

Hope Valley Herbal Solutions

# Herb Walks

with **Anna Dutch**

BSC.HONS. Herbal Medicine



156+five star



# Reviews

## **Carsington Herb Walk.**

**12th November 2022. Gemma Edwards, London, UK.**

“Anna’s warm welcome with Pepper the dog was well received. Her knowledge is exceptional and makes everyone welcome. Highly recommend.”

## **Padley, Grindleford**

**3rd September 2022. Helen Chenery, Brisbane, Australia**

“We loved our herb and nature walk with Anna. She is very knowledgeable and passionate about her area. We learnt a lot and appreciated the beautiful landscapes and story telling.”

## **Horse Hay Coppice, Grindleford.**

**15th August 2022. Bonita Keay, GB**

“We had a very magical experience, we discovered chicken of the woods right at the very start of our walk and a Deer and her fawn joined us at one point. We have learnt lots about different plants and their uses. Anna is very knowledgeable on this and the woodland that we walked was beautiful and calming.”

## **Hathersage Herb Walk**

**7th March 2022. Karen Fursland, Stotfold, UK.**

“What a fab experience! Anna is so knowledgeable and easy to get on with; we had a fantastic walk, and learnt so much! Anna was really helpful with advice for personal health issues.... try it, you will love it!”

**3rd August 2021. Ben Garfield, London, UK.**

“Anna's tour was magical. Packed full of so much info on the local area and its herb-life. Her passion, knowledge and enthusiasm helped us to engage with the Peak District (and plant-life itself) in a whole new way.”

# Beautiful Herb Walk near Bakewell

**19th June 2022. Austin Edwards, GB.**

“A great and educational experience led by Anna who is an expert in her field. She personalised the experience and was warm and thoughtful. We will do it again without hesitation.”

**1st June 2022. Chloe Tilbury, GB**

“Anna is fantastic! She is clearly very knowledgeable and has so much to share. We loved finding out about plants that we had passed on our walks but hadn't known their value. We would definitely recommend to anyone who wants to try something new and learn more about nature.”

**29th May 2022. Sean Heslin  
GB**

“Anna has a wealth of information and insight at her disposal and is a charming and interesting person to spend time with. We also had the joy of having the company of her little four-legged companion, who could sense badgers from a mile away. I was not sure what we were walking into with this experience, but came away with fragrances in our noses, new tastes on our tongues and fresh knowledge in our heads, all thanks to the amazing Anna. Heartily recommend this one to anyone with an open mind and a love for nature.”

**22nd May 2022. Olivia Wiles  
Liverpool, UK.**

“We went as a group of 6 and all really enjoyed the experience. We tried lots of different plants and made a lovely herbal tea on the journey. Thanks again Anna!”

**18th May 2022. Belinda Jordan, England, UK**

“Anna was a great guide, she started off by asking if there was anything in particular we were interested in, we were looking to see what everyday plants we were walking by on a daily basis that you could eat or medical. She had interesting stories and full of information on lots of plants.”

**27th April 2022. Luke St Clair-Pedroza, England, UK.**

“Had an amazing afternoon with Anna! My partner and I are interested in foraging but have next to no experience! Anna is super friendly, really easy to talk to as well as incredibly welcoming. She did an awesome job of teaching us some basics of identification and characteristics of some common edible wild plants. If you're interested in this kind of thing I can 100% recommend it you'll have a great time. Be sure to bring some hot water in a flask to make your own foraged herbal tea as that was definitely a highlight for us! Thanks Anna!”

**16th April 2022. Kris Chow,  
London, UK.**

“We had such a wonderful time with Anna and her dog Pepper! We learnt an incredible amount about different plants and their powers and had a herbal feast along the way. It was the cherry on top to meet her horses at the end. Really wish we could do it all again!”

**9th February 2022. Naomi Seddon, Burscough, UK.** “Amazing experience, Anna is a lovely person with a passion and knowledge for what she does. Really enjoyed the experience and could of spent hours chatting with her.”

**27th December 2021. Elly H.,  
Saint Thomas, UK .**

“Anna was lovely lady, knowledgeable and friendly”

**31st December 2021. Raja Duraisamy, London, UK.**

“What an amazing experience! We had so much fun and learnt so much on our walk with Anna. We're definitely going to book the walk again this spring. Can't recommend enough!”

**19th December 2021. Sanjay Ramnath, San Jose, CA**

“This discovery walk with Anna was a lovely experience on a particularly cold day in Great Longstone village. Anna met us on time with her dog Pepper and we started our walk right away by learning to identify herbs right by our feet! Anna is a very engaging story teller with amazing life experiences. She is clearly an experienced herbologist who loves the area and her life there and this positivity is infectious. We walked for well over 2 hours across fields, woods, farmland and country roads. Over the course of this walk, we learned about many herbs, trees, the Dales and about the history of natural medicine. A word of caution to those not used to this area, please wear really good waterproof shoes that will keep your feet warm. The walk takes you through

muddy and slushy ground and even regular hiking shoes may not be enough if the weather is cold as it was on the day we went.”

2nd December 2021. Arthur Lang, Singapore.

“Really enjoyed the walk which was very engaging and insightful. Anna was very patient with us city people and she shared a tremendous amount of insight and views. Anna was very passionate with her herbs and we have learned a lot. Highly highly recommended.”

22nd November 2021. Catherine Scanlon, Milton Keynes, UK.

“Anna is a wonderful sharer of herbs and walks in the Peak District. Glorious walk; wonderful weather; fabulous views, and great herbal insights. Thank you.”

25th October 2021. R Gouthwaite, UK.

“Flexible, informal, tailored to your needs. Anna is a great host.”

30th October 2021. Alexander Grant, Poynton, UK.

“Very informative and relaxed tour.”

28th October 2021. Vanessa Unsworth, London, UK.

“A great way to discover the countryside”

25th October 2021. David Grist, Kidderminster, UK.

“a really good introduction to the world of plants and medicines”

25th September 2021. Rebecca Eveleigh  
Guildford, UK.

“This experience was honestly so incredible that I have been raving about it to anyone who will listen for the last few days. It felt like a wonderfully educational and spiritual walk, and I am so happy to have learned from someone who clearly is so passionate about what they do. Would absolutely recommend, and am keen to go again at a different time of year to see what else might be around!”

27th August 2021. Matthew Hudson, Winnipeg, Canada.

“A delightful walk, lots to learn, and delicious tea. Certainly recommend!”

4th September 2021. George Balkwill, GB.

“Anna was very generous to me and my partner whilst on the trip. She has a vast amount of knowledge on the local area and it’s herbs. We would definitely recommend you pay her a visit to learn from her.”

**30th August 2021. David Snowball, London, UK.**

“A really engaging walk, learnt so much and really engaging host! The cuppa tea was superb :- ) We’ll certainly be back for another!”

**13th August 2021. Aleksejs Truhans, London, UK.**

“A great walk, very friendly atmosphere and a lot of information! Also bought some honey from Anna’s bees and it is delicious!”

**6th August 2021. John Whitelock  
Bristol, UK.**

“Anna’s herb walk was arguably the highlight of our entire holiday. As a party of five ranging in age from 7 to 83 each with different things they wanted to get from the walk, Anna could not have done a better job of keeping us engaged, choosing an appropriate path and teaching us a load of interesting stuff about herbs along the way. Highly recommended!”

**4th August 2021. Victoria Seddon  
Chester, UK.**

“Had such a lovely time with Anna, couldn’t have been a more interesting walk! My dog and I had a really great morning!”

**10th August 2021. Amanda Babb, UK.**

“Very educational, well worth the trip. Anna is very interesting.”

