



(GO) BAREFOOT IN THE PARK (THIS SUMMER)

THE UK'S FIRST AND ONLY BAREFOOT WALK AT THE TRENTHAM ESTATE

Families visiting Staffordshire's picturesque Trentham Estate are invited to put a spring in their step and take a walk on the "bare" side (this Easter) on the UK's very first and one and only **Barefoot Walk**. A delightful sensory stroll across 24 terrains, from springy grass to squelchy mud, this unique "DIY reflexology" experience is guaranteed to get all the family's toes tingling and faces smiling.

The idea is simple – check in your shoes and socks, free your feet, re-connect them with nature and enjoy the simple exhilaration of this ancient practice. Believed to offer some of the benefits of reflexology, bare foot walking has many positive health associations - from improving circulation to promoting relaxation. And just as importantly, it is pure, unadulterated, feel-good fun for every generation, from the littlest toddlers up.

The 1000metre route is modelled on the principles of German "barfuss" pioneer, Sebastian Kneipp, and takes families across a variety of stimulating surfaces including textured timber and wood, tickly bark mulch, smooth pebbles, soft grass and soil, squelchy mud, sun-baked rocks - as well as the cooling waters of a natural babbling brook and a special invigorating foot bath.

Situated in Trentham's famous Italian gardens, the Barefoot Walk is open from late April to October. Lockers and washing facilities are provided. Access is free with entry to Garden.

Additional notes:

- Regular barefoot walking can stimulate the cardiovascular system, regulate blood pressure and improve circulation. It is also believed to have a positive affect on the immune system.
- The concept of barefoot walking is ancient but the practice was developed in the 19th Century by the German, Sebastian Kneipp and Barfuss Parks and Spas were developed based on his principles.
- For opening details and prices log on to www.trentham.co.uk.

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