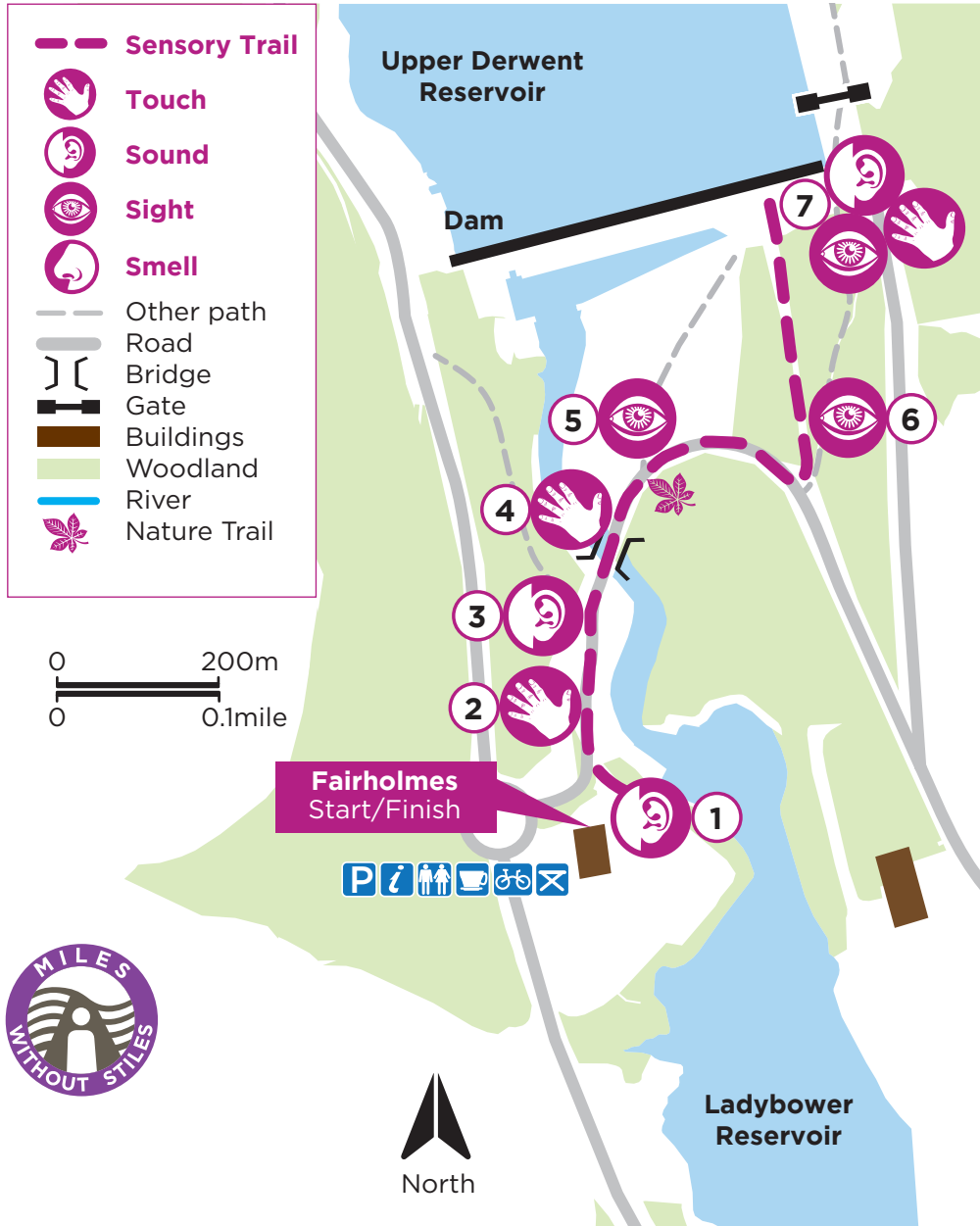




## Fairholmes in the Upper Derwent Valley



- 1 Sound** - Before you set off on the trail, pause for a moment listen carefully to the sounds around you. How many different sounds can you hear? Can you copy any of the sounds?
- 2 Touch** - Touch the rough bark of the tall trees along this path and explore the creeping roots that stretch towards the path.
- 3 Sound** - Pause again and listen out for some different sounds. Can you hear any flowing water? Birds calling in the trees above?
- 4 Touch** - Feel the difference between the stone of the bridge and the green moss growing on the bridge. Can you come up with some words to describe how different they feel?
- 5 Sight** - Pause and enjoy the view of the mighty dam wall towering beyond you. Can you see any water flowing over the wall?
- 6 Sight** - Look up high to the top of the tower reaching into the sky. Then look up at the sky. It doesn't matter whether the sky is clear and blue or overcast and grey; it is always full of shifting and changing patterns whatever the weather.
- 7 Touch, sight and sound** - Feel the rough blocks of sandstone that make this mighty tower. You might feel some cool spray on your face. If the dam is overflowing, watch the water tumbling down the face of the dam. Then enjoy the symphony of sounds of the water rushing on its journey. If there is no water flowing, enjoy the reflections in the pool below.

Now reflect on and savour all the sensory experiences you have explored on the trail before retracing your steps.