**28th July 2021. Abigail Webb, Kesgrave, UK.**

“We had a great time, Anna took us on a really lovely walk and gave us a lot of information about local history as well as the local herbs. It was a really lovely way to spend our afternoon and we’ll definitely be recommending it to friends who visit the Peak District. Anna is so welcoming and warm and friendly, and I find myself noticing a lot more plants and flowers when out on my walks now.”

**7th August 2021. Judi Baldock, Pangbourne, UK.**

“Magical Informative Experience with Nature...it’s flowers and power of trees”

**17th July 2021. Abigail Davies, Glenfield, UK.**

**“The herb walk was just beautiful, the location and pace was great & there was enough time to take in your surroundings & really enjoy what Anna was telling you. Anna is very informative & knowledgeable and opens up a whole new world you may not realise is out there. Good value for money too. A really lovely trip. Would definitely recommend & will certainly be back! Thank you Anna x”**

**17th July 2021. Sam Webster, Nottingham, UK.**

**“Brilliant experience. Anna has so much knowledge about herbs and I learnt far more than I'd expected to. Would definitely recommend!”**

**15th July 2021. Alasdair Caddell, England, UK.**

**“Had a great walk, very personalised and friendly atmosphere. We learnt a great deal and Anna’s passion and knowledge shone through. I would highly recommend this experience, thanks Anna”**

**9th July 2021. Claire Bonnet, Birmingham, UK.**

**“Brilliant walk with Anna learning all things herbs! Anna was great at personalising the tour to what we were interested in and wanted to learn. Highly recommend to anyone who is interested in learning more.”**

**7th July 2021. Tristan Phillips–Page, Fulmer, UK**

**“We had a lovely walk with Anna and learned so much with her! She was a fantastic host and incredibly knowledgeable and very easy to get along with. Would definitely recommend!”**

**6th July 2021. Joe Reeve, Penn, UK.**

**“Anna was super friendly, knowledgeable, and open - the experience wasn't just a tour, but an interactive lesson about the different herbs, plants, and how humans relate to nature. We got to know her and her dogs, whose personalities only enhanced the walk (they had their own herb preferences too). After the walk, we drank tea made from the herbs we collected, and ate a beautiful homemade chocolate. Would absolutely recommend this experience to anyone who wants to appreciate the nature that is around them.”**

**2nd July 2021. Kim Porter  
Southend-on-Sea, UK.**

“Very informative and interesting herbal discovery walk in the Peak District area. Anna is extremely knowledgeable and passionate about herbs, plants and nature. Michael and I learnt a great deal and have gone away with a new outlook on the plants in our garden and surrounding areas.”

**15th June 2021. Greg Sewell, Warboys, United Kingdom**

“Wow what an amazing walk with Anna. We had a magical afternoon walking through the countryside learning about what you can and should not eat from herbs and foliage. We both learnt lots during our 3 hour walk. This walk has inspired us both to carry on learning about what there is to eat around us and how we can use it in our modern busy lives. Will definitely recommend this to others and will do another walk with Anna on our return for sure. Thank you ever so much. Greg & Kirsty”

**1st June 2021. Sarah Mugridge, CA, US.**

“A lovely and insightful walk with Anna and Pepper. We had some great chats and learned a lot about the local area and foliage. We appreciated that Anna let us choose the difficulty and length of the walk to suit our needs. Making fresh herbal tea was definitely a highlight. If you go out on a sunny day, remember to take your sun screen!”

**4th June 2021. Darshan Sudarshi, London, UK.**

“Anna’s experience was wonderful , magical and totally uplifting. From our brief time together, it was not difficult to see her passion and skills to explain the beauty and healing power of herbs . What’s more she is totally flexible and will tailor the walk for you. On a personal note what I enjoyed the most, was the pleasure of being inspired by her compassion, kindness and her broader knowledge on healing and wellbeing . I hope to stay in touch and highly recommend her and pepper - a highlight of my trip .”

**6th June 2021. Terri Bickford,  
Sherborne Saint John, United Kingdom**

“Wonderful way to spend a morning learning just how much there is we can use from nature. Anna is very knowledgeable and communicates her knowledge in an interesting and memorable way.”

**22nd April 2021. Angus Cutler, Westerham, United Kingdom**

“What a fantastic afternoon with Anna! It could not have been a better experience- highly personalised and perfectly paced. Learned so much about



the science of herbal medicine (and there is a lot), culinary and medical uses of the huge range of herbs that Anna found for us, the culture and folklore involved. The Peak District is a spectacular backdrop and Pepper the dog kept us moving along. Most of all I came away with a new appreciation of the real value of herbal medicine- and this stuff is right under our noses and feet! Highly recommended.”

**31st October 2020. Laurie Castledine, GB.**

“Really Enjoyed the Herb walk with Anna. Very insightful. Would recommend. Shame about the weather but that can't be helped.

**10th September 2020. Reto Klopfenstein, Cambridge, England, UK.**

“The herb walk was very instructive and Anna has personalised the walk according our knowledge. She showed us some amazing plants and told to every plant a story and for what the plant can be used. She was very communicative and friendly. I could feel that she is living for this and is interested to share her knowledge with others.”

**4th September 2020. June Jones, Cardiff, Wales, United Kingdom**

“Anna is extremely knowledgeable and will tailor the walk to your interests and this includes the walking route. Anna is a great storyteller imparting lots of interesting facts about herbs, trees and the local landscape. Although advertised as a 2-hour walk it can take a little longer and we spent 2 1/2 hours as there is so much to talk about.”

**30 August 2020. Aleksejs Truhans, London, England, UK.**

“A great experience, where one learns a lot and feels connection to deep inner values, while walking among beautiful pastures and hills.”

**12th August 2020. Yi-Shan Lu, Penrhos, Wales, United Kingdom**

“Anna is very knowledgeable, accommodating and is always ready to give information about every question asked. The route was decided to suite everyone's ability and preference. The view was wonderful and breathtaking. I am glad Pepper got to stay with us-- he is a great assistant who puts a smile on everyone's face! The walk certainly encouraged me to appreciate and care for the nature! Thoroughly enjoyed it, highly recommending it!”

**10th August 2020. Lucie Schurrer, Stanwell, England, UK.**

“The herb walk with Anna was a new experience for my husband and me. We really enjoyed listening to Anna’s knowledge and special stories, and a beautiful walk in nature with Pepper the dog. We learnt about the different herbs, plants, trees around us and what their health benefits are. Thank you again for the great and peaceful time !”

**12th August 2020. Lizzie Carr, England, United Kingdom**

“This was a wonderful experience, I didn't want to leave! Anna is so knowledgeable, friendly and interactive that we could have conceivably spent 10 years with her and felt we'd only been 10 minutes. We felt so welcomed, her knowledge and passion is utterly infectious and we have both left with a greater sense of respect for the power of plants. If we are ever in the Peaks again I'm sure we will be back for a different herb walk route for more literary tales and fascinating information about the properties of plants that grow all around us. (Also for more Pepper)”

**10th August 2020. Laura Monso, Birmingham, England, UK.**

“Anna is a super special woman, friendly, welcoming and also very passionate about her jobs. She shares her knowledge and I have learned many interesting things about herbs and their benefits. She goes extra miles to make your experience and stay in this beautiful countryside village unforgettable. I highly recommend Anna. 😊”

**2nd August 2020. Philip Hardy, Cliffe Common, England, UK.**

“Had a wonderful time with Anna on her walk, she was knowledgeable and had a very deep understanding of herbs and the holistic lifestyle. We are going to book again later in the year when the berries and seeds are out and are already looking forward to it.”

