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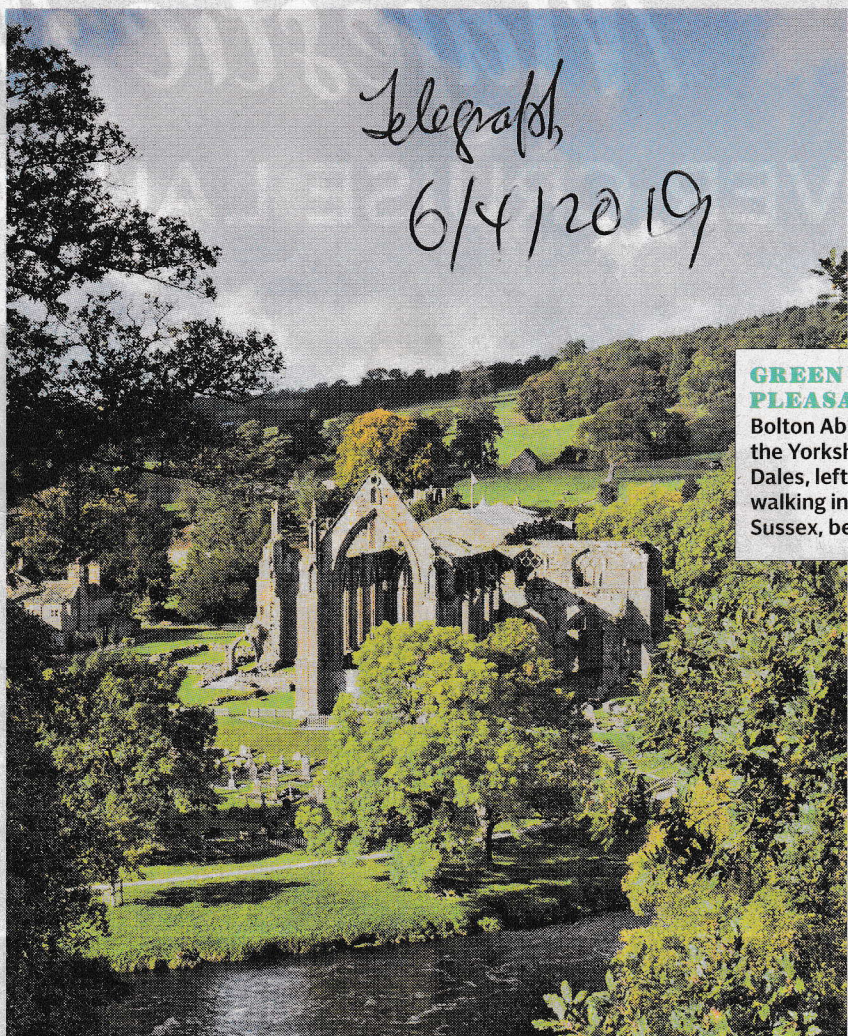
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**GREEN AND PLEASANT**  
Bolton Abbey in the Yorkshire Dales, left; alpaca walking in East Sussex, below

£30 with an alpaca, £15 accompanying the group. No dogs.  
[alpacawalking.co.uk](http://alpacawalking.co.uk)

## GRASSINGTON CIRCULAR, YORKSHIRE DALES NATIONAL PARK

The lush, green Wharfedale valley in the Yorkshire Dales is home to the market town of Grassington, from where there are many delightful walks along the banks of the River Wharfe to picturesque nearby villages including Conistone, Kilsnsey and Hebden. The surrounding landscape is punctuated by rocky limestone outcrops and nearby waterfalls, including Linton Falls, Scar Lash and the Strid at Bolton

Abbey. A family-friendly 3.5-mile circular walk from Grassington passes through Grass Wood Nature Reserve, before dropping down to the River Wharfe and back into town via Ghaistrill's Strid and a 17th-century road bridge.

[yorkshiredales.co.uk](http://yorkshiredales.co.uk)

## POOH BEAR FOREST WALKS, ASHDOWN FOREST, EAST SUSSEX

Ashdown Forest in East Sussex was the inspiration for Winnie the Pooh's Hundred Acre Wood. There are now two "Pooh Walks" taking in the sites of some of Pooh's adventures. The shorter walk takes in the Enchanted Place and the Sandy Pit, and is suitable for younger children; while the longer walk includes the North Pole and Eeyore's Gloomy Place. Ashdown Forest is the largest open-access space in the South East, nearly two-thirds of it heathland, and one of the rarest habitats in Britain.

[ashdownforest.org](http://ashdownforest.org)

## GEOCACHING

Since its invention nearly 20 years ago in the US, geocaching has become increasingly popular and is a great way to involve the whole family in an outdoor treasure hunt. Using a GPS-enabled device (a mobile phone is fine), the objective is to find hidden "caches", small waterproof containers with a logbook inside and often an item of "treasure" that may then be replaced with another. You sign and date the logbook and register your discovery online. The sport is a great way of exploring new destinations, as well as rediscovering your local area with new eyes.

[geocaching.com](http://geocaching.com)

ups, the nearby Sticklebarn pub is the first National Trust hydro-powered pub.  
[nationaltrust.org.uk/sticklebarn-and-the-langdales](http://nationaltrust.org.uk/sticklebarn-and-the-langdales)

## WALKING WITH ALPACAS, EAST SUSSEX

Walk alongside the alpacas of Spring Farm near Fletching in East Sussex, through 110 acres of undulating fields, followed by a carrot-feeding and selfie session. During the two hours you spend with them, you will hear all about the alpacas, their history and how their fleeces come in 22 different colours. The alpacas are friendly, halter-trained and even know their own names! There is a maximum of 10 alpacas on each walk, and children must be over 12 years old to walk one on their own. Those aged eight to 12 can join, accompanied by an adult.

includes egg hunts at more than 260 locations across the UK, the National Trust is inviting families to discover the dramatic and beautiful Langdale valley in Cumbria. Langdale is home to hundreds of the Lake District's native sheep, the Herdwick, which your kids will be able to identify by black fleeces that lighten as they get older. The Blea Tarn (1.8 miles) and Mickleden valley (3.8 miles) walks are suitable for all ages. For the grown-

