

## Lower Soudley Pond



Soudley Ponds is a series of man-made ponds running along a secluded valley. It is a haven for wildlife and is designated as a Site of Special Scientific Interest (SSSI). The wetland habitat is home to lots of different plants, birds and insects.

Please note: Do not let children play in or around the spillways or ponds as they can be dangerous.

### About the route



- This is a short, relatively flat route which takes in the lower of Soudley Ponds. A longer walk is available around the other ponds
- There are two benches as marked on the map

### Accessibility



- The path has some uneven terrain and is not wheelchair accessible
- There is a small incline on either side of the bridge
- There is a steep slope (around 10 feet) from the Dean Heritage Centre to the road. Please take care when crossing the road

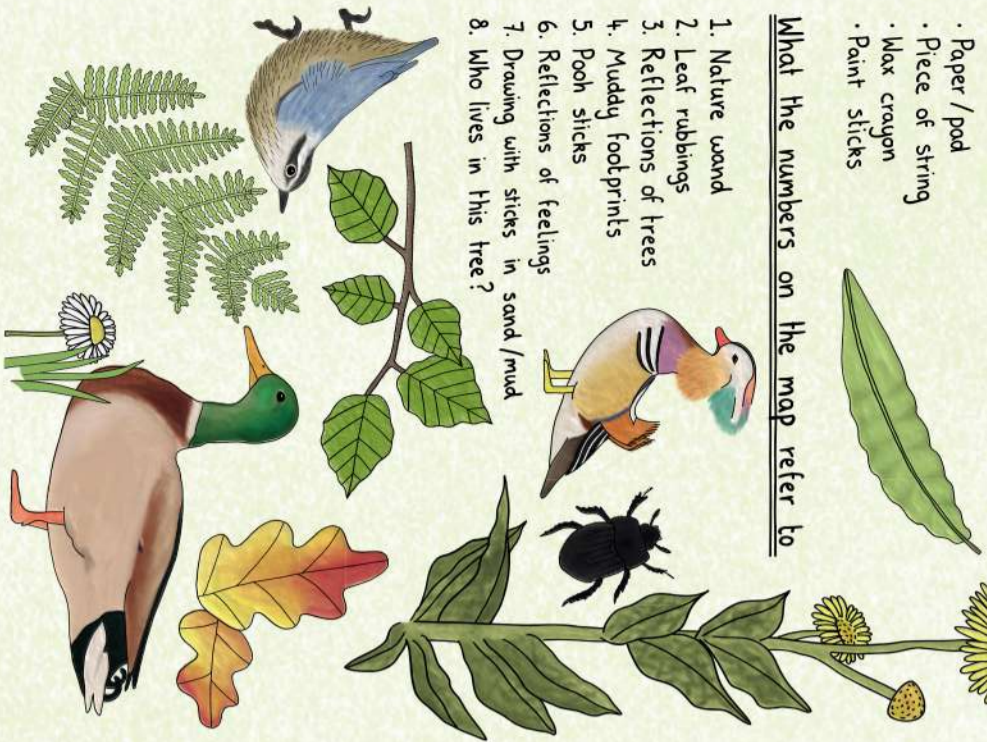
The artwork shown in boxes 1-8 was created by attendees of one of our recent walks. The artwork is by Coco, Leif and Sophie.

### The art materials used include

- Paper / pad
- Piece of string
- Wax crayon
- Paint sticks

### What the numbers on the map refer to

1. Nature wand
2. Leaf rubbings
3. Reflections of trees
4. Muddy footprints
5. Pooch sticks
6. Reflections of feelings
7. Drawing with sticks in sand / mud
8. Who lives in this tree?



**"Nurturing connection, creative thinking and mental wellbeing through a combination of time outdoors, gentle exercise and social interaction."**



**"Thank you for a lovely walk and getting me out in nature."**



**"Helped reignite my love for art."**



## About Canopy Creative Network



Canopy Creative Network was formed in 2017 to bring artists, arts organisations and communities in the Forest of Dean together. We run festivals, walks, talks, workshops and a range of other events.

Find out more at [www.canopynetwork.co.uk](http://www.canopynetwork.co.uk)

### Canopy Creative Walks



Since 2020 we've run creative walks for small groups across the forest of Dean. Open to all, the routes are short with a range of creative activities along the way guided by a local artist. A notebook and art materials are provided and we only ask for donations to cover the costs.

