

# Forest Adventure Session for Adults

Take your first steps to rewilding yourself!

- Build a shelter from natural materials
- Foraging
- Woodland Mindfulness



**Coed Rhosmaen  
Crug  
1pm-5pm**



## Postponed until 15/06/26

This event has been grant subsidised, entry only £5

**Book your spot via [www.naturni.co.uk](http://www.naturni.co.uk)**

