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THE HIKING - HOUSEHOLD -

Thacka Beck Nature Reserve

Penrith



What's that sound?

Can you count the ducks?



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/easy
• Pram accessible
• off road parking

 **0.8 miles**
30 minutes
Moderate/easy
• Pram accessible
• off road parking

NOTE: Can get muddy!



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

Seasons: Discuss the seasons and what that looks like in the nature around you.

Habitats: Hay meadow, wetlands, ponds, hedge row. Which animals live in each area?

Numbers: Count the benches, bins, electricity pylons and kissing gates.

Improve your map reading skills: what do they say? What do they tell us or warn us about?

What nursery rhymes could you sing to mirror your day out today?

Rhymes

5 Little Ducks Went Swimming One Day
All the little ducks go upside down

Books

The Troll by Julia Donaldson
Vole and Troll by Iza Trapani
The Three Billy Goats Buenos by Susan Middleton Elya



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. Askham Bridge: A lovely pedestrianised path perfect for little legs, bikes and pushchairs. There is a pay & display car park close to Askham Bridge, CA10 2PD.
2. Brougham Castle: Found in a beautiful setting beside the crossing of the River Eamont in Cumbria. A great place for little ones to explore; CA10 2AA.
3. Cliburn Moss Nature Reserve: A wonderful pedestrianised walk on a mixture of woodland paths and boardwalks. There is so much for little ones to explore here; swamps, bridges, dens and much more!
4. Acorn Bank: A fantastic National Trust day out for the whole family. Found in Temple Sowerby, near Penrith, CA10 1SP.

For the grown ups:

Thacka Beck Nature Reserve can be accessed from Gilwilly Industrial Estate. If travelling by car: on street parking available on Cowper Road and Bowerbank Way, CA11 9BQ.

Improve your Carbon Footprint: did you know Thacka Beck Nature Reserve is walking distance from Penrith town centre, train station or bus station. Buses run from Carlisle, Armathwaite, Langwathby, Appleby, Workington, Pooley Bridge, Kendal and Workington to Penrith. Trains run from Oxenholme and Carlisle to Penrith.