

The Tea Trail Walk

This 11 mile walk in support of The Horse Raft CIC (approx. 6 hours including stops) will take you from the heart of Burley into the beautiful New Forest across varying landscapes. Part of the walk will include a talk on the history of the New Forest, sightings of local fauna and flora, bird awareness and a session of mindfulness to instill a connection with your surroundings. Although you will be walking with an experienced walker, the route will be fully signed and a map will also be provided. Your en-route stop points will be located at local tea rooms where you will be offered a warm drink and tasty treat to keep energy levels up!

You will cross the finish line at the famous Cider Pantry in Burley and be presented with a congratulatory drink and Rosette.

WHAT'S INCLUDED

- Event pack with advice on training and fundraising
- Route map & route markers
- Talks on New Forest history, fauna & flora, bird awareness, mindfulness session
- First aid trained walking guide
- Health and safety assured
- Presentation Rosette
- Tea/coffee and Croissant (start)
- Tea & cake at Tea Room 1 (rest stop)
- Soup & hot baguette at Tea Room 2 (lunch stop)
- Celebratory drink; authentic taste of the New Forest (finish)

WHY TAKE PART

The Horse Raft is a Community Interest Company (CIC) which supports wellbeing for adults with horses and nature. Such connections nurture both body and mind and can help people who are struggling with life's hurdles such as physical or mental illness. Nature heals, soothes and restores. The Horse Raft currently has two horses, Ears & Eyes who are benefiting from the Raft sanctuary. From your sponsorship they will continue their ongoing therapeutic work with people in need of care and to help improve and offer personal wellbeing through nature.

Registration fee: £35 to include all refreshments as stated

Sponsorship target: £100 per person paid directly to The Horse Raft

Purchase your tickets [HERE](#) or download the booking form [HERE](#) and return to enquiries@gaiiaevents.co.uk

