

spending time in blue and green spaces is linked to improved life satisfaction, reduced anxiety and increased happiness\*



### DOG walking

Dogs are welcome on the wider estate (not in the house or gardens please). Your dog must be kept under close control at all times and be kept on a lead around the House and Barn.



Pop-up cafe and toilets available. Please check the website for opening times.

## Walking ROUTES

Choose between 3 different length walking routes to connect with nature at West Horsley Place

- 1km - Perfect for those new to walking and little legs
- 3km - See all the different habitat types West Horsley Place has to offer and get a 360 view of the Manor House
- 4.5km - An opportunity to go further afield and explore some of the quieter corners of the estate

\*Mental Health Foundation study (2021).

70% of UK adults agree that being closer to nature improves their mood\*