



National
Trust

Easy Walk 21

Wood Folk

Hardcastle Craggs and Gibson Mill

Follow the way-markers on this circular walk through the woods and find out more about the wonderful trees at Hardcastle Craggs. When you find a leaf marker, check the fact box for that tree to find out more.



Alder

- Traditionally used to make clogs, spinning wheels and cart wheels
- Flowers can be used to make green dye



Beech

- Used traditionally as a good luck charm
- Used medicinally to treat skin diseases
- Thin slices of wood used to make early books



Hazel

- Celtic tree of knowledge
- Can be coppiced to produce long straight shoots, traditionally used to make baskets, bean poles and clothes props



Holly

- Traditionally brought into home in winter to shelter elves and fairies



Oak

- The Oak tree dryad (spirit) is depicted as a wizened old man
- Used by the Vikings to build longships
- Associated with Thor, Odin and Zeus – gods of thunder and lightning



Scots Pine

- Used in Ancient Egypt to treat pneumonia and lung problems
- Associated with birth and children



Silver Birch

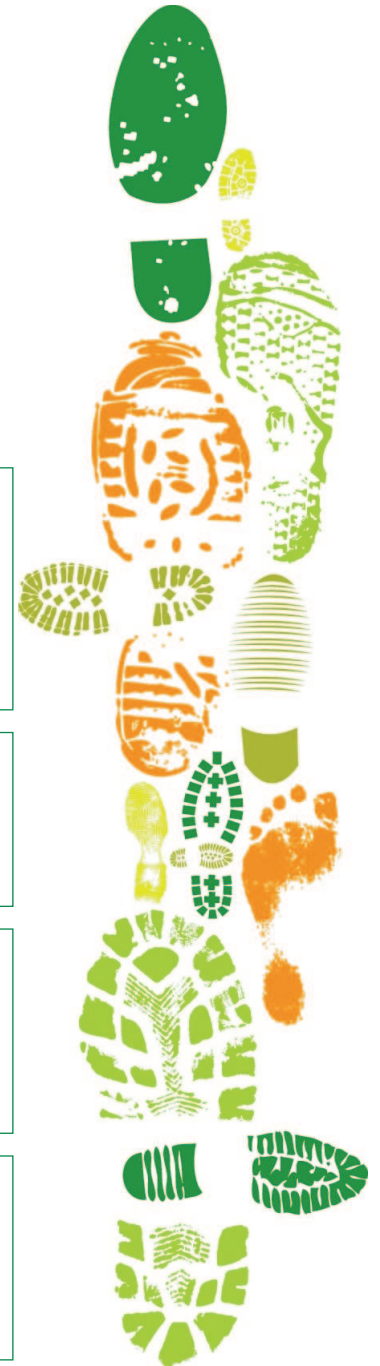
- Known as 'Lady of the Woods'
- Bark can be used to write on
- Birch sticks are used to drive out the old year 'Beating the Bounds'



Sycamore

- Has winged seeds known as 'helicopters'
- Sacred in Ancient Egypt, where they were planted near tombs and used to make coffins
- Not native to Britain, introduced from Europe

Look carefully as you go, you'll be amazed what you can see!





You can **start from the car park** at the end of Midgehole Road or from **Gibson Mill** (toilets, refreshments). Follow the walk in a clockwise direction.

