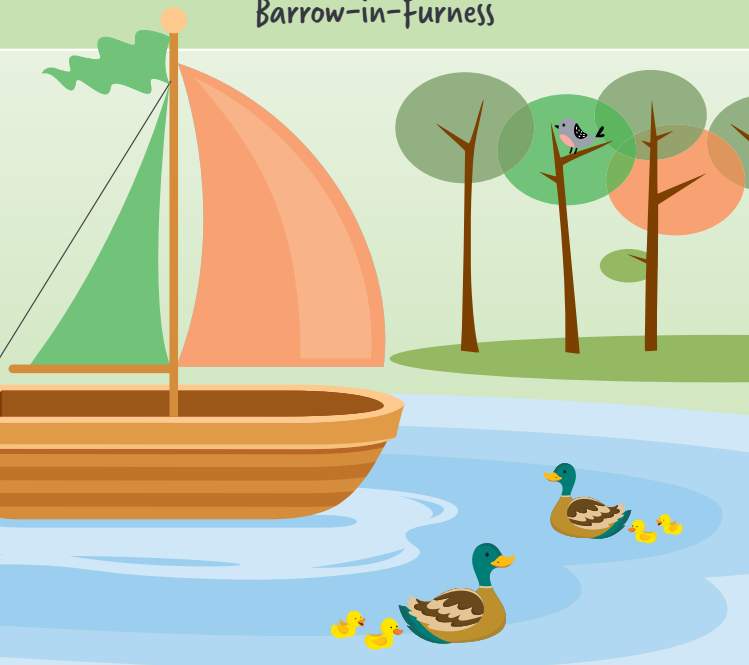


Find Us on
Instagram

THE HIKING - HOUSEHOLD -


Barrow Park
Barrow-in-Furness



A series of child friendly nature trails
exploring Cumbrian Green Spaces




Thank you to Cumbria Council Public Health team for funding this family friendly map to strengthen the Healthy Families Pledge work.

 0.5 miles
15 minutes


Easy


- Pram accessible
- Wheelchair accessible

 0.8 miles
25-30 minutes

Moderate, some steeper sections

- Pram accessible
- Wheelchair accessible

 0.7 miles
20-25 minutes

 NOT accessible, there are steps on this walk



Safety Brief: This map follows accessible footpaths and gravel paths. Please do take care when walking; the paths can get muddy when wet. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog.

Discussion points for you and your child

As you are walking up the steep hills on this walk can you sing any marching songs? "Oh the Grand Old Duke of York"

What other nursery rhymes can you sing during your walk?

Row Row Row Your Boat / 5 Little Ducks.



What is the weather like today? Is it sunny? Rainy? Windy?

Do we need to wear our coats today? Is it hot or cold? If it is raining can you see any puddles on the ground? What happens if you splash in the puddle? Sing songs about the weather: The Sun Has Got His Hat On, Rain Rain Go Away.



After visiting the park why not visit the local library and consider borrowing some of these books:

- Percy the Park Keeper Collection by Nick Butterworth
- The Train Ride by June Crebbin
- Owl Babies by Martin Waddell

Want to explore more, why not check out these family friendly walks in the surrounding areas? More information on local walks can be found at www.thehikinghousehold.com

1. The Dock Museum: walking distance from Barrow Park you could enjoy both trips in one day. There is always lots to see and do on a visit here with the family, including interactive galleries, fun quizzes, playground, baby change and walks round Walney Channel. Postcode: LA14 2PW.
2. Piel Island: A wonderful family day out. Piel Island is a very small island on the tip of the Furness peninsular, postcode: LA13 0QN. You enjoy a short boat ride across to the island where there is a castle to explore. Piel Ferry leaves Roa Island daily during the summer season (subject to weather).
3. Barrow Leisure Centre: found next to Barrow Park this leisure centre is a must when visiting Barrow-in-Furness. With family swim sessions, a children's swim area (with slide), soft play, roller disco classes and much more there is so much do for the while family. Head to www.barrowleisure.co.uk for full information on class times.

For the grown ups:

Barrow Park enjoys a central place within Barrow-in-Furness. If travelling by car: there are plenty of parking spaces available on the streets surrounding the park. Alternatively you are able to park at Barrow Leisure Centre, postcode: LA13 9DT.



Why not improve your Carbon Footprint? Did you know Barrow Park is just a five minutes' walk from Barrow town centre, train station and bus station. With regular trains, and buses, throughout the day.