

Strawberry Hill House Sensory Trail

Key



Benches

--- Sensory Trail without the woodland walk



..... Sensory Trail including the woodland walk



Bug hotel



Shell bench



Toilets

Things to do along the trail

- 1 Sit and look at this fabulous view of the house.
- 2 Sit and reflect and listen to the birds.
- 3 Sit and reflect in this quiet space.
- 4 Touch the bark of the smooth lime and rough robinia.
- 5 Hug the oak tree and feel the energy.
- 6 Crush the bay leaves for their smell.
- 7 Look at the variety of flowers and vegetables and herbs. Crush the rosemary and smell.
- 8 Smell the lemon verbena. It smells like sherbet lemons. Take 3 leaves to taste a refreshing tea.
- 9 Look up at the canopy.