**25th July 2020. Michael Clover, England, UK.**

“Written on behalf of my parents, of whom the experience was for. A fantastic and personable experience. They were surprised to learn that much of what nature you come across can be used and/or consumed. They are avid walkers and explorers and like to spend much of their time in the peak district. This experience has certainly piqued their interest in exploring nature further. They were very impressed with Anna's vast knowledge of the natural world and loved hearing her detailed explanations of the history and folklore of the various herbs and plants they came across.”

**20 July 2020. Gayle Alanda, Lowestoft, England, UK.**

“We had a lovely walk with Anna and her dog Pepper, it was so interesting to learn about the area and discover all the herbs around us. Thank you for a really unique experience!”

**7th July 2020. Natalie & Matt, London, UK.**

“My boyfriend and I had an absolutely wonderful morning spent with Anna. We really learnt so much and it was such an experience to consume (if we wanted to) various herbs that Anna taught us about during our walk. This experience has been eye-opening and I would thoroughly recommend!”

**4th February 2019. Caitlin Nicholson, England, UK.**

“An inspirational day, bringing you truly back to nature. Anna was a fabulous guide making the walk personal and relevant and sharing her amazing knowledge of herbs and plants with enthusiasm and a special delightfulness.”

From: [charlotte baker](#) >

To: [Anna Dutch](#) >

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## **Re: Herb Walk Board**

13 January 2020 at 12:30

Hi Anna,

Thank you! And thank you for the wonderful walk yesterday, it was so lovely!

All the best,  
Charlotte & Hannah

# **Discover Wild Herbs around Grindleford**

**5th June 2022. Catriona Smith, Reading, United Kingdom**

“We had a fantastic experience with Anna! She was incredibly knowledgeable and I felt like I learned so much!. We tried many herbs which Anna taught us to identify and made a delicious tea out of them on the walk. I really liked that Anna personalised the experience for us and would definitely return again!”

**5th June 2022. Jacqueline Dominguez, IT**

“I learnt a lot, I love the way Anna is able to answer any questions you have about each herb. But I also felt I was learning to listen and appreciate things that you don’t learn anywhere else.”

**5th June 2022. Kate Samore, Cambridge, MA.**

“We had a great time on the foraging walk! Anna was extremely informative, engaging, friendly, and we really felt she tailored the walk to us as she learned more about us. She also shared her delicious homemade tea with us, which was very welcome on the wet day! Certainly would recommend and we'd be keen to come back.”

**26th February 2022. Martyn Stonehouse, Chesterfield, UK**

“Spending an afternoon with Anna and some other friendly folks, wandering the hills and woodlands near Grindleford was a magical way to spend a few hours. Her knowledge and enthusiasm for nature and the landscape was infectious, and we learnt so much about herbs and plants we see growing all the time on our walks. We'd highly recommend booking a place if you're in the area, and we are already hoping to book again for the summer!”

**5th March 2022. Rosie Renals - Wells, Liverpool, UK.**

“Anna's foraging walk was AMAZING! She was fun and friendly, and got to know us so she could personalise the experience. she has loads of knowledge and can recount a story about almost anything you find. it was really relaxed and explored a beautiful area and woodland. Pepper the dog was an extra special addition! Would highly recommend!”

**12th March 2022. Sophie Tullett, Cambridge, UK.**

“This was the most invigorating and nourishing few hours I’ve had in a while. Anna was generous with her time, knowledge, teaching and kindness. I’ve absorbed so much in a few hours and feel inspired to learn more. Can’t thank her enough!”

**5th March 2022. Sam Garlick, England, UK.**

“Great experience foraging!”

**22nd December 2021. Wanling Song, GB.**

“Anna is very knowledgeable in herbs and very amiable. The tour was fun and personalised. We had a good chat about usage of natural product in drugs. The tour ended with a warm herbal tea and a vegan chocolate which were made by Anna. The walk was fantastic, with some beautiful scenery, passing some quarry and overlooking the dale. I really enjoyed the walk and would love to join Anna for another walk.”

**19th October 2021. Brigitte Ascher, London, UK.**

“Anna showed us plants from an angle neither me nor my friend had known before. Plants that, as a gardener, I have come across and often treated as weeds, turn out to have powerful hidden properties. Anna is very knowledgeable, passionate and excellent at communicating that passion about herbs and the secret life of plants around us. She makes a great team with her dog Pepper and together they gave us a memorable afternoon's walk in the Derbyshire hills.”

**12th October 2021. Diane Cummings, Macclesfield, UK.**

“Thoroughly enjoyed meeting Anna and Pepper. Great experience. A really enjoyable day with an amazing lady..”

**12th October 2021. Emma Wallace, Talke, UK.**

“Our afternoon with Anna surpassed our expectations. Anna was really friendly, generous with her time and extremely knowledgeable. We would recommend this experience to anybody who is wanting to know more about herbal remedies or the Grindleford area. We are already thinking about meeting up with Anna and Pepper the dog again. Thanks Anna, from Emma, Nova and Di xxx”

**20 August 2021. Olivier Lim, Woodford, United Kingdom**

“Anna has a real passion for the planet, she has a wealth of knowledge and opened our eyes to the gifts that nature provides us. Anna wants to make sure that each guest gets the most out of the experience and will always put the needs of her group and what they want to get out of it first. The walk is lovely, we chose to go through the woods which was really magical and beautiful. We stop throughout the walk for Anna to explain and tell us the medical properties of the herbs which is such so fascinating. Would highly recommend if anyone

is in the area and is looking for something that will help you connect to nature.”

**5th August 2021. Catherine Scanlon, Milton Keynes, UK.**

“lovely walk in the Peak area round Grindleford, with herby and wider ranging chat, with lovely location and herbal cuppa with special bar made by Anna, and company of wee dog, Pepper – thank you!”

**26th July 21. Tara Devine, Bedford, UK**

“We had a wonderful evening walk with Anna who was so knowledgeable, personable and tailored the walk and talk to our needs. The area we were walking in was stunning and the tea we made was delicious! Would highly recommend 😊”

**5th July 2021. Lauren Greenwood, London, UK.**

“A really fascinating walk in a beautiful location. Anna's depth of knowledge about the plants all around brought the woodland around us to life in a new way. She tailored the walk really well to our interests and level of fitness and we came away feeling like we'd learned a lot and wanted to explore foraging and wild plants more.”

**4th July 2021. Jennifer Scott, Nottingham, UK.**

“We loved our walk with Anna and would recommend it to anyone with any interest in nature. She is friendly and very knowledgeable, tailoring the walk to our interests and teaching us so much along the way. We tasted some incredible herbs and the tea she made was delicious, as was the homemade chocolate! The route itself was beautiful and Anna let us choose from different options to ensure the walk was perfect. We can't wait to do another of these walks in future and to try some of the herbs she introduced us to at home.”

**9th June 2021. Jade Lee, England, UK.**

“Great experience, so much new knowledge! Anna is quirky and wonderful, she really perked in an interest in herbs for both of us. Great host and great location”

**30th May 2021. Jackie Blake, New York, US.**

“Do this experience! Anna is the coolest! We were blown away by her knowledge of the wild herbs growing in the area. She took us on an absolutely

beautiful walk and told us the most amazing stories about the local herbs. We drank tea made from the herbs we picked and Anna made us a raw, vegan chocolate with some herbs in it. So cool! A 5 star experience that everyone should do while in the Peak District. Anna really caters the walk to your needs and desires. We also loved her little dog "Pepper" who accompanied us on the walk. All in all, it was a wonderful day that left us in a great mood. You will not regret journeying with Anna into the forest.”

