



HANDPICKED DAYS OUT

ADRENALIN DAY

Spend the day exploring the River Wye and the many adventures on offer. From Paddle Boarding to kayaking, rock climbing, gorge scrambling or mountain biking, you can find it all on or along this breathtakingly beautiful river.

AM

Why not contact one of the local adventure companies such as Inspire2Adventure or Forest Adventure and choose one of their exciting offers, start your day with a rush of adrenalin. Paddle boarding, canoeing or kayaking for having fun on the river, or rock climbing & caving for “dry” fun by the river. Take a look, there are so many choices!



LUNCH

Depending on your activity, you may have the chance to stop for lunch. If you do, try the Saracens Head at Symonds Yat or The Boat Inn at Penallt. They are both on the river and serve great food.

PM

You can stay on the river all day, but if you'd like to slow your day down – why not take a look around Goodrich Castle. Standing in open countryside above the River Wye, the castle is one of the finest and best preserved of all English medieval castles. Boasting a fascinating history, spectacular views from the battlements and a delightful tearoom.



HISTORY DAY

Take a boat trip down the River Severn and around the docks, enjoy a leisurely stroll through Gloucester to enjoy a delicious lunch at Lily's Restaurant or The New Inn, the oldest (and most haunted) pub in Gloucester and discover the rich history of Gloucester Cathedral, before returning to the comfort of The Roost.

AM

Visit The National Waterways Museum and take one of their boat trips for a relaxing guided tour on the water.



LUNCH

Take a leisurely stroll through town to Lily's Restaurant - just a stone's throw from the cathedral and very popular – serving great quality food with a cosy, friendly atmosphere. Directly opposite is the House of the Tailor of Gloucester – celebrating all things Beatrix Potter. Why not pop in whilst you are there?

PM

Discover nearly 1000 years of history in this beautiful cathedral. A spectacular and historic building, Gloucester Cathedral is an extraordinary setting for major services, concerts and art installations. The pride of Gloucestershire.



CULTURE DAY

No trip to the Forest and Wye Valley is complete without a trip to this stunning abbey! And the drive along the valley road from Tintern towards Monmouth is stunning in every season.

AM

Start your day off with a visit to Tintern Abbey, one of the most magnificent sights in the beautiful Wye Valley. The appeal of this Cistercian abbey is irresistible, with its beautiful stone skeleton and long history.



LUNCH

You can stop for lunch next door. At the newly refurbished The Anchor Inn or The Royal George Hotel. Both have nice gardens in summer.

PM

Spend the afternoon walking around the quirky but stunning Puzzlewood an ancient woodland site and tourist attraction, near the town of Coleford. The site, covering 14 acres, shows evidence of open cast iron ore mining dating from the Roman period, and possibly earlier. Why not stop off in Coleford on the way home and pop into Forest Deli to grab some delicious local goodies to enjoy back at The Roost?

Please note Puzzlewood does not allow dogs.



FINE DAY

Spend the whole day at Beechenhurst amongst the trees. A great variety of things to see and do and it has a great cafe too!

AM

Spend the morning learning archery, scaling the climbing wall or use the newly installed zip wire. If you are cycling, there is easy access to the Family Cycle Trail. You can hire bikes in advance if you don't want to bring your own.



LUNCH

Head to the the Beechenhurst Cafe for lunch. This family run business has a good atmosphere and plenty of choices for what to eat, serving the usual range of light lunches and homemade cakes. There are plenty of picnic benches outside too and dogs are allowed outside only.

PM

After lunch take a relaxing walk along some or all of the Forest of Dean Sculpture Trail which starts just outside the Beechenhurst Cafe. The trail is perfect for all abilities. A highlight includes a 15ft high stained glass window suspended from the tree canopy, enabling visitors to walk underneath.



RAINY DAY

Get deep down exploring the mining and industrial heritage of the Forest of dean. Enjoy a morning exploring Clearwell Caves and then make the short drive to Hopewell Colliery mining museum where there is a great cafe (used by locals and visitors alike). After lunch, put on your pit helmet and take a guided tour down the coal face. If it's still light when you emerge – why not enjoy a relaxing stroll in the surrounding woodlands?

AM

Underneath the world famous Royal Forest of Dean lies something spectacular and unseen, an unfathomable natural cave system that has been mined for more than 4,500 years. Clearwell Caves is a huge network of caverns where rare ochre pigments were mined for hundreds of years.



LUNCH

Take the short drive to nearby Hopewell Colliery Mining Museum and enjoy an excellent homemade lunch from their extensive menu.

PM

Enjoy a fascinating guided tour of the mine and coal face with one of the Forest's few remaining free miners. After, why not "soak up the sunlight" again and take a stroll on one of the many surrounding forest footpaths and enjoy the spectacular trees.