



SLIEVE GULLION

Sensory Trail

Where - Our sensory trail explores a quieter end of the Slieve Gullion Forest Park, where a smooth forest road winds uphill through beech woodlands towards the Red Squirrel Safari. As well as clearly defined activity points marked with signage the entire trail has a provision of well-placed seating that invites visitors to pause, react, observe nature and rest and reflect. The design of the route uses materials sympathetic to the setting offering a full range of sensory experiences, sight, sound, smell, touch and also the mind, which is challenged through simple quizzes and opportunities for mindfulness.

What - There are 11 sensory zones, at each, you will find a panel explaining the activity and giving ideas for things to do in the zone. Each panel will suggest which senses are the focus of the activity and each zone is stand-alone, and you can do them in any order.

How - The Sensory Trail is linear. When you have finished the last activity, you have the choice of returning to the start on the same path, continuing your walk along the Red Squirrel Safari or walking back to the playpark on a circular route along the forest drive (please take care if you choose to do this as cars and cyclists use this road).

The only toilets available are in the visitor information building in the carpark or the café, there are no facilities on the trail.

Your five senses and an open mind are the only essentials for completing this trail. None of the activities need special equipment beyond a good imagination: e.g. a scarf or a hoody are perfect for a blindfold, and most people have a pencil and some scraps of paper in the bottom of a bag, but if you are very organised some crayons and a pad of paper may be useful.

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