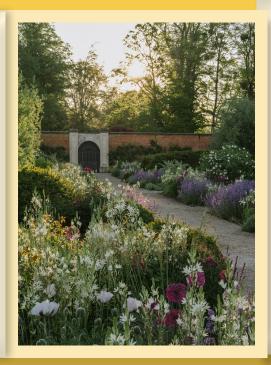


# DISCOVER OUR GARDENS IN BLOOM

First, you must get lost. It really doesn't matter which way you go. There is beauty in all directions. From our Upper Walled Gardens down to our enchanted woodlands. Summer time brings bursts of colour to discover all around.



### **PICNICS**

Make the most of our Pleasure Grounds on a sunny day with this quintessential British experience. We recommend the east side of our Lower Lake for a stunning view of a sea of purple Rhododendrons from June – August.



### WILD SWIMMING

The Lower Lake is a wonderful spot to enjoy a dip in nature. Take one of our waffle towels and head to the eastern end of the Lake where the water is deep and clear. Find our wooden pontoon and step ladder to ease your way in and out.



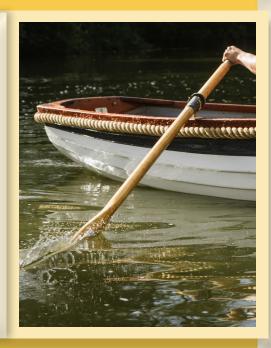
## CYCLING + HIKING

Cycle or hike across the Estate and out into the little lanes to Farley Hill, or around the forestry tracks of Bramshill Forest to discover the peace and quiet of the Hampshire countryside. There are several country pubs that you can cycle or hike to.



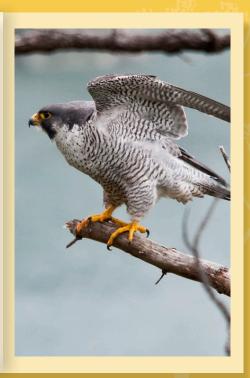
# BOATING ON THE LOWER LAKE

Take one of our rowing boats out onto the Lower Lake to enjoy the peace and calm of the nature of the Heckfield Estate. Add a picnic and make a day of it.



### **FALCONRY**

Behold the majesty of these Birds of Prey. Under the supervision of our professional falconer, guests are invited to handle and fly these magnificent birds. It is an unforgettable moment when a hawk swoops out of the sky and lands on your gloved fist.



## WELLINGTON RIDING

Wellington Riding is one of the UK's biggest and best-known equestrian centres and our immediate neighbour. Set in 300 acres of the Duke of Wellington's beautiful Hampshire estate, choose from a beginner's class to a hack through the countryside.



# SEASONAL PRODUCE SALES

Take a bit of Heckfield home with you at our seasonal produce sale at Home Farm. The best seasonal produce from our biodynamic Market Garden will be available, along with delicious bits from our kitchen like preserves, cakes and biscuits. Every first and third Saturday of the month.



### **FOREST BATHING**

Embodying the Japanese art and practice of Shinrin-Yoku ('Forest Bathing'), this experience is an opportunity to reconnect with yourself, and with nature, as you explore the diverse and peaceful trails among Heckfield's natural landscape.



#### FISHING

The Lower Lake is stocked with Rainbow Trout, Carp, Perch, Tench & Rudd.
All levels of fishing are welcome, whether it's introducing you to the lake, setting you up, teaching for the first time or just guiding.



## **FARM FIT**

A one-of-a-kind exercise experience! Farm fit is a circuit-based training using equipment found on farmland: tyres, weighted milk churns, ropes, hay bales, logs, sandbags.



## **SUMMER CINEMA**

Our beautiful 67-seater,
Dolby Atmos Screening room
is hidden underground at
Heckfield and hosts regular
screening of current movies
as well as talks as part of
our Assembly programme.



## LITTLE HECKFIELD EXPERIENCES

## HECKFIELD TREE HUNT

The Pleasure Grounds and the Estate are the biggest playground. Make sure you get straight out there and discover the natural treasures right on our doorstep.



## MAKE A FLORAL CROWN

Create your own special floral crown alongside our in-house florist.



## HECKFIELD GAMES

Immerse yourself in the Great Outdoors to try out Heckfield games. These games (suitable for children aged 5 - I I years) are fun, challenging and can be enjoyed by all the family.



# WELLINGTON COUNTRY PARK

We neighbour the
Wellington Country Park,
350 acres of beautiful
park Land with myriad
children's play areas,
nature trails, zip wires.
Visit for an hour or a
day and keep your small
people very happy.
Age range 5 - 15 years



