

Sensory Trail

As part of Project Pilgrim we are developing a range of new ways for visitors to explore Gloucester Cathedral, including a Sensory Trail. The Sensory Trail will give visitors who like to learn in a tactile, sensory way suggested points of interest in the Cathedral and activities to explore them.

We are in the very early stages of developing the trail. We need your help to try out these initial suggested activities and feed back your comments on them. Please email your comments to:

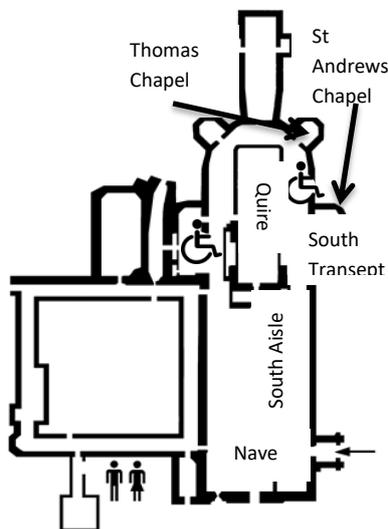
helen.jeffrey@gloucestercathedral.org.uk

Please ask a member of staff if you would like to use our lifts to access the East End of the Cathedral, they will be happy to help.

See, Feel, Imagine!

Sensory Trail Highlights - the Nave & South Aisle

Welcome to the Cathedral.



The main space is called the Nave. When first built in Norman times (started in 1089) local people typically lived in small, simple homes. The Nave would be an enormous, breath-taking and welcome space for all to use for worship and to meet as a community - much like it is used today.

Activity - Move in to the main space and get up close to the vast pillars in this space. Try stretching your arms around the pillar (if you are with a group why not try to link arms and circle the pillar?). **Imagine** how much work and how much stone it took to make just one of these pillars!

Activity - Touch the pillars. Feel the rough shaping from the chisels and stone axes used by the masons. Search for marks on the pillars.

Most of these marks act as signatures of stonemason's who have worked here over the last 900 years.



Here is a mason's mark you may find on the pillars along the south aisle. Can you find it?!

Examine the design of these marks and any other marks you find. What would you design as your mason's mark? Draw one in the box if you'd like.



Try to find this stained-glass window. It has a picture of a young boy on a throne. The boy is Henry III who was crowned King of England here in 1216. Henry was just 8 years old when he was crowned king. **Imagine** how he felt being a King so young! How would you feel?

Activity - If there is enough sunshine there will be lots of colour from this window shining on to the pillars, floor and walls. (Step in to the colours if they are there!). How do the colours make you feel? Circle the face that best describes how you feel:



Sensory Trail Highlights - South Transept

Continue along the south aisle with the main space of the Nave on your left. You will come to the South Transept. Here you will see candle stands and should **smell** the candles as they burn. Don't get too close as the flames will be hot! If you want to you can light a candle and say a prayer here or just have some peaceful time to think and **feel** calm.

Activity - visit St Andrews Chapel. It has beautiful decoration and colours all around. Remember to look up and look down too! You might see some symbols and animals in the tiles on the floor. Feel the tiles and circle the words that best describe them:

Hot Bumpy Cold Smooth Strong Round Square

Sensory Trail Highlights - The Thomas Chapel

Activity - this Chapel is also often referred to as the Blue Chapel and you can see why! Take some time to absorb the stunning, rich colours in this space then see if you can pick out stories in the stained glass. You may be able to see the disciple



Thomas kneeling before Jesus as he embraces his Christian faith. You may also see animals and images of nature. Each person sees something different in the glass so everyone can experience something unique and special here.

Sensory Trail Highlights - the Quire

Our final suggested activity is in the Quire. This is the most sacred space in the Cathedral and is considered the spiritual heart of the building. This is where monks would have worshipped and prayed. It is thought that here prayers rise to heaven and it is where earth and heaven connect. Today the Quire is still the sacred space used to hold evensong and other services of worship regularly.

Activity - Lie on the floor and **feel** the supportive strength of the earth beneath you. How does it **feel**?

Look up at the ceiling and the strong arched vaults. **Imagine** how much skill it has taken to create this building. Try to spot angels above you and think of the space filled with song, the smell of incense and candles. Take a moment to acknowledge how you feel following along the journey of so many before you.



We hope you have enjoyed trying out these activities. Please remember to email us your feedback. **Thank you!**

Special thanks to Volunteer Guide Derek Conaty and students of National Star College for helping to develop these activities.