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THE HIKING - HOUSEHOLD -



Harrington Nature Reserve



A series of child friendly nature trails
exploring Cumbrian Green Spaces





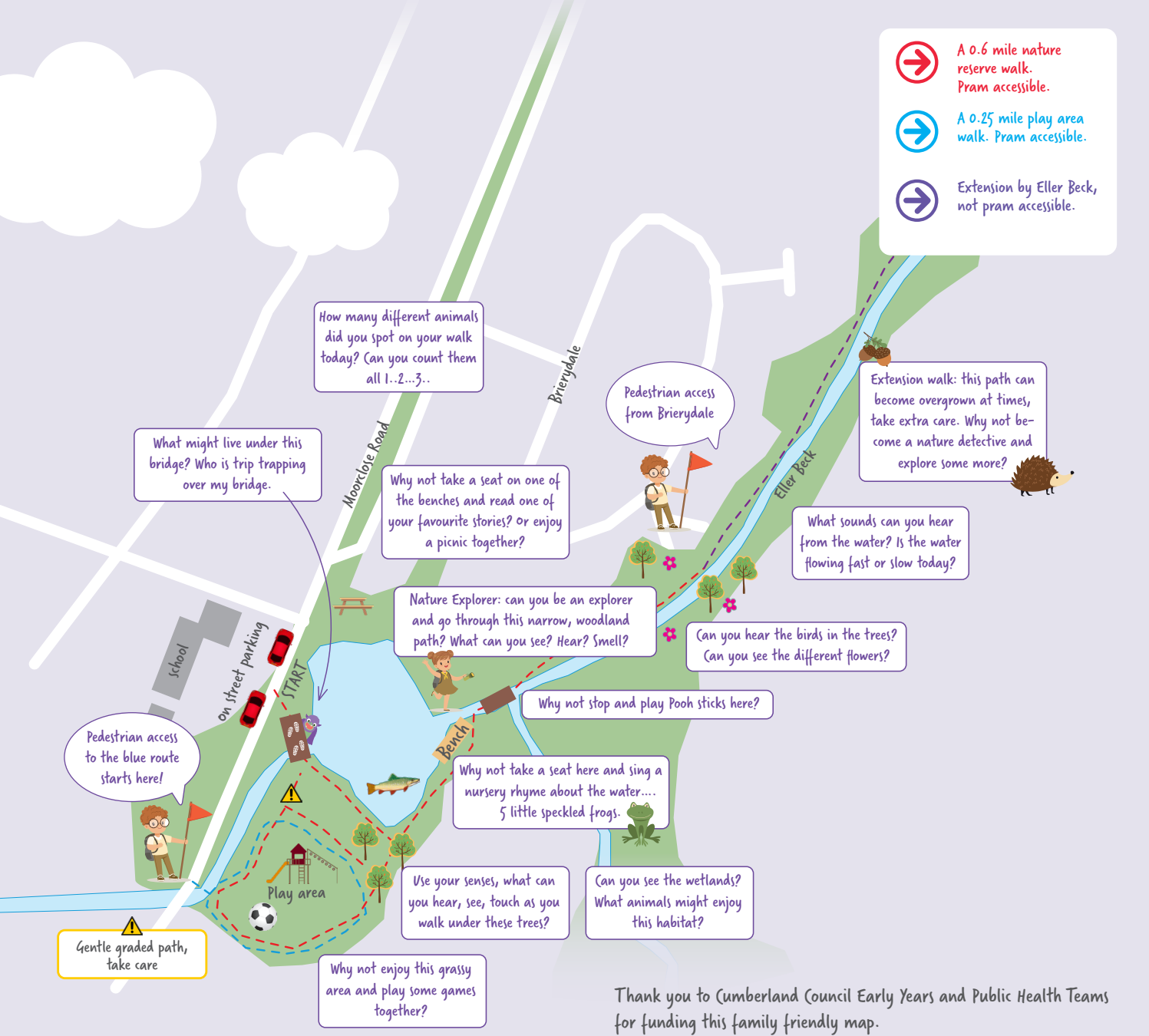
A 0.6 mile nature reserve walk. Pram accessible.



A 0.25 mile play area walk. Pram accessible.



Extension by Eller Beck, not pram accessible.



What might live under this bridge? Who is trip trapping over my bridge.

How many different animals did you spot on your walk today? (Can you count them all 1..2...3..)

Why not take a seat on one of the benches and read one of your favourite stories? or enjoy a picnic together?

Pedestrian access from Brierydale

Extension walk: this path can become overgrown at times, take extra care. Why not become a nature detective and explore some more?

What sounds can you hear from the water? Is the water flowing fast or slow today?

Nature Explorer: can you be an explorer and go through this narrow, woodland path? What can you see? Hear? Smell?

Can you hear the birds in the trees?
Can you see the different flowers?

Why not stop and play Pool sticks here?

Pedestrian access to the blue route starts here!

Why not take a seat here and sing a nursery rhyme about the water....
5 little speckled frogs.

Use your senses, what can you hear, see, touch as you walk under these trees?

Can you see the wetlands?
What animals might enjoy this habitat?

Gentle graded path, take care

Why not enjoy this grassy area and play some games together?

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

Safety Brief: This map follows accessible footpaths and gravel paths. Please do take care when walking and stick to the footpaths at all times. 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.

Wildlife at Harrington Nature Reserve:

Harrington Reservoir Local Nature Reserve is home to many unusual and rare habitats such as open grassland, tall herbs, bramble and woodland.

Willow Warbler bird: can you spot these birds enjoying the Willow Carr at this nature reserve? Willows are a very important tree species for insects and they attract the Willow Warblers.



'The Rezzet', as it is known locally, is an important wetland habitat that attracts wading birds such as Mallard and Mute Swans.



The Meadows in the reserve have an abundance of herbs and grasses. Can you look out for different flowers, butterflies and shrew?



The wet woodland here creates a number of habitats for a range of birds and plants. What birds did you notice on your walk today? Look out for the Woodcock and Sedge Warbler.



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



SCAN ME!



For the grown ups:

Harrington Nature Reserve can be accessed from Moorclose Road. If travelling by car: free on street parking available on Moorclose Road, postcode: CA14 5LN.

Improve your Carbon Footprint: did you know Harrington Nature Reserve can be accessed via the bus? Bus Routes 46/46B

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