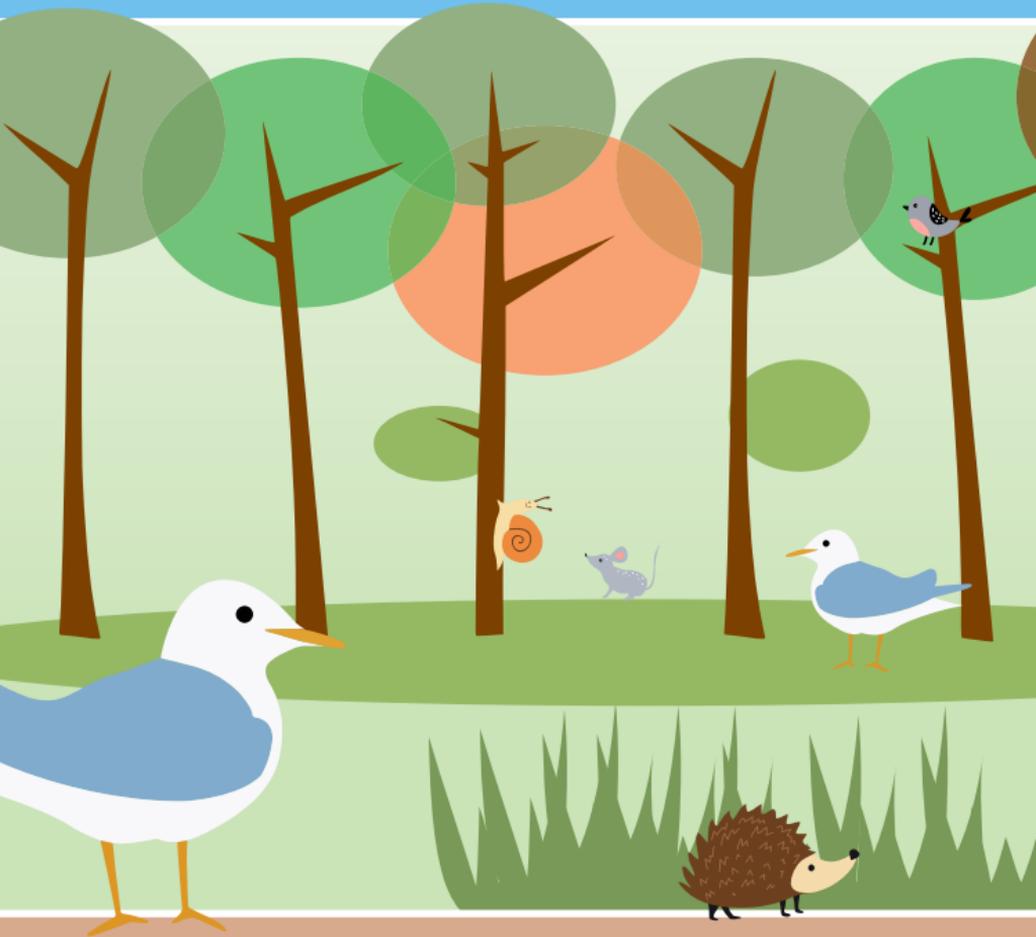


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# THE HIKING - HOUSEHOLD -



## Castle Park Whitehaven



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.



0.9 miles  
30 minutes

Moderate, steep in parts, uneven path. The option to explore further into the woods if wanted.

0.5 miles  
20 minutes

Moderate/easy  
• Pram accessible  
• Wheelchair accessible

0.2 miles  
10 minutes

Easy  
• Pram accessible  
• Wheelchair accessible

Can you hear the sounds?  
L...L...  
this is called alliteration

Love Lane

Imagination Station – pretend you are part of a brass band, what tune will you play today? Can you hum your tune?

WAIT! Can you see the spooky shed? Why not time yourself to see how fast it takes you to get all the way round.. ready... steady...go....?

Pay & display parking here

Can you see the sign?  
What letters can you see?  
Can you sound out these letters  
s-s-s-s. p-p-p-p.

What shapes can you see?  
Are there any flowers close by?  
Do you know their name?  
p..p..poppy.

Stop! Take a sniff... what can you smell here? Can you smell any yummy treats from the nearby supermarket?

Listen for approaching traffic can you hear the sound of the cars? What else can you hear? (close your eyes and think about which direction the sound is coming from.

STOP! Look at those large trees ahead of you. What do the leaves look like?  
Green, brown, yellow, red?

What shapes can you see?  
Can you see any rectangles, circles, triangles or semi circles

Wow! Do you feel higher? Look around... what can you see? Is that church in the distance? What is the weather like today? If it is a clear day you might be able to see the harbour?

Uneven and bumpy track from here

Climb the steps to explore some more

What can you see in the distance? Can you count the houses on the hill?  
1...2...3...

What can you see here?  
What do you think this building used to be?

**Safety Brief:** This map follows accessible footpaths and gravel paths. Please do take care when walking; the paths can get muddy when wet. If taking the red route please do take extra care as the path is uneven here. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog.

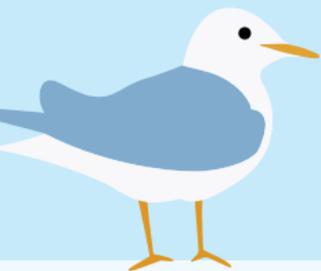


# Discussion points for you and your child

Did you see the bandstand on your walk? What is a band? What instruments do people play? Sing "I am the Music Man" or march to the tune of "The Grand old Duke of York."



Did you find Love Lane? Discuss what insects you saw on your walk today. Make up names for the insects to develop alliteration further. Colin Caterpillar, Bertie Butterfly, Sally Spider, Lulu the Ladybird ...



After your walk why not have some quiet time and a read a book together? You could read 'We're Going on a Bear Hunt' or sing 'Teddy Bears Picnic'. Next time you go on a walk take a bear with you and have a teddy bears picnic, you could use one of the benches to sit on or take a blanket. Why not hide the bear and go on a bear hunt? Is he hiding under the bush? Is she up a tree? Are they behind the rock? Introduce positional language to your child.

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](http://www.thehikinghousehold.com)

1. Whitehaven Harbour: A beautiful coastal walk starting at The Beacon Museum. Here you can find a Pay and Display car park, postcode CA28 7LY.
2. St Bees Bay: here you will find parking, a promenade, play area, café, beach shop and toilets. St Bees Beachfront Car Park offers direct access to the Bay, CA27 0EY.
3. Ravenglass: An exciting short walk that your little ones are sure to love! With Roman ruins to explore and outdoor play areas to discover it really is a children's paradise. Nearest postcode: CA18 1SW.
4. Hodbarrow Nature Reserve: found on Mainsgate Rd, Millom LA18 4JY. A lovely little walk through the nature reserve, can also be linked with a visit to the nearby seaside village of Haverigg.

## For the grown ups:

Castle Park enjoys a central place within Whitehaven town centre. If travelling by car: Pay & Display parking can be found on Catherine Street (CA28 7RA) alternatively, there are disc spaces on the streets surrounding the park.

Why not improve your Carbon Footprint? Did you know Castle Park is walking distance from Whitehaven town centre, train station and bus station. It also has a bus stop right at the gate to the park.