



Would you like to be able to recognise wild plants and know which ones to use?

Kaye Angus, Natural I consultant and Master Herbalist can take you on a guided herb walk to help you learn about nature's valuable gifts.




Discover the health benefits of many common plants and how to harvest with care. Re-evaluate what grows in your own back yard and find out how to make simple preparations for health, nutrition and beauty.

The walks will take place between March and October and you will need to bring your own refreshments and sensible clothing for a two hour outdoor walk, you may also want to bring notepaper and pencil.

For further information or to book a walk please call **01239 810759**

Price per adult £10, children under 16 and OAP's half price, under 7's free.
Group discounts and other locations available by special arrangement.

Example of starting points

				Walking level
Newcastle Emlyn Castle	●	●	●	1
Tresaith Beach	●	●	●	3
St.Davids Tourist Information Centre	●	●	●	4
Ocean Lab, Goodwick Harbour	●	●	●	2
Lower Town Fishguard Harbour	●	●	●	5
Penbryn Car Park	●	●	●	5

- 1** Flat gravel pathways. Disabled access.

2 Mainly flat ground. Maybe wet under foot.
- 3** Some hills or narrow footpaths to navigate

4 Some rocky terrain with steep footpaths

5 Caution required for children and elderly.

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