

Mindful Quest: Farnham

Explore the historic market town of Farnham with fresh eyes and a curious heart. This gentle quest will guide you through cobbled streets, leafy pathways, and hidden corners—inviting you to pause, notice, and connect along the way.

Perfect for families, solo wanderers, or small groups looking to explore slowly and meaningfully.

About This Quest

Location: Farnham, Surrey, UK

Best mode of travel: Walking

Estimated duration: 1.5–2 hours (flexible)

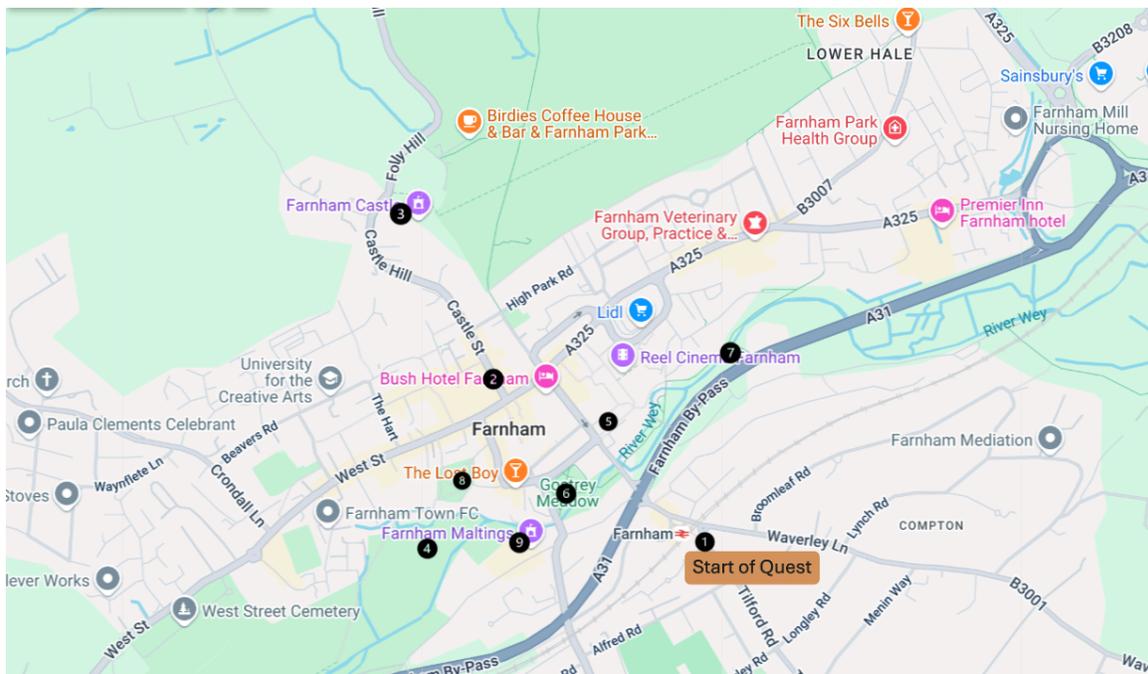
Start point: Farnham Station or Central Car Park

End point: Gostrey Meadow or The Maltings café

Bring a pen, notebook, and maybe a thermos for a mid-quest break.

Route Map

Follow the suggested path using the map below. Each stop corresponds with a question—no rush, just curiosity.



Instructions

- Follow the route at your own pace.
- At each location, pause and reflect on the question.
- There's no score, just discovery.

The 10 Questions

1. Farnham Station (or arrival point) – What's the first sound you notice here? What does it remind you of?
2. Castle Street – Look closely at the buildings. How many different materials can you spot (brick, flint, tile, etc.)?
3. Farnham Castle Keep – Who would you imagine standing here 800 years ago? What might they be thinking?
4. Bishop's Meadow (or route past the River Wey) – Close your eyes for 30 seconds. What do you hear? Smell?
5. Victoria Garden – Find a bench or quiet spot. Describe the colours or shapes around you. Draw one if you like.
6. Gostrey Meadow – What game or activity do you imagine playing here as a child? Try it if you're brave.
7. By the River Wey footbridge – Count how many birds you see in 2 minutes. Bonus: identify one.
8. St Andrew's Churchyard – Find the oldest gravestone you can. What name or message stands out to you?
9. The Maltings (if open) – Look at the art or displays inside. What makes you pause or smile?
10. Anywhere along the route – Find a small natural object (leaf, feather, stone). What makes it beautiful to you?

Reflection

Use this space to jot down thoughts or sketches:

- Favourite location: _____
- One thing you saw that surprised you: _____
- Would you come back here? What would you do differently?



Share your reflections or photos using #MindfulTrailQuests and tag us @mindfultrail.

Want to create your own local version? We'd love to hear from you!

