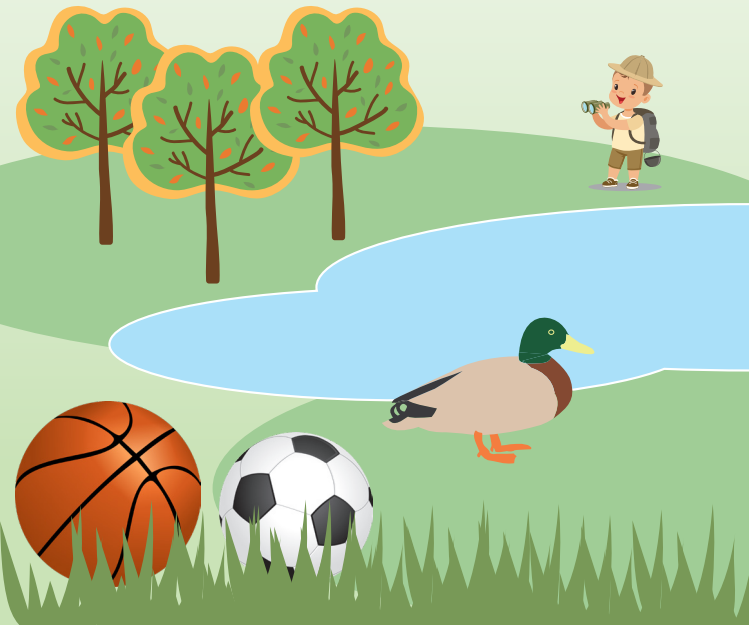


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# THE HIKING - HOUSEHOLD -

## Hammonds Pond Carlisle



A series of child friendly nature trails  
exploring Cumbrian Green Spaces



 0.5 miles, pram accessible, tarmac paths.

 0.8 miles pram accessible, occasional woodland tracks.



Thank you to Cumberland Council Early Years and Public Health Teams for funding this family friendly map.

**Safety Brief:** This map follows accessible footpaths, woodland tracks and tarmac paths. Please do take care when walking. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog. Please note that this walk is correct at time of writing.

## Discussion points for you and your child:

As you are walking around this park today can you sing any nursery rhymes about the animals you might see whilst on your walk?

5 little speckled frogs

How much is that doggy in the window

2 little dickie birds



Can you count all the animals you spot on your walk today?

How many dogs did you see?

Can you count to ten?

How many birds were singing in the sky? 1...2...3....



After visiting the park today why not head to the local library and see if you can find any books to read?

The Ugly Duckling

by Hans Christian Andersen

Play Hide and Seek with Frog

by Sam Taplin

Lets Go outside

by Ben Lerwill and Marina Ruiz



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)



SCAN ME!

For the grown ups:

Hammonds Pond can be accessed from Blackwell Road, Henderson Road, Buchanan Road and Scalegate Road. If travelling by car: free parking is available at the Blackwell Road and Buchanan Road entrance.

Improve your Carbon Footprint: did you know Hammonds Pond is walking distance from Carlisle town centre, train station and bus station? Buses run from Carlisle to Hammonds Pond regularly throughout the day.

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Graphics and design by Laura Luhrs, LL Creative Design