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# THE HIKING - HOUSEHOLD -



North Walney Nature Reserve  
Barrow-in-Furness



A series of child friendly nature trails  
exploring Cumbrian Green Spaces





Why not sing Baby Shark with your grown up?



Have you found any natterjack toads? Try and leap like a frog!



Find a shell, put it to your ear- what can you hear?



What can you see?

Use your senses: What can you smell?



Why not take a seat on this bench and read one of your favourite stories? Do you have any books about birds that you could enjoy?

Time to get your explorer hat on. What habitats can you see along your way?



Look! What can you see in the distance?



Use your senses on this walk: What can you smell as you walk along the shore?



Bench

STOP! Take a seat, use all of your senses to see, hear and feel what is all around you.

Tern Nesting Raft. Can you spot any Tern's enjoying their nesting raft in the water?

Memorial gate to remember those who didn't make it back from the War.



Look up are there any airplanes- count them, where might they be going?

Barrow/Walney Island Airport



Pick a pebble to paint and return for someone else to find!



Oh, this grass is long and spikey! What other textures can you feel (prickly, sharp, pointy)

Can you point to where we are on the map?

Can you make the noise of a cow/sheep?

 2 mile circular route, off road pram accessible. (Paths can get more difficult when wet).  
 A further 2 mile extension loop, not pram accessible.

Can you describe the birds - are there any nests? Shh go quietly, can you walk on your tiptoes?



North End Marsh

START

West Shore Road



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

**Safety Brief:** This map follows the English Coastal path along sand dunes, saltmarsh and other complex coastal habitats, please help look after the site and follow the countryside. Dog walkers and their dogs are always welcome but please keep them on a lead to protect ground nesting birds. Please close all gates, livestock are sometimes present in these fields. Please note that this walk is correct at time of writing.



## Did you know?

Fun Facts about North Walney Nature Reserve:

The memorial gate you can see on the blue route is embellished with a flock of metal birds dedicated to the men, and boys, who didn't return from the war.

This nature reserve was once a military training camp where the soldiers, cadets and airmen trained for battle before WWI and WW2.

The nature reserve is now a peaceful and tranquil place, home to many different coastal habitats.

Some birds, such as Ringed Plover and Oystercatcher, nest on the ground and can often be found here. Please be very careful when you're walking so that we can work together to protect these vulnerable birds.

Why not head down to the local library after your walk and find some books about your walk:

Where The Wild Things Are by Maurice Sendak

Superworm by Julia Donaldson

Stickman by Julia Donaldson

The Very Hungry Caterpillar by Eric Carle

The Snail and the Whale by Julia Donaldson



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:

North Walney Nature Reserve can be accessed from West Shore Road, LA14 3UE. If travelling by car: Free parking available on West Shore Road.

Improve your Carbon Footprint: did you know you can reach West Shore Road via the Number 2 bus from the Townhall.

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