**1st May 2021. Franziska Lange, London, United Kingdom**

“We had a wonderful afternoon with Anna and it was a pleasure to get to know her and the surroundings and to learn more about the world of herbs. Thank you for your time and this unique experience!”

**25th April 2021. Mogs Morris, England, United Kingdom.**

“What a wonderful knowledgeable person Anna is, I couldn't recommend this more, our little group learned so much topped off with a view of the deer. Highly recommend this experience, worth every penny. You will view your walks, your medicinal approach, your food and your drinks with a new curiosity and knowledge.”

**18th October 2020. Katrina Abdy, London, England, United Kingdom.**

“Anna has a wealth of knowledge that was very interesting to listen to, and sets a great example of how to respect nature and work with it. The walk was stunning, great forest scenery, I would definitely do it again!”

**15th October 2020. Anjana Raghavan, Sheffield, England, United Kingdom.**

“A wonderful experience getting to know the land and learning from someone who has a lot of love for and deep wisdom about the land and her gifts”

**15th October 2020. Sadada Jackson, Brookline, Massachusetts, US.**

“Anna is a knowledgeable and kind guide into the world of plants and their uses. She looked after our interests and made sure we were getting all that we could out of our time in the Peak District. I would take this walk again with her and would be certain to learn a whole set of new things.”

**16th September 2020. Kat Thiel, London, England, United Kingdom.**

“Anna is a terrific and knowledgeable guide for this beautiful landscape. We thoroughly enjoyed walking around, learning about foraging, the local area, herbs and their powers with Anna.”

**29th January 2020. Alanna Burchet, Portsmouth, England.**

“Thank you Anna for a very unique experience. It was clear you have a real in depth knowledge on your subject and you brought that to life for me! I really enjoyed learning about all the plants and their gifts, thank you so much.”



**19th January 2109. Kate Applebaum, England.**

“Anna took us on a magical learning adventure through the world of useful plants, some of which can be found right on our doorstep! Our walk through the Grindleford woodlands felt like a journey through time as we explored the mythological, historical and modern day uses of herbs and fungi. We had the opportunity to make a rejuvenating tea with our ‘forest findings’ and shared some gluten free snacks with Pepper, Anna’s canine companion. Would 100% recommend to others. Thank you Anna!”

**30th December 2019. Jihoo Kim, Seoul, Seoul, South Korea**

“Great”

**29th December 2019. Hannah Welsby, London**

“We took a long walk starting from Grindleford Station and up through the woodlands, following paths we just wouldn’t have followed on our own, with lots of knowledge about herbs and stories from Anna on route. Very interesting, relaxed and fun, with a stop off for snacks and herbal tea before descending as the sun set, in a bright red sky. Pretty sure the walk was longer than originally planned and Anna was happy to take the longer route round to show us more amazing scenery! Thoroughly enjoyed ourselves and Anna’s company and knowledge and would definitely recommend! Thanks Anna for a lovely day and hopefully see you next time we visit! (Which we hope will be soon!!)”

**16th November 2019. Leigh Taylor, Eccles, England, UK.**

“This was an exceptional opportunity to spend time with an expert in medicinal herbs. Anna’s knowledge was astounding but she went at a pace we could follow and made it very interesting with the folkstories.”

**5th November 2019. Lesley & Dan Collins, Leek, Stoke-On-Trent.**

“We had a lovely family morning outing, experiencing the delights of the Grindleford countryside and benefiting from Anna’s in-depth knowledge of herbs and plants. She’s an interesting and quirky character, with lots of tales to tell. We also enjoyed her yummy gluten free treats and herbal tea in the wood. The weather could have been better, but you can’t order that, unfortunately - still, the Autumnal colours made up for it! Pepper the dog, Anna’s trusty companion, was also a joy to have along.”

**20th October 2019. Matthew Paine, Welwyn, England.**

“Anna was lovely, the walk was lovely, her dogs were lovely, the tea was lovely!!”

**7th October 2019. Sarah Stephenson, Provo, Utah, United States**

“We had a wonderful herb walk with Anna! She was kind, engaging, knowledgeable, and tailored the walk to our needs and the tea we made was absolutely delicious! I would recommend this experience to anyone in the area.”



**5th October 2019. Davis Porterfield, La Celle-en-Morvan, Bourgogne-Franche-Comté, France**

"I had such a wonderful time on my walk with Anna! I was extremely fortunate to be the only person on the walk with her that day (as well as our dogs, and some visiting dogs!) so we really had a chance to talk. Anna knows her edible - and non edible!- plants well, and shares her knowledge in an easy-going and friendly way. It's a beautiful walk on its own, just made all the more interesting by learning and chatting with such a nice person. I really recommend taking a walk with Anna. I plan to come back on my next trip!"

**10th October 2019. Bernard Rumball, England, United Kingdom.**

"Anna's route through the wood was very beautiful and we learned so much about the nature around us . Her knowledge of plants and trees is extensive. We had a thoroughly informative and enjoyable time."

**10th October 2019. Helena Odd, England, United Kingdom.**

"Would definitely recommend! Anna is really knowledgeable with not only the different medicinal and culinary uses of the plant life but also has some very interesting stories of folklore along the way. The scenery is gorgeous and you get to try some very tasty tea, made from the herbs and berries available at the time. Great stuff!"

**10th October 2019. Laurie Todd, GB.**

"Had a fascinating walk with Anna today in and around the Padley George. We learnt about different herbs growing in the wild and their medicinal and culinary uses foraging as we went. Also, her dog Pepper is an endearing little cheeky chappie!"

**26th September 2019. Dave Monteith, Newark-on-Trent, England.**

"We had a most enjoyable experience with Anna. Her knowledge of local plants and their medicinal uses was highly impressive and informative. What made the day memorable was Anna's enthusiasm, and her ability to draw from such a wide range of mythologies, folklore and science in a very engaging way. Highly recommended."

**13th September 2019. Elaine Harbron, Abbots Ann, England.**

"Invigorating walk, fresh air and awesome route chosen in beautiful countryside. Anna is open, actively listens, is informative on many levels on the herbs encountered, the area walked through, it's history, identifying features on the walk. The herbs were introduced through medicine, cuisine, folklore, effectively their uses and where they fit in, such as beech, a pioneer tree. Another world opens up and I am fascinated. One can never know enough and I know so little. Go enjoy, recommended. Not it's time of serving, all day breakfast has a new meaning, a meal to last you all day, served at the Station Cafe nearby."

**14th September 2019. Neil Stevens, England, United Kingdom.**

“We had a fascinating and most enjoyable 2 hours in great countryside around Eyam. Anna really knew her stuff about plants and their medicinal properties. We collected a few plants to make tea at the end and this was surprising refreshing as were the gluten free cakes.”

### **9th September 2019. Samantha Holmes, Bakewell, England.**

“Anna’s knowledge and understanding of the plants, trees & herbs is amazing. During the walk she tells a story of how the medicinal plants have been used in the past and how we use them today. We had a lovely walk with excellent company and amazing foraged tea with vegan biscuits. I would definitely recommend joining Anna on one of walks.”

### **9th September 2019. Alistair Stevenson, Dubai, United Arab Emirates**

“Just Perfect. Just just perfect. Here’s a question for anyone whose reading this, have you ever met a genius? Have you ever met someone who is so in tune with nature and their topic. Have you ever met someone who’s so enthusiastic about sharing their passion that you get goosebumps on the back of your neck. Well this is the experience you get with Ann. An amazing nature walk but eating and drinking nature. Learning about herbal health, history and even mythology this experience is a must.”

