarewelcome.co.uk/>

[http://www.visitherefordshire.co.uk/sense/sense\\_walking.asp](http://www.visitherefordshire.co.uk/sense/sense_walking.asp)

<http://www.breconbeacons.org/visit-us/outdoors-activities/walking>

ForestMobility can provide rugged electric four-wheel scooters for the disabled, and family and friends, to run on newly renovated cycle tracks in the Forest of Dean. More information at [www.forestmobility.org.uk](http://www.forestmobility.org.uk).

### **Other pursuits and activities**

We always have lots of information available to advise you on how best to get to know the area dependant on your level of stamina and mobility of course, and we do our best to keep up to date with all the important events and activities nearby. Whitchurch is an ideal base from which to explore the Forest of Dean, the Wye Valley, Gwent and to visit the market towns of Monmouth and Ross -on-Wye, as well as the city of Hereford and its cathedral, housing the famous Mappa Mundi and hanging library of books. There are also wonderful new modern stained glass windows within the cathedral – well worth seeing. Not far either (50 mins) are Cheltenham and Gloucester. Just 40 mins away down the A.40 is the capital city of Wales –Cardiff. Tintern Abbey is just 20 minutes drive through the outskirts of the Forest of Dean.

A visit to Monmouth is also a must, especially for historians – Henry V of Agincourt fame, Admiral Nelson, and Charles Rolls of Roll Royce are just three of the famous people reflected in Monmouth history. And Monmouthshire has its fair share of castles.

In Whitchurch itself you will find the famous Hedge Puzzle, Butterfly Zoo, The Jubilee Maze and the Museum of Mazes, plus the great team event called Laserops.

[www.laserops.co.uk](http://www.laserops.co.uk)

[www.mazes.co.uk](http://www.mazes.co.uk)

[www.butterflyzoo.co.uk](http://www.butterflyzoo.co.uk)

[www.wyevalleyminigolf.co.uk](http://www.wyevalleyminigolf.co.uk)  
[www.wyevalleyvisitorcentre.co.uk](http://www.wyevalleyvisitorcentre.co.uk)

The River Wye, below Yat Rock, is 5 minutes walk away with Symonds Yat West Leisure Park that offers river cruises, and Symonds Yat East can be a most enjoyable walk from Portland House. If you go up to the fabulous viewing area at Symonds Yat Rock to see the Peregrine Falcons you can also look down on Portland House.

To experience part of the historic Wye Tour in the 18<sup>th</sup> century – embark on Kingfisher cruises at Symonds Yat East from March to October – no need to book.

For all lovers of the outdoors – as this is an area of outstanding natural beauty and history –to help you discover the Wye Valley ANOB and see its programme of attractions visit [www.wyevalleyaonb.org.uk](http://www.wyevalleyaonb.org.uk).

### **Golfing**

Besides being just 30 mins from the attendees park and ride point for Ryder Cup 2010, we are always within a 10 minute car drive of a selection of golf courses.

<http://www.therossonwyegolfclub.co.uk/>

<http://www.monmouthgolfclub.co.uk/Home/Default.aspx>

<http://www.therollsgolfclub.co.uk/>

<http://www.raglanparc.co.uk>

### **For families**

While in the Forest of Dean why not visit:

The Motiva Adventure Tower @ Beechenhurst Lodge - CRAZY CLIMBING & ABSEILING:

Great for children & adults, friends & families, schools & youth groups . Open weekends & school holidays. Open all year for advanced bookings - Great value - 2 activities for the price of 1 – Climb & Abseil in the same session. [www.motiva.co.uk](http://www.motiva.co.uk)

Pathways through weird and spectacular scenery with pre-roman mines, an indoor wood puzzle and farm animals, as well as a picnic area and tea shop. [www.puzzlewood.net](http://www.puzzlewood.net). ForestMobility can provide rugged electric four-wheel scooters for the disabled, and family and friends, to run on newly renovated cycle tracks in the Forest of Dean. More information at [www.forestmobility.org.uk](http://www.forestmobility.org.uk).

Perrygrove Railway is a firm family favourite – certainly with our small grandchildren. You need to book from Easter every year. [www.perrygrove.co.uk](http://www.perrygrove.co.uk) For a longer train experience in the Forest between Lydney and Parkend. – Dean Forest Railway –again need to book.

[www.deanforestrailway.co.uk](http://www.deanforestrailway.co.uk)

## **Cycling**

Once again the Forest of Dean and Wye Valley has been voted one of the best locations in the UK for cycling -

on February 20th the Times recommended it as one of the best spots. Last year the Telegraph nominated us as the best location for family cycling.

Cycling through the Forest of Dean and Monmouth – bike hire – [www.pedalbikeaway.co.uk](http://www.pedalbikeaway.co.uk) or

from Ross on Wye – [www.pedalaway.co.uk](http://www.pedalaway.co.uk) For the very physical Go Ape at Mallards Pike – 3 hours of tree top adventure followed by a picnic to calm down. Warning – book in advance at [www.goape.co.uk](http://www.goape.co.uk)

Anew craze! – Paddle boarding on Llandegfedd Reservoir, Gwent. [www.gwentadventures.co.uk](http://www.gwentadventures.co.uk)

Last but not least

For eating out – we have an extensive collection of menus from various eating establishments over the 3 counties to help you decide where you might go out to dine. [www.wyedeantourism](http://www.wyedeantourism) also has a very good section on eating out. In conjunction with Mariana Robinson, a local water colourist, 1 or 2 day breaks painting breaks for groups of people to learn and enhance their painting skills are offered by Portland House Guest. The breaks are suitable for all levels of painters, including beginners. N.B. The breaks are for group bookings only. Visit Mariana in her studio and gallery at East Street St. Briavels. [www.mariana-art.co.uk](http://www.mariana-art.co.uk)