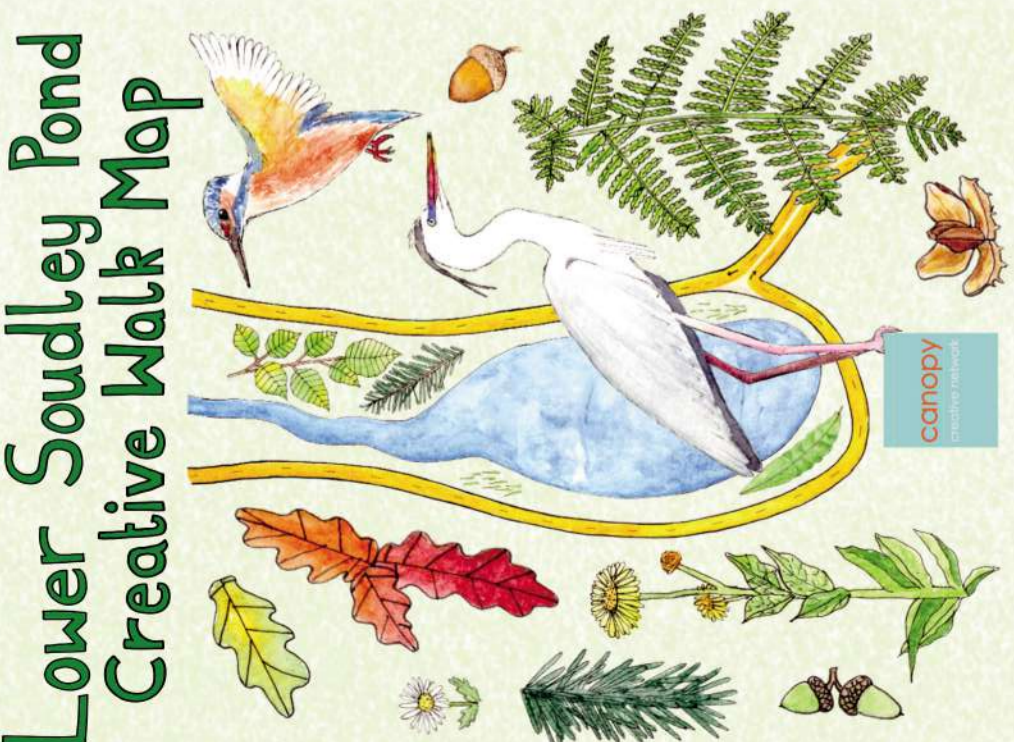
You can see some of the work produced on our creative walks in the boxes alongside this map.

### Why walking in nature is so important

- Reduces stress
- Improves your mood, sleep and concentration
- Boosts your immune system
- Provides vitamin D
- Socialise and meet new people

### How to enjoy this walk safely

- Please wear sturdy footwear and clothing appropriate for the weather
- This is a working forest, so adhere to any safety information displayed
- Please don't feed or approach wild animals
- Please only park in designated bays and not on verges



## Lower Soudley Pond Creative Walk Map



Free parking, donations welcome - Car park address: During opening hours only, see website for details: [www.deanheritagecentre.org](http://www.deanheritagecentre.org)

Dean Heritage Centre, Camp Mill, Soudley, Gloucestershire GL14 2UB

What 3 words - skins, hourglass, plotting  
Length of walk - 1.03 miles / 1.66 km

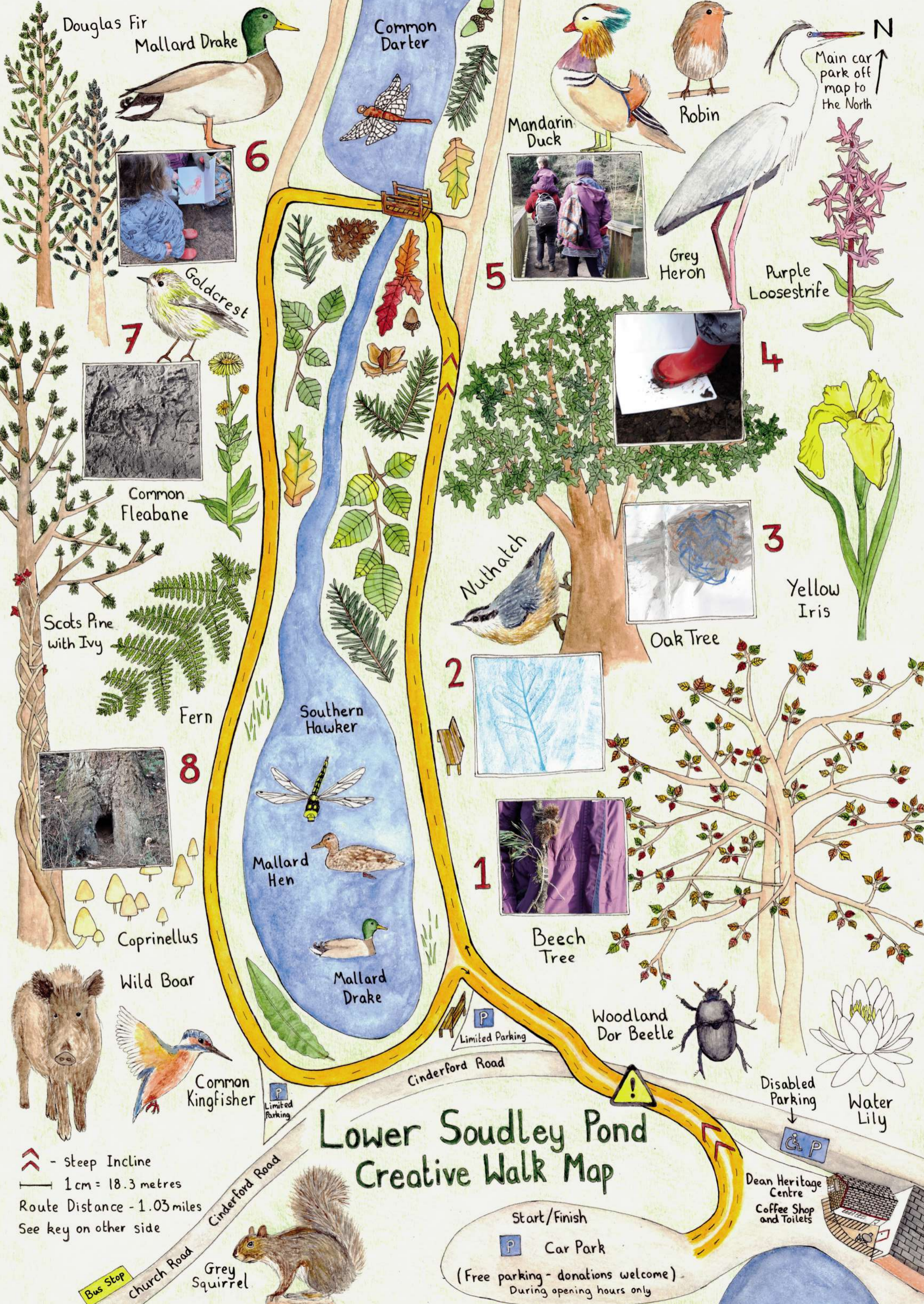
Produced by Canopy Creative Network  
[www.canopynetwork.co.uk](http://www.canopynetwork.co.uk) printed on recycled paper