### **8th September 2019. Laura Ann Steel, London, United Kingdom**

“Lovely and friendly experience. Anna was very willing to answer all of our questions and provided delicious home made biscuits to go with our hand picked herb tea. We learnt so much including folk law. We will be arranging more outings with Anna so that our whole family can have this wonderful unique experience.”

### **31st August 2019. Tom Wright, England, United Kingdom**

“A very interesting day learning about all the herbs you can miss on an everyday walk. A great time with great people and a knowledgeable host too.”

### **2nd September 2019. Matthew Gill, Stourbridge, England.**

“As this was a gift to my sister and her husband, this is her comments - “Great afternoon- she was so interesting and a beautiful walk 🍷🌿🌻🌸 Thanks Matty x x x”

### **1st September 2019. Tom Hull, England, United Kingdom**

“Anna is a wonderful presenter and host of the walk. She made time and space for everyone and her knowledge depth is spectacular. We did this as an event as part of a stag do, and were blown away with the quality of the experience. I can not recommend her highly enough.”

### **30th August 2019. Skye Loudon, Birmingham, England.**

“Totally worth the time and money. We walked, explored, tasted and on top of that we got folk lore and mythology.”

### **29th August 2019. Jeni Nooney, England, United Kingdom**

"I would recommend this to anyone interested in herbs, foraging, nature and health. Anna is really informative, very generous with her knowledge and goes at a pace which meant we absorbed what we were told. She's inspired us to get out and about and to keep on learning."

**25th August 2019. Kate Robinson, Slough, England, United Kingdom**

"Fantastic couple of hours for my dad's 70th birthday celebrations. We all learnt a lot, participation encouraged, and enjoyed by all (even those who I thought wouldn't!). Would recommend."

**20th August 2019. Andrew Robinson, England, United Kingdom**

"Beautiful scenic walk with insightful comments on herbs their use and folklore."

**19th August 2019. Philip Bocking, Berlin, Berlin, Germany**

"Anna was very welcoming and knowledgeable and was able to adapt the walk to the participants with ease. We had a wonderful informative and fun walk in a beautiful place - would highly recommend."

**12th August 2019. Julie Flynn, Garforth, England.**

"A lovely day full of interesting facts . Learnt lots"

**11th August 2019. Jenny Rowntree, York, England.**

"I had a wonderful morning foraging with Anna. Anna told me the uses and also the folklore stories behind a wide range of plants. It was a really personal experience, as it was just myself and Anna on the walk, and I even got to walk her lovely dog, Pepper! I learned a lot and it was exactly the experience I was looking for. I would highly recommend Anna's foraging walk!"

**26th July 2019. Alain Paluzzano, Gaudonville, Occitanie, France**

"Anna shared her passion with us during a very pleasant hike. She explained to us, showed the plants along the roadsides and it was a pleasure to see that there are so many varieties of edible plants. Herbal tea and succulent cakes with herbs picked up. A real meeting with Anna who made us have a good time. Thank you Anna, for this adventure ..."

**31st July 2019. Susan Pearson, England, United Kingdom**

"This experience was a real first for me as Anna really asked what I was interested in before setting off on the guided walk. She is extremely knowledgeable and excellent at encouraging you to think about things in a different way so I can remember some of the plants now. Stunning scenery, bits of rain went unnoticed as I was learning and enjoying the views, all the time. This trip was just what I had hoped for with extra bonuses in the form of beautiful surroundings. Have already started more research into medicinal plants and will be booking another trip soon. 5 star totally recommend this walk."

**20th July 2019. Rebecca Hallgren, London, England.**

“Brilliant walk - engaging and fun!”

**19th July 2019. Catherine Bredemeyer, Lesmurdie, Western Australia.**

“Anna is a wonderful ambassador for the natural world! This experience was one of my holiday's highlights. As a herbalist myself, I can vouch for the fact that Anna is very knowledgeable about medicinal and useful plants. I can see that she tailors the experience for the interests and knowledge base of her guests. Anna encourages everyone to experience and value nature's bounty. She's full of stories about the ancient and mythological tales of the plants we encounter on the walk. Grindleford is an absolutely beautiful area, and the path she took us on was gorgeous. Thank you Anna!”

**18th July 2019. Kay Eldred, England, United Kingdom**

“A wonderful way to spend a morning, Anna is so knowledgeable about her subject and has a real talent for explaining and involving us. It was fantastic fun and I could have happily stayed all day. Anna is a lovely person, passionate about the subject, friendly and fun. I've come away with a whole new attitude to plants that I've never even noticed before. Thank you”

**7th July 2019. Amy Cooper, Wirksworth, England.**

“We really enjoyed our morning with Anna and her sweet little pup, Pepper. It really opened our eyes to the wonderful world of herbs and we've already been on a herb walk of our own and spotted lots of new things! We've already decided we're going to book Anna's second walk later on in the summer 😊”

**7th July 2019. Sarah Brown, England, United Kingdom**

“A fantastic experience in beautiful surroundings. Anna is extremely knowledgeable and a very pleasant individual.”

**28th June 2019. Chris Fuller, Burgh le Marsh, England.**

“Thought provoking, well paced & incredibly informative. We will never look at a hedgerow in the same way again. Chris”

**18th June 2019. Teddy Hornsby. Steventon, England, United Kingdom**

“What a wonderful adventure! From seeing a massive wild stag to understanding the unseen history and benefits of the plants that surround us every day, the whole adventure was an absolute pleasure. I think this is also one of the more unique experiences you can have, I doubt many people out there have the same level of knowledge as Anna, let alone the ability and enthusiasm to share it with the rest of us! Very much recommend”

**14th June 2019. Emma Punch, London, England.**

“Great experience, learnt a lot about lots of types of plants, not just herbs. Thank you Anna!”:

**3rd June 2019. Friederika Stoeckler, Toronto, Ontario, Canada**

“Anna’s experience was fantastic. She caters each experience to the interest of the group and makes a real effort to learn about you and your interests. She’s extremely knowledgeable about herbs and had great stories to tell along the way of the area and its history. I learned so much from this experience and it opened my eyes nature around us. I’d highly suggest this experience for everyone- whether you love walking, views, birds, trees or plants and herbs you’ll get a great experience from this activity and learn something new. I was even surprised, the tea and plants to taste along the way were delicious! Thank you Anna for the great memories and opening my eyes to the world of herbs :)”

### **31st May 2019. Nathan Lee, London, England, United Kingdom**

“We both really enjoyed this walk and learned so much. Anna is an excellent, knowledgeable and very friendly guide who made us both feel engaged and part of shaping the walk. Would recommend to anyone!”

### **28th May 2019. Chris James, England, United Kingdom**

“A wonderful experience of discovery.”

### **25th May 2019. Sharon Hughes, Wakefield, England.**

“I love taking walks in the countryside when my family come to visit, so I thought the herb foraging walk would give us a different focus for our usual walk. I wasn't really sure what to expect, but Anna had a quick chat with us before setting off to gauge the groups prior knowledge about herbs, plants and foraging and then pitched the information given accordingly. I remember thinking partway through the walk that there was just so much information that I'd never remember any of it, but I was very surprised at how much information I did take away. Anna gave a truly great experience which engaged many senses including sight, touch, taste and smell. A wonderful afternoon out.”

### **25th May 2019. Kevin Hains, Winchester, England, United Kingdom**

“A perfect way to spend an afternoon in nature learning about what's around you. Anna was very knowledgeable and clearly has lots of passion for herbs and nature. It's a nice easy walk with some great sights and scenery along the way. I'd highly recommend it to anyone.”

