



# Mindful Walk, Garden Trail

Elan Spa at Mallory Court

The spa garden trail is designed to allow you to take a moment from everyday stresses and strains of the day and embrace complete mindfulness in a tranquil environment that will stimulate your senses and take you a step towards total wellbeing.



Make your way through the door and follow the path towards the scented rose garden. Your senses are immediately aroused and infused with the gentle blend of soft rose aromas that drift along on the breeze, close your eyes for a moment and inhale deeply. Hear the crystal clear flow of water as it bounces down the water feature while you slowly exhale.



Continue your journey past the Great Lawn down towards the Sunken Garden, where the only sound is the gentle ripple of the Lily Pond which is orchestrated in harmony with nature's songbirds. Take a moment to admire the Ginkgo Bilbao tree famous for its medicinal properties and marvel at the power of nature.



Wander towards the back of the garden and discover the delightful shady Rock Garden that features gentle flowing waterfalls and a wooden bridge over the small pond. At the very far end, beyond a rough lawn, is a thick blackberry hedge, retained at the insistence of the chef.

Here you can soak up the magnificent views stretching out across the Warwickshire countryside; you won't be able to resist taking a moment to sit in contemplation. Hear every sound. Smell every scent. Feel every emotion. See everything. Take pleasure in your senses.



Amble down the Peony walk and as you pass under the Hazel archway slowly make your way round to the Chef's Vegetable garden. Here the gardeners invite you to walk through the poly tunnel and enjoy the scent and touch of Lemon Verbena or Rose Geranium as you brush past. Perhaps take a moment to identify some of the ingredients on his menu (please close doors at either end)



As you walk through the garden prepare your senses to be amazed at the sight and smell of the glorious herbaceous borders. Take your time to explore the magnificence of nature in all its glory. You may want to amble through the beautiful rose archways that run alongside the original garden wall, whilst you take in the huge variety of sensual herbs.



We invite you to leisurely explore the gardens as you complete your mindful walk.

