



Wye Valley & Forest of Dean Tourism Launches 'Forest of Teen' Guide *aiming to lure more families with teens in tow to the region*



Wye Valley & Forest of Dean Tourism has launched a new online guide, **Forest of Teen and Wye Valley**, aiming to lure more families with teens in tow to the region showing that the area is packed full of experiences and adventures to be enjoyed by this age group who are notoriously tricky to keep both engaged and happy.

Whether it's challenging themselves on a **giant inflatable assault course in a 80 metre deep flooded quarry**, getting behind the wheel during a **4x4 off-road driving experience** (from 14 years up!), learning how to take the **best snaps on their smart phone, prepare sushi like a pro**, or even having a sleep over in a **medieval castle**, there is so much 'cool' stuff to keep the whole family entertained this summer. What's more, the region is a 'set-jettors' delight, with so many recent TV and film releases filmed here including the Netflix sensation Sex Education.

The guide is a 'one stop shop', with sections including the very best activities and where to eat and sleep. In fact, it includes everything needed to book a successful family break in this region that takes in the three counties of Gloucestershire, Herefordshire and Monmouthshire. There is a digital detox section, a family activity section ensuring everybody has a good time and a creative section for those who want to get crafty.

"As my kids have grown well into the teen phase, and beyond, whilst living in this area I can advocate first-hand that this region does do teen activities rather well! We felt it was high time to shout about this and bring all our incredible experiences together under one guide to inspire visitors," commented Helen O'Kane, co-chair of Forest of Dean and Wye Valley Tourism.

"Where else can your teens sleep in a horsebox, SUP down the river, fly through the trees, get crafty throwing a pot, go in search of their favourite film locations and then bounce around on an inflatable assault course in a flooded quarry? You can do all this and more within half an hour's drive here in the Wye Valley and Forest of Dean", added O'Kane.

For more information and to view the full guide visit www.wyedeantourism.co.uk/Forest_of_Teen

- Activities have been chosen that get the adrenaline pumping and the family bonding including mountain biking, archery, tree top adventures, canoeing and rock climbing
- Check into somewhere which will look great on 'insta' including yurts, vintage vans and even horseboxes for any equine fans
- Pubs and restaurants have been chosen for their delicious and locally sourced alternatives to soulless fast food chains with big burgers, real fish and chips, award winning gelato and vegan food in spades
- The guide even includes 10 top tips for a successful holiday with teens, such as expecting late rises as we all know waking them too early may start WWII...

Specific highlights of the guide include:

- Whitecliff 4x4 offers their junior driving experiences where 14-17-year olds can get behind the wheel of a 4X4 (with supervision) to take on an off-road course complete with tricky obstacles and slippery incline
- Mad Dogs & Vintage Vans is a glamp site made up of cool converted vintage caravans that are off grid with no wi-fi, but lots of charm. Swap Netflix for watching the campfire crackle under a starry sky
- Borderlands Outdoors run group archery sessions that are ideal for competitive families looking to find out who has the keenest eye
- Inspire 2 Adventure run a variety of activities such as canoeing, rock climbing and a megaboard SUP experience to bring the whole family together paddling as a team
- The International Centre for Birds of Prey houses over 250 birds on site and brave teens have the chance to handle owls, raptors and falcons
- Harts Barn Cookery School offer cookery courses including learning how to make sushi and pasta
- Taurus Crafts is just one of the many places in the area where teens can express their creativity including pottery, candle making and cupcake decorating
- The National Diving & Activity Centre has a new aqua park with a giant inflatable assault course. There are also 'try-a-dive' experiences for teens looking to give scuba diving a go, as well as a 700m long zipline and a 75m high swing
- Award Winning Gelato is served at Green & Jenks in the heart of Monmouth with sorbets for vegans and flavours including Oreo Cookies and Nutella.

Bespoke Holidays include

Star-studded road trip - Go set jetting as a family with Wanderlust Camper Co

While the grown-ups will need to drive, the teens can take charge of the route with the set jetting map, following the region's film and TV location trail including famous Puzzlewood and Symonds Yat. Wanderlust Camper Co has a fleet of three glamping-style vans making a road trip round the Wye Valley and Forest of Dean easy to arrange. All have high tops (avoiding the fiddly pop-tops), which means guests can stand up and move around freely in their little home-from-home, a real luxury.

Ditch the devices and paddle for a few days camping along the way with Canoe the Wye

A two-or three-day canoeing adventure during the summer holidays is perfect for families with teens. Starting in Hereford or Hoarwithy and ending at Symonds Yat, a typical day includes around 15 miles of river and up six hours of paddling, with stops along the way for a picnic or pub lunch on the riverbank.

The Get Active Explorer Break at The Speech House Hotel

For a family of four with teens, the active explorer break offers amazing value and encompasses a two-night stay at this former 17th century hunting lodge set in the heart of the Forest of Dean. Full English breakfast is included to set everyone up for a day of activities that might involve rock climbing, gorge scrambling, canoeing, stand up paddle boarding or high rope adventures. Families can then head to the Orangery or Verderers' restaurant in the evening to refuel for the next action-packed day.

To view the full guide and find out what else the area has on offer go to
[www.wyedeantourism.co.uk/Forest of Teen](http://www.wyedeantourism.co.uk/Forest_of_Teen)

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For more information and images contact Fiona Reece at Travel Tonic on
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Notes to Editor:

About Wye Valley and Forest of Dean Tourism

Social media handles:

#DeanWye #myforestofdean #ForestofTeen

Instagram @deanwyetourism

Facebook @WyeValleyForestofDean

Twitter @DeanWye

The Wye Valley and Forest of Dean Tourism (WVFDT) was formed in 2006 and is the official Destination Management Organisation representing the interests of almost 400 members.

The Wye Valley & Forest of Dean Tourism is the destination management organisation for the "Dean Wye". The area covers the three counties of Gloucestershire, Monmouthshire and Herefordshire and is the only cross border tourism association in the UK working with both tourism businesses and stakeholders in Wales and England.