

Blue Farm Trail

The blue trail will add 2.5km to your Barleylands Farm Walk

Come and enjoy a relaxing mindfulness walk. Pause at the blue circles along the trail and have a go at the following activities...

Pause 1: Bridge

Stop and take a deep breath and...

Look at the trees, how many shades of green can you see?

Feel the breath in your chest. Can you feel your chest expanding?

Listen, can you hear the steam trickling?

Listen to your footsteps, what sounds do they make?

Pause 2: Equestrian Fields

Turn in a circle on the spot and...

Look at the horses, how many are there? What patterns can you see?

Look at the different tools—what colours can you see?

Listen to your surroundings, how many different sounds can you hear?

Smell the air, what can you smell?



Pause 3: Football Fields

Stop, look up and...

Look up at the sky , how many clouds can you see?

Look at the view, imagine kids playing football in the fields

Feel the breeze on your face, is it warm or cold?

Listen to the birds singing, how many birds can you hear?



Pause 4: Road Side

Close your eyes and..

Listen how many cars can you hear? Do they get louder or quieter?

Feel the ground underneath you feet. Is it soft or hard ? Is it smooth or uneven?

Feel, check in with how you feel, are you happier or calmer after you walk?

Open your eyes and continue your walk.

Look for something colourful to focus on as you walk back. Take a mental photograph and enjoy the rest of your walk back to the start.



We hope you enjoyed the Blue farm Trail.
continue to follow the map to head back to the
Red or Yellow Farm Trails.