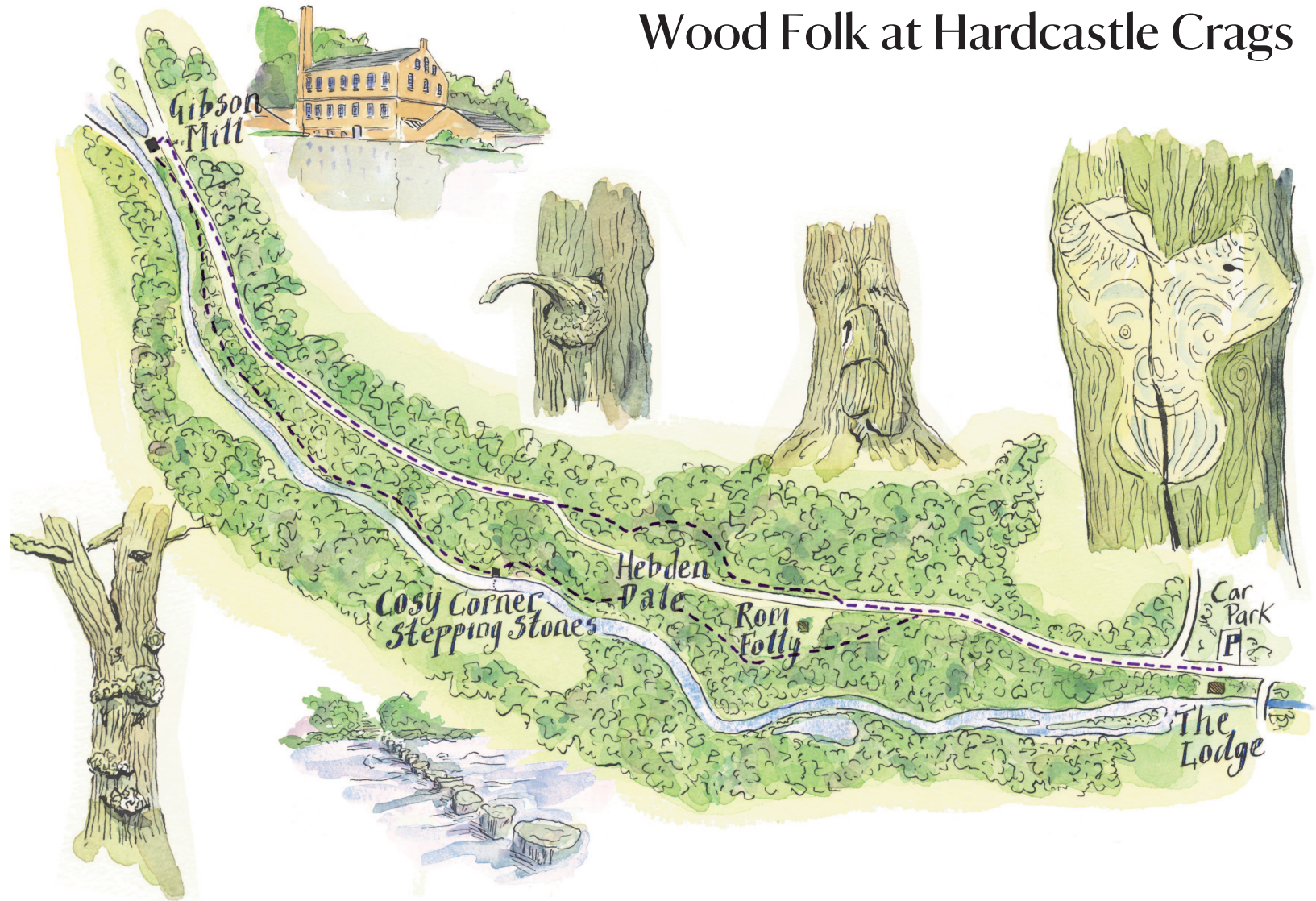
Trees have many uses, including fuel, shelter, medicine and building material. Lots of ancient legends and rituals are linked to each species.

Hunt for the leaf markers, learn the names of some common types of tree and discover some fascinating facts and legends.

Will you spot a fairy door, a rabbit's foot or a friendly face?

What would you call some of these weird and wonderful trees?

Wood Folk at Hardcastle Crag



We hope you enjoy this Easy Walk. There are more in the series at other National Trust sites in Yorkshire and the North East. Go to our website to find out more: www.nationaltrust.org.uk/yorksandne

