



IDEAS FOR YOUR DAYS OUT IN THE FOREST OF DEAN

Great Ideas to suit all moods and weathers!

ADRENALINE DAY

Fancy a rush of adrenaline? Then spend the day exploring the River Wye and the many adventures on offer. Take your pick from paddle boarding, kayaking, rock climbing, mountain biking and more - you can find it all along this beautiful river.

AM

Why not contact one of the local excursion companies such as [Forest Adventure](#) or [Inspire2Adventure](#)? Choose from one of their exciting offers and start your day with a rush of adrenaline. Take to the water to paddleboard, canoe or kayak your way down the river, or head on foot to go caving and rock climbing in the stunning surrounding landscape. Whatever you choose, you are sure to have an adrenaline-packed day!



LUNCH

Depending on your activity, you may have the chance to stop for lunch. If you do, be sure to try the [Saracens Head](#) at Symonds Yat or [The Boat Inn](#) at Penallt. Both situated on the riverside and serving excellent food, they're the perfect spot for a bite to eat and enjoying views of the Wye.

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? This fascinating historical site overlooks the River Wye and the spectacular surrounding landscape. Explore the rich history of one of the best-preserved medieval castles, all before enjoying an afternoon treat in the tearoom. What better way to wind down your day?

HISTORY DAY

For lovers of architecture and history, look no further than Gloucester Cathedral. Discover the rich history and architectural beauty before enjoying a delicious lunch at the local eateries and finishing your day at the historic Gloucester Docks.

AM

Rooted in 1,300 years of history, [Gloucester Cathedral](#) offers a stunning insight into our cultural history. A spectacular and historic building, Gloucester Cathedral has proved a popular spot for tv and film locations, concerts, and art installations - it is the pride of Gloucestershire.



LUNCH

Nestled in a quaint and charming alleyway, the popular [Lily's Restaurant](#) is just a stone's throw away from the cathedral. You can expect excellent quality food with a cosy and 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

Finish your day with a little more history by taking a leisurely stroll to [Gloucester docks](#), filled with Victorian architecture and artefacts from Gloucester's days as a hub of British industry.

CULTURE DAY

No trip to the Forest and Wye Valley is complete without a trip to this stunning Abbey! On your journey, enjoy the sights as you drive along the valley road from Tintern towards Monmouth, gorgeous in every season. Plus, if you're still looking for a little more adventure, you can head to Puzzlewood and discover why this is such a popular filming location.

AM

Start your day off with a visit to [Tintern Abbey](#), one of the most magnificent sights in the Wye Valley. The appeal of this Cistercian Abbey is irresistible, with its beautiful stone skeleton, gothic architecture, and fascinating history.



LUNCH

Keep the day rolling with a brief walk to the local eateries set around the stunning Abbey. [The Anchor Inn](#) and [The Wild Hare](#) both offer excellent menus with delicious, locally sourced ingredients.



PM

Spend the afternoon walking around the quirky and stunning [Puzzlewood](#), an ancient woodland site and tourist attraction near the town of Coleford. Both beautiful and mystical, it's no wonder this place has proved such a popular filming location - one Star Wars fans will not want to miss. 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 and tickets for Tintern Abbey must be booked beforehand at <https://www.cadwmembership.service.gov.wales/events/tintern-abbey>

SUNNY DAY

Spend the whole day at [Beechenhurst](#) amongst the trees. With a great variety of things to see and do, plus an onsite cafe, there is no better way to spend a day in the sun.

AM

Take to the [cycle trail](#) and peddle your way through the gorgeous woodland. If you fancy yourself a bit of healthy competition, discover whether you have a knack for archery or scaling heights at the climbing wall. If you want to hire a bike instead of bringing your own, this can be done in advance.



LUNCH

Head to the Beechenhurst Cafe for lunch. This family-run business has a great atmosphere and plenty of choices, serving a range of delicious eats and homemade cakes catering to all tastes.

PM



After lunch, take a relaxing walk along the [Forest of Dean Sculpture Trail](#), starting just outside the Beechenhurst Cafe. The trail is perfect for all abilities, with the option to walk for miles or take a route that just lightly stretches your legs. A highlight includes a 15ft high stained-glass window suspended in the trees, enabling you to walk underneath and enjoy bright light illuminating the colours.

Please note: Information on bike hire can be found at <https://www.wye-bikes.co.uk>

RAINY DAY

Explore the depths of the mining and industrial heritage of the Forest of Dean. Marvel at the natural cave system at [Clearwell](#) caves before making a short drive to Hopewell Colliery mining museum. Here, you can enjoy lunch in the onsite cafe before fitting your helmet for a trip down the coal mine.

AM

For the drearier days when the great outdoors doesn't seem so appealing, why not head underground? Beneath the forest lies an expanse of natural cave systems where mining has occurred for more than 4,500 years. This hidden world is an absolute must-see.



LUNCH

Take a short drive to the nearby [Hopewell Colliery Mining Museum](#), where you can enjoy a hearty homemade meal in the onsite cafe before more underground exploration.

PM



Get kitted up with your helmet and miner's lamp before taking a fascinating guided tour of the mine and coal face. Your guide will take you through a section of tunnels that expand for miles, offering a unique insight into what was once a cornerstone of British industry.