### **23rd May 2019. Deb Drinkall, Horwich, England, United Kingdom**

“I booked this experience as something my whole family could enjoy and as part of a bigger surprise experience for my husband's birthday. My two children aged 6.5 and 8.5 are probably at the entry age level for an experience of this kind, but Anna went above and beyond all my expectations by tailoring the experience to really engage them both. I feel like my little girl found a fellow plant loving soul mate in Anna and she was utterly absorbed in the experience. My little boy, less enthralled by plants, was happy walking Anna's four-legged friends and spying 6 legged insects on the walk, so they were both very happy. Anna's knowledge and passion for plants was fantastic and I really felt that I came away from the experience with a new perspective on the world around us. We went out of our way to attend this experience - with it

being a 2 hours drive from our home, but I'm so glad we did, and would urge others to do the same. Brilliant!"

**16th May 2019. Tina Jaber, Penkridge, England, United Kingdom**

"We had an amazing walk with Anna in beautiful woodland, we were overwhelmed by Anna's knowledge of the wild plants we found, the experience exceeded all expectations! Would highly recommend."

**12th May 2019. Holly Mayne, Loughborough, England.**

"I was so excited about this experience as I have always had an interest in the power of plants and nutrition. Us Being vegan made this a very interesting tour for us. I brought this as a gift for my husband as he has always been interested in foraging and living of the land to survive. It was a perfect end to a perfect weekend in the peak district. Anna was so welcoming and friendly and you instantly felt comfortable. How could I forget little pepper, her partner in crime. Pepper was so sweet and was truly part of the tour. This tour was supposed to last 2 hours but we spent much longer as we all just got carried away and immersed in the plants and beauty around us, we could of spent all day listening and talking to Anna. Anna has a great knowledge or everything, her knowledge was remarkable! there was science, herbal medicine, folklore, history and anecdotes, too much for me to talk about to be honest. We walked through bluebell fields and visited a waterfall which were both just magical. Our bespoke herbal tea was so tasty and I felt superhuman knowing of all the good herbal properties that I was drinking. This a tour that we will never forget and has definitely unearthed a new hobby/possible further studies for me. Do not overlook this tour and spread the word, the power of plants are seriously overlooked. We look forward to future foraging"

**5th May 2019. Carrie Carty, Winchester, England.**

"What a memorable morning. Anna led us on a short walk packed with information every few steps - folklore, medicinal uses, everyday herbal use. It was absolutely fascinating and the herbal tea surprisingly delicious. Anna is extremely knowledgeable on the subject"

**24th April 2019. Inshad Begum, Leicester, England.**

"A great walk full of exciting knowledge that can be taken away and used for life"

**18th April 2019. Audrey & Paul Mansfield Cooper, Taunton, England.**

"Anna was absolutely lovely, warm, friendly, adaptable and very informative. She adjusted to us as an audience and made my 19 year old daughter feel comfortable and accepted. Her little dog Pepper was a joy and added another dimension to the walk. I would wholeheartedly recommend Anna to anyone and wish her well on future walks. Just wished we lived closer so we could go again! Audrey ~ Somerset"

**23rd April 2019. Richard Stephenson, England, United Kingdom.**

"Simply amazing time with Anna who really brought our glorious countryside, plants, herbs and

their healing and nourishing attributes to life. Anna is articulate, passionate, engaging and has the x-factor. Our group are determined to revisit at different times of the year to see what's happening in the woods, fields, pathways and gardens. Brilliant, just brilliant."

**22nd April 2019. Lydia Sparrow. England, United Kingdom**

"Anna brings such an amazing atmosphere to the walk, she had so much knowledge to give we couldn't fit everything all in one! She loves to learn from others just as much as sharing her own experiences. Definitely something we'd love to come and do again."

**21st April 2019. Hayley Dix. Hertford, England.**

"We started our walk with Anna and Pepper her wonderful little dog. She adapted her talk to our interests and fulfilled our curiosities. What a wonderful walk it was very interesting and we made a herb tea which tasted great. Anna was an excellent host and is very knowledgeable. We would love to do this walk again. And can't wait to apply and expand on our new found herbal knowledge."

**20th April 2019. Suzanne Fraser-Martin. England, United Kingdom**

"Anna is deeply passionate, hugely knowledgeable and makes her plant knowledge accessible and intriguing, mixing folklore, pharmaceutical knowledge and medical herbalism to create a unique experience which changes with the season, weather and route. As a small group we spent time talking about, smelling, touching, seeing and tasting some of the seasonal plants, learning how they connect to humans and how they can affect a person. An experience well worth repeating!"

**17th April 2019. Heidi Lee. Kaohsiung, Taiwan**

"We've learnt a lot from Anna. She's a really good guide and passionate about nature who inspired us a lot!"

**13th April 2019. Janet Cloke. Radlett, England.**

"It was a very special experience and has made me look differently at nature. Anna has a deep passion for her work and was informative, interesting and extremely knowledgeable. We thoroughly enjoyed the tour and would highly recommend. It's something a bit different and great fun too. Cannot think of anyway the tour could be improved. To us, it was perfect. Thank you so much, Anna."



**12th April 2019. Helen Gray. Saint Andrews, Scotland.**

"Enchanting foraging walk that brought the hedgerows to life - I'm a keen gardener but Anna's knowledge of folklore and herbal medicine was all new to me. And my salads are now going to be much more adventurous!"

**12th April 2019. Rachael Williams. London, England.**

"This was a fascinating and interesting experience. I totally recommend Anna and the the foraging walk - you can see she arranges the pace and the content to suit the group in a very engaging and intuitive way. My 14 year old son was also enthralled despite being a reluctant customer initially. There were so many interesting stories about the names of plants, folklore, and uses, that the cultural heritage of herbs was also integrated. That is not to say it was a boring lecture at all! Who knew so many things are edible, and have been for so long. The herb tea and snacks were also delicious."

**8th April 2019. Jonathan Prest-Smith. London, England.** "We went on a herb walk with Anna as part of my mother's 60th Birthday celebrations. She loves plants and hosts her own gardening radio show. This experience added something very special to her day. It wasn't only special for her though! For the 3 less green fingered members of the group it was extremely informative and great fun. We tried a range of different herbs and made a delicious tea. We will definitely be looking to do another herb walk in the future. Anna is a brilliant host and herbalist!"

**5th April 2019. Megan Kiltzke. Shawano, Wisconsin, U.S.**

"Amazing experience! Walking through the Peak District was awesome in itself, but learning more about nature and its roles in medicine and daily living was unbelievably intriguing."

**4th April 2019. Chloe Harris. Kibworth, England.**

"I was brought this experience as a gift for my birthday! It was incredible. Anna was wonderful, full of passion and information. She has inspired us to look at herbs in a different way and we couldn't recommend this experience more."

**25th March 2019. Paul Booth. Prestwich, UK.**

"For us it was a fascinating, eye-opening, thought-provoking introduction to the 'herb world'. Great fun, beautiful surroundings with an insightful, knowledgeable and friendly host. We will endeavour to revisit in the



Summer. Thoroughly recommended for anyone with even the slightest curiosity about what grows around us everywhere and their possibilities in everyday life”

**24th March 2019. Andrew Thorley. Werrington, UK**

“This was a unique and incredibly interesting experience. Anna possesses vast knowledge concerning herbs, herbal medicine and nature, and provides an engaging and fun experience.”

