



Heartwood Forest Trail

The reflections for this trail are not assigned to specific points on the map. Find a bench or an appropriate spot to reflect and respond.

Heartwood map

https://heartwood.woodlandtrust.org.uk/media/1522/rc779_heartwood-map-web-o.pdf

Reflection A

The Sounds of Heartwood

Bluebells chiming in the summer sun
 Chaffinch chatters in the bough above
 Sunshine calls through stillness of the wood
 And summons plant and creatures, all, to life

Reflection B

The Harmony of Heartwood

Silent sentinels, the trees alive with bud and leaf
 Supporting songs of spring – the blackbird and the magpie call
 Sun filters through the canopy above
 To canvas painted blue, the forest floor
 Earthed in the fallen leaves of former days
 Moss matted logs of ancient oak
 Are home and host to life anew

Reflection C

The Time of Heartwood

Time Passes.
 In Heartwood.
 Slowly.
 It savours every moment
 Every sound and colour
 Pauses for appreciation
 The scent of bluebell lingers
 Fallen oaks remain for generations
 Leaves, glorious green
 will fade,
 and fall,
 and feed
 A thousand more in future years

Reflection D

Evening in Heartwood

As evening rays touch bluebells in the cooling glade
 Webs glint between the leaves in low late light
 Bells dip – the sound of chiming blue fades away
 Shadows lengthen
 Stillness spreads
 With final chatter of the blackbird call

Reflection E

Keep the home forests growing!

What joy Heartwood Forest affords many of us with it being on our doorstep. At 858 acres it's the largest continuous new native forest in this nation; that's 600,000 trees planted by 40,000 volunteers over a decade! How disturbing that circa 150 acres of Amazon rainforest are destroyed every minute of every day. As the saying goes "every little counts", so let's keep doing our bit, England!

Response

Consider whether you could plant a tree in your garden. How about some bee-friendly plants? Even not mowing a patch of lawn to create a mini-meadow can provide a wonderful habit for all sorts of mini-beasts! Adding a small pond will have a positive impact on the ecology of your garden. Some patio flowers or hanging baskets of well chosen plants would be appreciated by many insects.



www.bethanycc.uk/poems



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