



# Foraging





Foraging is a wonderful way to blend food, fun, and mindfulness into a gentle countryside walk.

Led by our expert guide – a member of the Association of Foragers (AOF) – this two-hour experience invites guests to discover the rich variety of wild, edible plants and fungi growing around us. The session begins with a brief introduction before the group sets off on an exploratory walk. As you wander through the landscape, you'll learn to identify seasonal wild foods, engaging all your senses in the search. The act of foraging invites you to slow down, tune in, and immerse yourself fully in the natural world.

Guests are encouraged to look closely, touch gently, listen carefully, and breathe in the scents of the wild – really taking in what's going on around them and deepening both awareness and connection with nature.

Towards the end of the session, you'll get to sample some delicious wild-inspired snacks and drinks, made from foraged ingredients. It's a chance to pause, share discoveries, and reflect on the experience. By becoming more aware of our surroundings and engaging our senses, foraging supports both mental and physical well-being. It reminds us that we are not separate from nature – we are a part of it. Guests will leave with practical foraging knowledge, a sense of calm, and that post-walk glow – refreshed, inspired, and reconnected with the world around them.

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## Notes & costs

**Costs:** £POA

**Activity duration:** 2 hours

**Guest numbers:** 2 – 20 people

**What guests need to bring:** Weather appropriate footwear ie: walking shoes / wellies and appropriate clothing ie: suncream / sun hat, or raincoat.

**Weather:** The walk will go ahead even in light rain, however if the weather may cause risk to guests (e.g. thunderstorms, high winds, extreme temperatures) then we will provide an alternative indoor session, with learning on foraging and tasting.

**Time of year:** This activity is seasonal and only runs from early spring to autumn

**Suitable locations:** This is subject to the venue's suitability. If we are not already familiar with your venue, we would be happy to arrange a visit to ensure it is suitable for this activity.

## Why Firebird Events?

- Our fantastic team are creative, knowledgeable, experienced, friendly and fun. Thanks to our drive, dedication and attention to detail, we will deliver you an unforgettable event experience.
- We listen. We can provide you with great ideas, bespoke solutions and reliable service, helping you to create an event which suits *your* needs and objectives.
- Well established within the industry since 2000, our reputation and fantastic relationships have enabled us to work with an array of clients, including many large corporations and top UK venues, time and time again.
- We can provide everything from a single activity, to an entirely produced event, providing first class team building days and corporate events.
- Our hard work has been recognised within the event industry, winning awards in the category of “Best Event Provider” at the M&IT industry awards – silver in 2018, bronze in 2019 and silver in 2020.
- Firebird Events are covered by a minimum of £1 million Public Liability Insurance.

## Notes

- All prices are subject to VAT at the current rate.
- All prices are subject to availability.
- Prices may be subject to change.
- All prices where an event set up fee is stated are subject to the relevant per head fee on top.
- Some services or items may be subject to minimum order fee.
- Prices may be subject to travel and accommodation charges.
- Full payment will be due 30 days prior to event date (unless a credit account has been agreed in advance).
- Soft or hot drinks (weather dependent) should be provided for our team throughout the duration of the event.
- Depending on length of the event, hot food may be required for the team.

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