**22nd March 2019. Kimberley Campbell. King's Lynn, England.**

“Anna was great! She is very warm and easy to get along with and her knowledge is second to none. My friend and I had a great time and learnt so much. I would recommend this experience to anyone who loves the outdoors and enjoys drinking natural teas. Thanks Anna”

**19th March 2019. Megan Bower. Ancestress, UK.**

“A really good experience. Anna is very informative & knowledgeable. A warm & friendly host that added to the trip. Yummy treats supplied :)”

**23rd February 2019. Deborah Perlin, London, United Kingdom**

“Fascinating insight into the herbs we live with. Inspirational guide....makes you want to respect nature even more.

**17th February 2019. Rhys Lodge, Beeston, England.**

“Anna was fantastically enthusiastic and knowledgeable with a clear passion for sharing her unique perspective on nature. Her blend of scientific and mythological excerpts made the walk a learning experience which satisfied all in the group. I'd totally recommend this for anyone wanting to reconnect with nature, plus she made us some delicious fudge!”

**15th February 2019, Rebecca Burtenshaw, Saint Neots, England**

“Anna was very passionate about her subject. This experience has made us want to do more foraging. This was a lovely walk and we'd do it again in a different season.”

**15th February 2019. Stephanie Cooper, Haxby, England.**

“Very interesting morning, thank you. We also enjoyed trying the tea and the lovely fudge squares”

9th February 2019. Kevin Seymour, Lancashire, England.

"We had a wonderful time with Anna on our Wild Herb Walk. She is so knowledgeable and shared her valuable experience and learning with us. The wild herb tea was very refreshing and the nuts and berries extremely tasty. We learnt a lot and would definitely go back again at another time in the seasonal calendar. Thanks Anna for a lovely afternoon."

January 2019. Jane Dowker, Moranbah, Queensland, Australia

"Our herb walk with Anna was a fantastically interesting mix of stories, herb identification, folklore and facts about the area. We went on a wonderful walk through gorgeous woods and learnt so much along the way! Pepper the dog was extremely adorable and our herbal tea and homemade chocolate treats eaten amongst the trees was amazing! Highly recommended a walk with Anna, she is a fountain of knowledge and a lovely person to chat with! I'd happily go again!"

18th January 2019. Jean Sherry, United Kingdom

"We loved our walk with Anna and Pepper the dog! Anna is incredibly knowledgeable and also a kind and engaging person with a unique perspective on the plants around us. We learned loads in just the first few minutes, and this continued throughout the entire time together. She knows about herbs and their medicinal and folklore connections, as well as trees and the landscape. We went on a January walk, and really enjoyed seeing and learning about herb and plant lifecycles outside of the growing season. We're going to come back in the summer/autumn for a different seasonal experience. The herbal tea at the end was surprisingly gorgeous, and Anna had also made chocolate goji berry treats to share, made with honey from her own beehives. I thoroughly recommend this experience with Anna."

17th January 2019. Sarah McCauley, Sheffield, England.

"I had such a wonderful walk in the woodland with Anna. She's very knowledgeable and interesting. You'll love this experience."

6th January 2019. Pete Lee, Wilnecote, England.

"Anna's vast knowledge, love and enthusiasm for herbs and plants was very inspirational and has encouraged us to start our own herb garden and further research herbal medicines. This was a fantastically fun and interesting walk and we can't wait to do it again in the spring. Thank you Anna."

6th January 2019.

Bez Lee, GB

"Anna was very knowledgeable and enthusiastic, she tailored the walk for our abilities and the course was adapted to our knowledge (or lack of). The course really ignited our interest in herbs mostly due to how friendly and inspiring Anna was. Can't wait to do it again in the spring."

2nd January 2019. Konrad Wallace, Australian Capital Territory, Australia

"We were lucky enough to have Anna all to ourselves. She was excellent! We learnt just the beginning 'wash' of information about the potentials of herbal medicine, and some history. I'm sceptical of things like homeopathy, but its very important to distinguish that from herbalists. Anna is passionate and very knowledgeable about both the science and the stories, and she keeps learning! Highly recommend. We also had some delicious home-made chocolate :) Thanks Anna! Hopefully see you again!"

12th January 2019. Daryl Stocker, Carlton, England.

"A very interesting experience. Anna was able to match my understanding with an great depth of knowledge. A great day!"

2nd December 2018. Carol Wahl, Saint Paul, Minnesota, US.

"I really enjoyed our walk around Grindleford! The multi-talented Anna and her sweet dog were so much fun. Anna had so much knowledge and her enthusiasm spills over for the rest of us to catch! The two hours flew by, and we actually went a bit over. This hike helped me reignite my belief in how full our world is of wonder and interest. I was taking public transportation and had some difficulty with a cancelled train, so Anna helped me out by picking me up at a nearby bus station. I highly recommend this experience."

2nd December 2018. Robert Ratcliffe, Nottingham, England, UK

"Anna is an absolute fountain of knowledge and loveliness! Me, my partner and parents had a fantastic morning/afternoon. No better way to improve a leisurely stroll, than to learn about all our fabulous abundance of wild herbs literally everywhere and find out their uses. Thoroughly recommend it and will be going again! Even if it's raining again :)"

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# Eyam Herb Walks

**12th August 2022. Abi Hurcomb, London, UK.**

“We had a magical time learning about herbs and folklore. Not just educational but an experience. Anna is not only extremely knowledgeable but shows her huge passion for wild plant life. She also made us delicious homemade ice cream and tea, loaded with goodies.”

**28th September 2021. Simon Pugh, GB**

“Great experience. Really educational. Anna really knows her subject.”

**21st September 2021. Hafsah Rai, Coventry, UK.**

“Really nice couple of hours of retreat into nature”

**15th September 2021. Rachel Nyam, UK.**

“Anna was really knowledgeable and organized our walk such that we got information in bite sized chunks that were easy to swallow. It was really great learning about some local herbs and seeing her passion for them. The dog Pepper was also a great co-guide. Would definitely come back to learn even more!”

**14th July 2021. Rhiannon Jones, London, UK.**

“A wonderful and educational experience, learning how to identify herbs in various kinds of environments 🌱”

**16th July 2021. Rebecca Banks, Haughton, UK**

“Excellent afternoon, felt so relaxed!”

**14th July 2021. Angela Williamson  
Buxton, UK.**

“An informative, interesting and very enjoyable outing. I learnt so much about plants and had lots of fun doing it. Anna was a friendly and knowledgeable guide.”

**12th June 2021. Rick Mumby, WA, Australia**

“Anna was great, very informative and has a great love for nature which is nice to be around.”

**11th May 2021. Gerard Frith, London, UK.**

“Fascinating! I loved this experience. Anna is engaging, entertaining, and extremely knowledgeable. And her raw cake is to die for.”

**24th October 2020. Christopher Harrold, Nuneaton, England.**

“A truly insightful experience. Anna conveyed here knowledge and passion, despite the weather!”

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**17th October 2020. Roisin O'Brien. Ely, England, United Kingdom**

“It was a wonderful and special experience. Anna has a way of storytelling that captures your imagination, while showing you around the beautiful countryside and the gifts it has to give. The next time we are in the Peaks we will look up another of Anna’s walks.”

**10th October 2020. Susanna Fox, Bridlington, England, U.K.**

“This was a very interesting talk and exploration of the area.”

**12th September 2020. Suzannah Snow, England, United Kingdom**

“We were really impressed with Anna's knowledge and grateful to learn so much from her on this tour. Anna was kind and welcoming and passionate about educating others. The walk is beautiful and scenic with the added benefit of learning about nature while you experience the outdoors. Would strongly recommend this to anyone visiting the Hope Valley.”

