



**SHERWOOD  
FOREST**

WHERE LEGENDS GROW

**15th March 2022**

### **APRIL EVENTS AT RSPB SHERWOOD FOREST AND BUDBY SOUTH FOREST**

We start April in cracking style at RSPB Sherwood Forest and Budby South Forest with our **Easter Family Trail**, running from 2<sup>nd</sup> – 24<sup>th</sup> April.

Find the ginormous eggs hidden in the Forest and see if you can work out from our clues which bird has laid which egg. Look out for the bunnies with brightly coloured tails too.

The trail is ideal for young children and their parents and carers. There's no need to book. Just pick up an answer sheet for just £2.50 each from the Visitor Centre, any time from 11am-3pm - and there's a delicious prize waiting for when you return.

Try the very relaxing technique of **Forest Bathing+** on Saturday 2<sup>nd</sup> April (10am-12pm) with trained instructors from the Forest Bathing Institute, who will guide you through the trees in a way that helps your cares melt away.

The science of forest bathing originated in Japan, where millions of people each year head out into the woods for true wellbeing.

Find out more and book by [clicking here](#).

There will be **Pay and Play Archery** all day on 4<sup>th</sup> and 5<sup>th</sup> April, at £4 for six arrows. No booking required.

You can take a trip back in time on 9<sup>th</sup> April (11am-12.30pm) on a tour of **Myths and Legends with the Master At Arms**, William de Tankerville, the Sheriff of Nottingham's most trusted warrior.

This 90-minute tour will be filled with the incredible stories of Robin Hood and his Merry Men, not to mention his foes, the Sheriff and Prince John.

The tour costs just £5 (£4 for RSPB members) and can be booked through our website. [Click here for more details and to book](#). Please note that a booking fee applies.

On the same day (9<sup>th</sup> April), or should that be the same *night*, you can join members of the Mansfield and Sutton Astronomical Society for an evening of **Stargazing at Sherwood**. On 26<sup>th</sup> March

The astronomers will share their knowledge of the night sky to help you get a better understanding of the stars and other astral bodies. The session runs from 7pm-9.30pm

and costs £15 per person (£12.50). Booking for this fascinating event is essential and can be done by [clicking here](#). A booking fee applies.

**A Tour of Sherwood Forest with the Sheriff of Nottingham** is scheduled for 16<sup>th</sup> April (10am-11am). He may be the dastardly Sheriff, and he may not be too keen on Sherwood's outlaws, but this is a family-friendly walk for just £5 per person (£4 for RSPB members). [Click here](#) to find out more and to book (booking fee applies).

St George's Day on 23<sup>rd</sup> April will be marked with two events steeped in legend.

You can enjoy the **Myths and Legends with the Master At Arms** (details above. [Book here for this event](#)), before the amazing **Sherwood Outlaws** performing arts group mark the celebration of England's patron saint with a variety of exciting activities. More details to follow.

It's an early alarm call for our **Redstart Ramble** on the morning of Sunday 24<sup>th</sup> April.

Join our expert guide to find these beautiful birds as they start to return to Sherwood from their wintering grounds in Africa. It's a great way for novices and more experienced birders to find redstarts, as well as other wildlife.

Meet at the Visitor Centre at 8.15am for this two-and-three-quarter hour tour.

Booking is essential and costs £10 per person (£8 for RSPB members). [Book by clicking here](#). Once again, a booking fee applies.

You can try **Nordic Walking** through the Forest with Sherwood Nordic Walking on 26<sup>th</sup> April from 12pm-1.30pm. Walking poles and tuition are provided.

For more information and to book, [click here](#).

We've got **Have-A-Go Archery** from 30<sup>th</sup> April-2<sup>nd</sup> May with qualified instructors to help anyone aged three and over to get to grips with a bow and arrow. No need to book for this event, which costs £5 for six arrows.

And we finish April with a celebration of our amazing bees. Our **Bee Weekend** from 30 April – 2<sup>nd</sup> May is completely free with stalls selling products created from honey and beeswax, and experts from the Nottinghamshire Beekeepers Association to explain why we need to look after these perfect pollinators.

## **ENDS**

For more information, please call email [robert.james@rspb.org.uk](mailto:robert.james@rspb.org.uk) or call 07971 886094.

## **Notes to editors**

Sherwood Forest and Budby South Forest form part of the Sherwood Forest National Nature Reserve (NNR), comprised of woodland, wood pasture and heathland in North Nottinghamshire. Sherwood Forest, famously associated with the legend of Robin

Hood, typically welcomes around 350,000 visitors per year. It is home to one of Europe's largest collections of ancient oak trees, with almost 1,000 across the wider Sherwood landscape area, many aged over 500 years old, including the iconic Major Oak.

The reserve today provides a habitat for hundreds of bird, mammal and insect species, as well as trees, plants and fungi. It is a Site of Special Scientific Interest (SSSI) and part of a Special Area of Conservation (SAC).

Since 2015, Budby South Forest has been managed by The Royal Society for the Protection of Birds (RSPB), which also took responsibility for managing Sherwood Forest in 2018. RSPB manages Sherwood Forest on behalf of, and in partnership with, Nottinghamshire County Council. Other partners include The Sherwood Forest Trust, Thoresby Estate and The Woodland Trust.

The RSPB is the UK's largest nature conservation charity, inspiring everyone to give nature a home. Together with our partners, we protect threatened birds and wildlife so our towns, coast and countryside will teem with life once again. We play a leading role in BirdLife International, a worldwide partnership of nature conservation organisations.

For more information visit [www.visitsherwood.co.uk](http://www.visitsherwood.co.uk) or call 01623 677321.

The Royal Society for the Protection of Birds (RSPB) is a registered charity.