

## Woodbridge Trail for Peace ..... A Guide .....

### Peace is ours to cherish - and it needs our help



Tree for Peace 2017  
Kingston Field



Tree for Peace 2021  
Fen Meadow



Tree for Peace 2025  
Elmhurst Park

A

Some of Woodbridge's fine trees have been agreed by the Town Council to be entitled '**Tree for Peace**'. The trees each provide the community with a tangible and eloquent representation of Peace. Together they are something much more.

Their dedicated purpose is as symbols to focus and encourage influential community responses to the degenerating character of violent conflict.

20<sup>th</sup> century post-World War **thinking and research** laid bare how humanity loses Peace. It also revealed how **Peace can be regained**, prolonged and made strong.

Ground-breaking **teaching** about that is well-established in universities.

But **Peace education** is deflected from many classrooms by schools' target pressures.

The **vision** for these Trees is to add more of what's known about Peace to what communities and wider society value as '**general knowledge**'.

Then, just as it did for our personal favourite subjects, fresh insights on **Peace** today may well waken **curiosity**, raise **questions**, lift **expectations** and drive **efforts** for a better Peace tomorrow.

As a start, this Trail Guide invites visitors to see the paths on the accompanying sketch map as **Trails for Peace**.

These 2-miles are for **learning** as well as **personal well-being**. They are made '**for Peace**' by places along the way numbered as '**Points to Pause**', observe and think.

The **Points** are indicated on the map by numbers between 1 and 31. Numbers **not** listed in this version A of the guide will appear in other versions B or C.

**Each pause** reflects a '**good to know**' human capacity for making and keeping peace, named below in **bold**.

**Neuroscience** suggests that simply thinking about them adds to our personal peace and, indirectly, to the community peace we share. So each mindful pause will be a '**Gift to Peace**', costing only our brief **thought** and optional **smile** of welcome.

The trail can be taken whole of in short sections from street or paid parking. Below it starts from **Point 2** on the map.

Take the Trail alone or perhaps better with a friend, but with special **care** where ground is uneven or wet.

In any case, take the Trail with another big capacity for making and keeping peace – an **open mind**.

More details about this Trail, other Activities, and easy Learning about Peace will appear online during 2026.

### Trail notes

**Point 2** – this is Tree for Peace 2017 – **Peace** – Stop; walk slowly around looking up into the tree's **sheltering** canopy. **Imagine** being in the **hospitality** of its silent interior spaces. Look for and small inhabitants.

**4 Humility** – these boats span maybe ten *decades* in age, the Tidemill 8 *centuries*. The hill on the right hid a King's burial 1.3 *millennia* ago. Particles in the mud are *millions* of years old. Us humans? *decades* at most.



**7 Sanctuary** – saltmarsh flora thrive here with good **protection** from the river's fastest streams.

**11 Vigilance** – has saved lives here by spotting trouble and calling for **assistance** in time to make a difference.

**15 Empathy** – **imagine** your feet feeling wet like those of the 300+ million who live as if here on Loder's Island, in the water's edge.

**18** In this pine plantation you may, with **patience**, see some of the white symbols of peace called 'doves'.

**20 Tranquillity** – see through the hedge here Woodbridge nestled in its quiet **calm** rural setting.

**23** In the woodland here acknowledge **kindness** in the Woodland Trust's **care**, and in Dr Porter's **gift**.

**25 Connection** – Feel **peace** or **contentment** 'hemmed in' here? or not? For peace build **bridges**, not barriers.

**27** 'Pilots' House' on the corner here has a top window looking down the river, for a yesteryear **service** of **vigilance** and **community outreach** to mariners.

**28** Tree for Peace 2021 – **Peace** - - see **Point 2**

**29** Look with belated **compassion** across to the lower Fen where 669 repatriated injured servicemen died in a Napoleonic era field hospital.

**1 – Community** provision is here for your **safety**. Cross safely. Wave or **smile** your **gratitude** to riders / drivers

### Endnote.

**There's a simple inspiring idea behind this Trail.**

**"For peace to prevail all it may take is for more of us to think and talk about it more often."** – Yoko Ono

**Let's think and talk as well as act more often about or with – advocacy, an open mind, bridge-building, calm, care, community, connection, compassion, empathy, gratitude, humility, kindness, patience, peace, safety, sanctuary, service, smiles, tranquillity and vigilance**

Enquiries welcome.

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**Woodbridge Trees and Monument for Peace 26/02/02.**



# Woodbridge Trail for Peace - May 2025

- 1 Main road - cross with care
- 2 Minor road
- 3 Tree for Peace
- 4 Trail
- 5 Steps - high to low
- 6 Point for Peace - see Guidance notes
- 7 Points for special caution
- 8 Railway track
- 9 Parking

