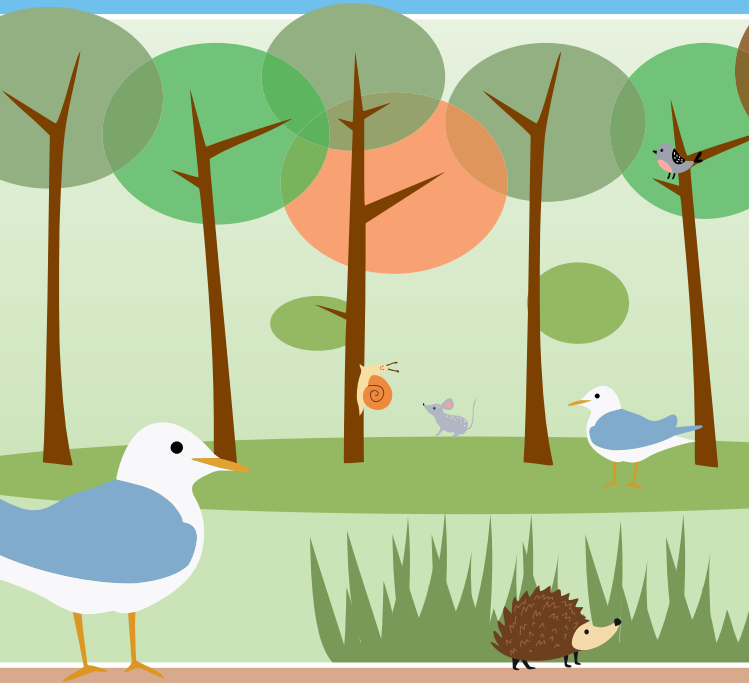


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THE HIKING - HOUSEHOLD -

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.



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.

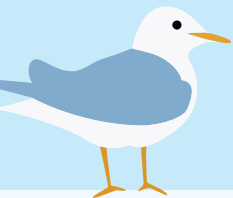


Discussion points for you and your child

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 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

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.