

## Find your Freedom in the Forest of Dean

Freedom awaits the adventurous, curious and spirited in Gloucestershire's delicious Dean



Freedom beckons, and what better place to find it than the wild and wonderful Forest of Dean.

[Visit Dean Wye](#) has launched five new experiential itineraries as part of its **Find Your Freedom** campaign, to inspire visitors to explore the hidden gems and lesser-known wonders of the Forest of Dean nestled in west Gloucestershire between the River Wye and River Severn.

Whether you're a foodie or thrill seeker, nature lover or explorer, this beautiful area has so many memorable experiences to offer. It's a place to free your mind, body and soul, express yourself with arts and crafts or simply explore a wealth of hidden gems and interesting things to do. And with vast forests, two majestic rivers and breathtaking vistas, there's no better place to pull off your facemask and breathe.

From the sounds of rare birdsong to the soft perfume of bluebells, it's the perfect place to experience the Japanese practice shinrin-yoku or forest bathing, while its miles of byways and tracks are great for exploring on foot or two wheels.

Join a wildlife safari to get close to the creatures that call this area home and, for the ultimate feeling of relaxation, climb into a floatation pod and let its warm water gently carry away your aches and worries.

The Forest of Dean is in a league of its own when it comes to food, with everything from delicious meat from livestock reared on lush pastures, to tasty cheeses to savour.

The area provides plenty of opportunities for thrill seekers to release energy built up over lockdowns. Rev your engine for a 4x4 splashdown, saddle up for an exhilarating mountain bike ride or see the forest from the tree tops with a high ropes adventure challenge.

Those who prefer to let their creative spirit run wild have plenty of bookable experiences from workshops on pottery, photography and mosaic making, and for retail therapy there's a vibrant arts and crafts centre, home to a diverse range of independent businesses. Alternatively, cook up a culinary masterpiece at the award-winning Harts Barn Cookery School, which offers a mouth-watering array of foodie experiences.

Explore some of the little-known towns and villages, take a trip on a steam locomotive at Dean Forest Railway, explore the picturesque market town of Newent or experience the power of the River Severn at its estuary in Lydney. Head deep underground to discover a coal mine near Coleford, or watch a classic movie in the comfort of Cinderford's Palace Cinema, one of the oldest purpose-built cinemas in the UK.

Mark Terry-Lush, from Visit Dean Wye, commented: *"The Forest of Dean is one of the UK's best-kept secrets, offering a rich variety of businesses, experiences and mesmerising destinations off the beaten track for the adventurous, curious or creative. It's an area of natural beauty, wide open space, rivers, hills and fresh air: the perfect spot to find your freedom."*

To find out more, including how to download the five itineraries or book an experience, see <https://www.visitdeanwye.co.uk/gofindfreedom>

**#GoFindFreedom**  
**#DeanWye**

## NEW ITINERARIES IN WEST GLOUCESTERSHIRE

- [Hidden Gems](#) draws attention to lesser-known locations and interesting experiences to enjoy in and around the towns of Lydney, Coleford, Cinderford and Newent.
- [Delicious Dean](#) celebrates the fabulous flavours found across the area, shining a light on some of the best food and drink experiences and tasty local produce.
- [Freedom Awaits](#) connects visitors with nature where they can experience the magnificent surroundings of the Forest of Dean from wildlife spotting to forest bathing.
- [Get Out, Get Active](#) covers seven exhilarating experiences for adventurers, from laser tag to caving, and high ropes to cycling.

- [Crafty Forest](#) inspires visitors to express their creativity, try their hand at pottery or mosaics, or learn new culinary skills at a cookery school.

## ENDS

### Editor's Notes

For all media enquiries, interviews, quotes, images or video, please contact Rachel Jones at Encore PR – [rachel.jones@encorepr.co.uk](mailto:rachel.jones@encorepr.co.uk)

A NEW video that showcases **Find Your Freedom** can be viewed here:

<https://youtu.be/4Lio96aEnpc>

A selection of new high-resolution imagery to illustrate the **Find Your Freedom** experiences are available to download via WeTransfer (more images available on request) -

<https://we.tl/t-JgjSGXlizr>

(Images courtesy of [Visit Dean Wye](#) <https://www.visitdeanwye.co.uk/> )

*Find Your Freedom campaign is funded by Forest of Dean District Council.*



### About Visit Dean Wye

Visit Dean Wye is the official Destination Management Organisation (DMO) representing the interests of over 250 partner businesses operating in the visitor economy in the Forest of Dean in Gloucestershire and the Wye Valley in Herefordshire and Monmouthshire.

The volunteer run organisation seeks to promote the area to both domestic and international tourists and visitors. It offers a one stop shop for up-to-date information and inspiration for people looking to find more about the wild, wonderful and adventurous Forest of Dean and Wye Valley.

The website and associated social channels are a gateway to this beautiful and little-known destination, that offers travellers and visitors a wide range of opportunities to reconnect with nature and truly find their freedom.

Find out more at <https://www.visitdeanwye.co.uk/>

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