



# The Umbel wild medicine walk

## Your medicinal herb walk

This sheet contains practical information to ensure you a) find us easily and b) get the most out of your wild medicine walk.

## Venue address

**Garden Cottage,**  
**Eastnor,**  
**Nr Ledbury,**  
**Herefordshire HR8 1RL**  
**Tel: 07808 472424 (Jo) 07900 248386** (Alexandra)

This herb experience will begin from the home of our host, Alexandra Lyons, who lives within the castle grounds. Detailed directions and the code to the electric gates for access to the castle grounds will be emailed to attendees just before the event.

## Essential information

We will be using our sense of taste and smell as well as sight and touch to experience the herbs. We will also be doing a tea tasting and tasting some tinctures and other forms of herbal medicine during and after the walk. You should let us know on your booking form if you are or may be pregnant, have food allergies or intolerances or have health issues (such as mobility or respiratory issues) about which we should be aware. We are not a nut-free environment.

## Start time

The walk begins at 1pm on Friday 6 May 2022.

## Things to bring

- Please come suitably dressed in comfortable clothing and footwear with waterproofs if the weather requires it.
- Some people like to bring a notepad and pen or use their phones to record snippets to help them remember the herbs we meet.
- If you would prefer to bring your own mug for the tea tasting, feel free to do so.

## SARS-COV-2

We hope that by May, the situation will have eased but we ask attendees to take appropriate precautions and be respectful of the needs of others in relation to the virus. Masks will not be required, but people are free to do whatever they feel comfortable with in this regard. **Please do not come if you have symptoms or should be isolating for other reasons.**

## Terms and conditions

Our terms and conditions can be found at [theumbel.org/terms-conditions](http://theumbel.org/terms-conditions)

**We very much look forward to herbing with you.**