**23rd August 2020. Marie Desouza, London, England, UK.**

“Anna is a highly skilled, knowledgeable and professional herbalist. She has a passion for plants and nature. She has a lovely manner and created a magical experience for us. I learnt so much about new plants and their properties and we tried various herbs and made some tea from them. A truly unique experience in a beautiful location.”

**22nd August 2020. Alan Roseman, England, United Kingdom.**

“Our afternoon with Anna was a unique and fascinating experience. It was a great way to spend an afternoon. The location and walking routes were

lovely and the personal physical requirements of members of our group were carefully taken into consideration. Anna's relaxed informative approach passed on to us much information in an easily absorbed, and hopefully well retained, fashion. We left inspired by all we had learnt, looking forward to putting our new knowledge into practise. We will definitely be back later in the year for the next season's bounty."

[15th August 2020. Jed Grayston, Manchester, England, UK.](#)

"If you are considering this as an Experience, then I would recommend you absolutely go ahead and book it. Anna is friendly, knowledgeable and took plenty of time to educate us on the herbs we encountered. We left with lots of personal takeaways and new confidence to make our own tea!"

[16th August 2020. Catherine Scanlon, Milton Keynes, England.](#) "Great session - lovely herby walk with friendly leader and other participants. Thanks very much to all."

[16th August 2020. Emily Goddard, Great Gaddesden, England.](#)

"Lots of fun, you really get to know some very interested facts about different plants. Anna knows her stuff!"

[9th August 2020. Amanda Atton, Trumpington, England, UK.](#)

"We enjoyed a wonderful sunny afternoon with Anna & her lovely dog Pepper. We explored magical hidden meadows abundant with herbs and wild flowers. Anna really knows her stuff and with her passion for herbs, folklore and storytelling she has created a truly fascinating & inspiring learning experience."

[3rd August 2020. Clare Cassidy, Birmingham, England, UK.](#)

"Anna's herb walk was a unique experience. It was like stepping into a magical world of plants and flowers. Anna's knowledge of medicinal plants was vast, and as she says in her introduction you will indeed leave the walk seeing the natural world in a different way. A wonderful experience that will stay with us a long time ."

[19 July 2020. Hermione Berry, Denholme, England.](#)

"Thank you to Anna and Pepper for a lovely and informative afternoon out in the countryside around Eyam. We have learned loads about the medicinal

and culinary values loads of plants and are now off to try out some things back home. Thank you Anna!"

18th July 2020. [Fiona Allen, Lymm, England, United Kingdom.](#)

"This was a very interesting and enjoyable herb walk. Anna was very knowledgeable and tailored the walk to us, we learn lots about botany, the medicinal properties of plants and Celtic folklore. Not like anything I have previously done and would definitely recommend."

13th January 2019. [John Auerbach, England.](#)

"A really great experience! Anna knows her stuff, we had a great experience walking through the woods looking at what we could (and couldn't eat!) and what each herb, plant and tree was for. Anna is packed full of knowledge on this subject. 5\*."

26th December 2019. [Melissa Gray, London, England.](#)

"Very informative and lovely walk. We saw lots of herbs even in December. Thanks so much to Anna and Pepper!"

27th December 2019. [Anne-Marie Hudson, Barton-under-Needwood, England,](#)

"Extremely interesting and informative. Anna made us very welcome. Pepper the dog was friendly."

October 2018. [Albert, Birmingham](#)

This is a really great Experience for a sunny but windy Eyam countryside walk. Even without any herb knowledge preparation, I have been able to catch up with Anna to learn & record, & even taste the natural ingredients from the land. Will certainly recommend this experience.

25th October 2018. [Teresa.](#)

A thoroughly enjoyable experience. Anna is so knowledgeable & passionate about it, you can't help but be inspired! My dog came too & made friends with Pepper, Anna's dog, Collecting the herbs, flowers & berries was great fun, & then drinking the fruits of our labour finished the experience perfectly. Would highly recommend!

23rd October 2018. [Clive](#)

Fantastic. Fun, informative and fascinating. Would recommend to anyone.

18th October 2018. Alison

This is a lovely experience and it was a real pleasure learning from Anna, & being inspired by her enthusiasm. Very good value for money.

7th October 2018. Laura

We had a lovely time getting to know about the plants you find on a walk in the Peaks. Very informative and relaxing! Anna is a great teacher & Pepper is a lovely walking companion!

4th October 2018. Anna

We would highly recommend this Herb Walks with Anna. We had a brilliant time, the countryside is stunning, & Anna is so knowledgeable about all the plants & their uses. The time went so quickly & we could easily have spent another hour or more with Anna & Pepper-Pot chatting, walking & learning. The Walk was very leisurely & we even had time to stop & appreciate our surroundings with a tea we brewed from plants carefully selected along the way. Although we were visiting from overseas, I feel this walk is suitable for anyone living in or around the Peak District too who wants to get to know their countryside & local plants better.

22nd September. Sue

Anna led us from Eyam to a huge deserted quarry. All the time we looked at the vegetation and she identified the herbs mainly for medicinal but also those for culinary use. We chose ones to put in Anna's flask for a tisane herbal tea which was delicious. We had a lovely walk to nearby places which we were unlikely to discover ourselves. So local knowledge and years of experience were what we had from Anna.

22nd September. Louis

We enjoyed a fantastic walk with Anna (& Pepper), who was a fantastic host, full of passion, knowledge & a wealth of experience within her field. We absolutely loved the whole experience & would recommend it to anyone. Anna was very mindful of the terrain we were walking on and the ability of people in the group. An added bonus is being able to go for some lunch in Eyam when the Walk is done & making a day of it, we can highly recommend the village green. Thanks again Anna & Pepper.

7th September 2018. Maddi



Anna took us on an enchanting walk! Anna was very knowledgeable about all the small herbs & flowers along the way.

A great way to stop & smell the flowers, and to notice all the small things in life!

**5th September 2019. Liam**

Anna was extremely friendly and amiable - she was a good talker and listener, and she provided a really informative & interesting experience. The hand-picked herbal tea was delicious! And Pepper the dog was a lovely companion on the walk. Would very much recommend to everyone!

**1st September 2018. Ben**

Fun and informative herb walk! Anna is great:)

**1st September 2018. Rosie**

My partner & I really enjoyed our walk with Anna. She is incredibly knowledgeable, takes the time to explain everything, and treated us to some delicious sugar-free fruit cake. We loved collecting herbs to put in the tea, which we drank together in the great outdoors. Couldn't think of a nicer way to get back to nature. We'll definitely drop you a line next time we're in the Peak District. Thank you so much.

**17th August 2018. Alys**

Anna was a wonderful guide, really knowledgeable and such a joy to be with :)

**17th August 2018. Penny**

Meeting Anna & Pepper for the Herb Walk was a delight yesterday. We did a walk around Eyam at a gentle pace, stopping often to discover little plants & herbs along the way. Anna took time to find out what sort of thing we would enjoy learning about, tailoring the walk to our interests. Anna told us about the folklore surrounding the plants and explained about the medicinal properties, she even made us tea from herbs we had picked along the way. Anna is very knowledgeable and inspiring, I left wanting to learn even more.

A truly lovely experience that I can totally recommend.

**8th August 2018. Ann**

Anna is very knowledgeable about plants and in tune with the natural environment. She has such a lovely way of talking about the plants we saw and their herbal uses. She clearly loves what she does and the local area around Eyam. The time spent with her was a joy!

28th July 2018. Donna

Anna was extremely knowledgeable and engaging. The walk itself was stunning and not too demanding. My two children 11 and 15 were fully entertained for two hours, and we all learnt a lot. Thank you Anna.

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