

WALK  
For  
Wellness

*Eastwood Hall*



## Wellness Walks

It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster. The great news is, we don't need to walk far or fast to feel its effects on our health and wellbeing. Simply getting out is a tonic for our minds and bodies, and it can be sociable too.

Take a walk around our well-maintained grounds; we have 28 acres of garden and woodland, this is a great place to enjoy some fresh air. We have break out areas and shaded places to sit, we also have pathways to explore. Enjoy some time to clear your mind or have a chat with friends.

## Why Walk?

- Just three minutes walking reduces blood pressure.
- Five minutes improves mood.
- Ten minutes walking helps improve creativity.
- Fifteen minutes walking after food will reduce blood sugar.

## The Route

We've mapped out a route of around one mile, just follow the yellow line on the map and this will take you past some of our ancient and notable trees and around our duck pond. You can follow this or find your own routes through our grounds and woodland.

If you would like more information on local walking routes you can find 20 great routes here:



## On Your Route

*1. This notable Oak tree is around 200 years old.*



About the tree		<a href="#">Show more</a>
Species:	<b>Pedunculate oak</b> <small>Quercus robur</small>	
Form:	<b>Maiden</b>	
Standing or fallen:	<b>Standing</b>	
Living status:	<b>Alive</b>	
Girth:	<b>3.60m at a height of 1.50m</b>	
Veteran status:	<b>Notable tree</b>	

*2. Our ancient Hornbeam is between 225 and 350 years old.*



About the tree		<a href="#">Show more</a>
Species:	<b>Hornbeam</b>	
Form:	<b>Maiden</b>	
Standing or fallen:	<b>Fallen</b>	
Living status:	<b>Alive</b>	
Girth:	<b>3.60m at a height of 0.25m</b>	
Veteran status:	<b>Ancient tree</b>	

## On Your Route

3. *This notable Hornbeam is between 150 and 200 years old.*



About the tree		<a href="#">Show more</a>
Species:	<b>Hornbeam</b>	
Form:	<b>Multi stem</b>	
Standing or fallen:	<b>Standing</b>	
Living status:	<b>Alive</b>	
Girth:	<b>3.60m at a height of 0.25m</b>	
Veteran status:	<b>Notable tree</b>	

4. *This notable small leaved Lime is between 150 and 175 years old.*



About the tree		<a href="#">Show more</a>
Species:	<b>Small leaved lime</b> <small>Tilia cordata</small>	
Form:	<b>Coppice</b>	
Standing or fallen:	<b>Standing</b>	
Living status:	<b>Alive</b>	
Girth:	<b>6.00m at a height of 0.50m</b>	
Veteran status:	<b>Notable tree</b>	