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- HOUSEHOLD-

## Abbot Hall Park

Kendal





A series of child friendly nature trails exploring (umbrian Green Spaces









## Discussion points for you and your child

See if you can spot Kendal (astle whilst on your walk. (an you pretend to march up and down like a soldier? Why not sing 'Oh the Grand Old Duke of York' together?



Most of the time the river in Kendal is gentle and calm, but sometimes it is fast, high and raging. (an you think of any words to describe the river today? What other nursery rhymes can you sing as you walk by the river? Row Row Row Your Boat, 5 Little Ducks.





What is the weather like on your walk today? Did you find any puddles to splash in or could you feel the warmth of the sun on your face? 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:

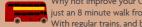
- Percy the Park Keeper Collection by Nick Butterworth
- The Troll by Julia Donaldson
- The Otter Who Wanted to Know by Jill Tomlinson

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. Kendal Castle: Kendal Castle sits in a prominent position above Kendal town on Castle Hill, this results in some fantastic views of Kendal! Enjoy a family trip out to explore the castle ruins and enjoy views of the town and surrounding countryside. (Postcode LA9 7DJ).
- 2. Sizergh Castle: a fantastic National Trust day out for the whole family. Found in Sizergh, near Kendal, there is a National Trust car park and a fantastic cafe on site. Postcode: LA8 8DZ. There are many walks to explore while visiting here. You could opt to take the circular walk to Park End Moss or have a stroll to soak up Sizergh's gardens. Please note as this is a National Trust site there is an admission price for some of the walks.
- 3. Fell Foot National Trust: Situated at the southern tip of Windemere, Fell Foot is a fantastic family day out. There is a children's play park, pram accessible walks, a cafe, toilets and the easy lake access makes it a perfect place for paddling, swimming and boating. You can find a National Trust car park at the beginning of this walk, postcode LA12 8NN.

## For the grown ups:

Abbot Hall Park enjoys a central place within Kendal. If travelling by car: there are many Pay & Display car parks available surrounding the park. Peppercorn Lane Car Park is the one used for this route, postcode: LA9 5AQ



Why not improve your Carbon Footprint? Did you know Abbot Hall Park is just an 8 minute walk from Kendal town centre, train station and bus station. With regular trains, and buses, throughout the day.

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