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# THE HIKING - HOUSEHOLD -


Abbot Hall Park  
Kendal



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.

 **0.4 miles**  
10-15 minutes

Easy

- Pram accessible
- Wheelchair accessible

 **0.7 miles**  
20-25 minutes

Easy/moderate

- Pram accessible
- Wheelchair accessible

Please note the paths can get muddy and slippery when wet.



Who do you think lives in these trees? Can you see any birds nests? This is called their habitat.

Sit on the bench and look for wildlife. What might you see? What can you see in the distance?

Can you enjoy a discussion about water here? What are the many ways we use water?

Stand under the archway... What shapes can you see while you are on your walk?

Who is hiding under the bridge? Can you make the noise of a troll?

STOP! Can you see the little paths? Which way will you go? Can you see the bench? Is it bigger, or smaller than you?

Can you name any of the beautiful trees you have seen on your walk today?

WAIT! Can you see the large tree ahead? Imagination Station: imagine you are an animal climbing the tree... can you think of any nursery rhymes to sing around this tree? "Ring-A-Ring-A-Roses"

These wide paths you are walking on are great for scooters and bikes. Why not time yourself to see how fast you can go?

Why not race your grown up to the other side of these paths... ready...steady....go!

Wait..look...listen... can you hear the church bells? Where is the church.. is it on your left? Right? In front of you? Behind you?

Look out to the other side of the river, what shapes can you see on the houses?

Why not sit and relax for a while, read a story with your grown up or use your imagination to tell a story.

Don't forget you can extend your trip to Abbot Hall Art Gallery and the Lakeland Museum to learn more about our local area.

STOP! Turn back here and retrace your steps. Please be careful of the road. On your way back to the play area can you count how many trees you see? How many lampposts there are? How many water animals you see?

Look ahead at the bridge, can you see any of the otters playing today?

**Safety Brief:** This map follows accessible footpaths and gravel paths. Please do take care when walking; the paths, and steps, can get muddy when wet. Some of this walk is close to water, please take extra care. 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

See if you can spot Kendal Castle whilst on your walk.  
Can 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. Can 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](http://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.