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# 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



Can you feel the path under your feet? What sounds can you hear? This wide path could be a great place to race on your bike... ready.. steady...go!

Queens Jubilee Quiet Garden  
QUIET TIME: Why not take some quiet time with your grown up? Take a seat and read a book? Listen to the birds sing, can you name any of the flowers you see?

  
Are you aged 4-14? Why not join us for a free fun and friendly weekly 2k Junior ParkRun event here every Sunday @ 9am.

Look up! Can you see the trees? Who might live in here?

Look ahead, what do you see? What animals might you see on the water? Can you tell your grown up about your favourite water animal?

Why not play a game between the trees, ready.. steady...go!

Can you count the unusual looking trees here? What shape are they?

Can you see the trees? What words would you use to describe these trees.. big, small, tall, green...brown....

ParkPlay is here every Saturday @ 9.30am, a free family session of fun and games. Come join us!

Look at all the different paths you could take around the bandstand. Where will you go? Forwards, backwards, left or right?

STOP: look up! What do you see at the top of the steps? Can you count the steps?

Café Pavillion:  
Why not stop off for a hot drink? opening hours Easter-october.

STOP! What can you see? What transport uses these tracks? Can you make the sound of a train?

Do you know the story of Billy Goats Gruff? What might be living under this bridge? "Who's that tripping over my bridge?"

Here at Barrow Park there is an abundance of wildlife, much of which can be seen from the paths. Where might you see animals? By the water... near flowers...in the trees...

SHHH, what's that? Can you hear the different birds singing in the trees? Can you make the noise of a bird?

Can you enjoy a game of Pooch Sticks? What shape is your stick? Is it heavy or light? Can you count how long it takes for your stick to go under the bridge?

Did you know feeding ducks bread is harmful to them. What other foods might they like? Seedless grapes, birdseeds, peas or oats?



**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](http://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](http://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.