We hope this map inspires you to enjoy a short walk in the Forest of Dean.

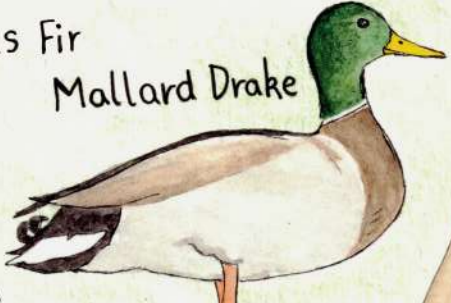
Maps illustrated by Becky Embling

All of our creative walk maps are available to download on our website





Douglas Fir  
Mallard Drake



6

Common Darter



Mandarin Duck

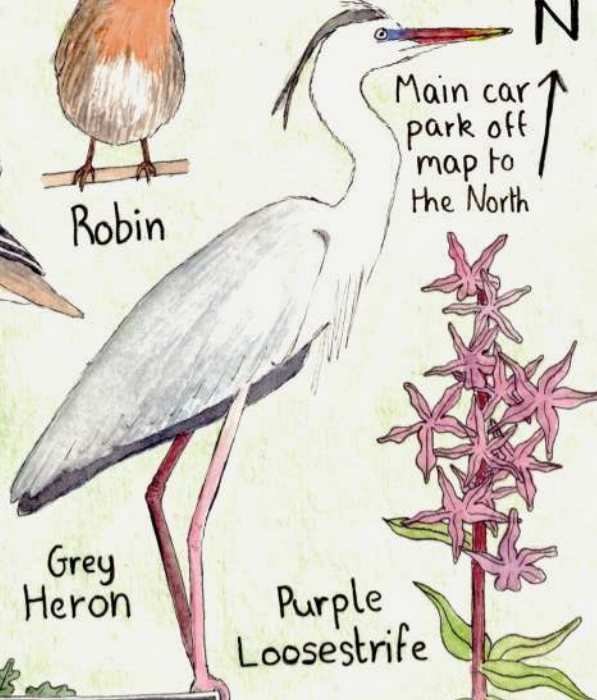


5

Robin



Grey Heron



Purple Loosestrife



Goldcrest



7



Common Fleabane



4



Yellow Iris

Scots Pine with Ivy



Fern



Nuthatch



2

Oak Tree



3

Southern Hawker



Mallard Hen



1

Beech Tree



8

Coprinellus



Wild Boar

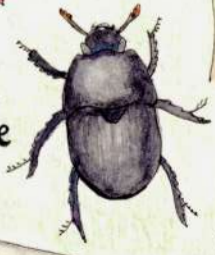


Common Kingfisher



Cinderford Road

Woodland Dor Beetle



Disabled Parking



Water Lily



# Lower Soudley Pond Creative Walk Map

- Steep Incline  
 1cm = 18.3 metres  
 Route Distance - 1.03 miles  
 See key on other side

Start/Finish  
 Car Park  
 (Free parking - donations welcome)  
 During opening hours only

Dean Heritage Centre  
 Coffee Shop and Toilets



Grey Squirrel



Bus Stop

Church Road