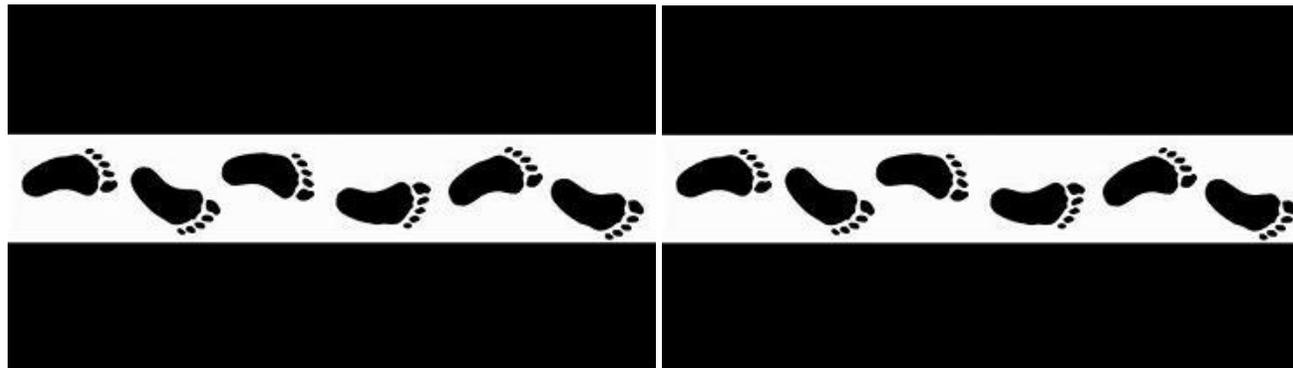


Nature Trail

1. When entering the park and taking 25 steps – look around
 - What do you see?
 - What do you hear?



Nature Trail

2. Sitting on the grass if you look carefully can you see clover leaf



Can you find a Four Leaf Clover According to traditional sayings, such clovers bring good luck, though it is not clear when or how this idea began.

Nature Trail

3. Take a walk to the Grassland Meadow area can you spot any special plant species and inspiring birds.



Nature Trail

4. Take a look around, can you find any harmless reptiles?

Can you guess if this is a

- a worm
- a snake
- a legless lizard



Fact:

The slow worm is a long species of legless lizard. The **slow worm** is actually a lizard, though this lizard has lost its legs through evolution, obviously finding legs to be a hindrance to its lifestyle - probably while trying to hide in holes and compact vegetation.



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Nature Trail

5. Look in the hedgerows can you spot the fruits on the bushes these are a food source for birds such as blackbirds, redwings and waxwings.



These are called Rose hips they are high in vitamin C and were traditionally used to make syrups taken to boost levels. Rose-hip oil is also a popular skincare product. The hairs inside the hips are an irritant and are used to make an itching powder

Nature Trail

6. Walk around - Can you spot this tree – Do you know the name of this tree



Fact -

Oak trees appeared on our planet about 65 million years ago.

Oak trees live up to 1,000 years.

An oak tree produces about 10 million acorns during its lifetime.

Only 1 in 10,000 acorns grow up to be an oak tree.



Nature Trail

7. Take a look around can you spot any of the fruit?



Fact - Blackberries are an edible fruit, which are commonly consumed raw, or in desserts, jellies, jams, pies, crumbles, and can even be made into wine.



Fact - Pear trees start from seeds. The process is slow, taking several years to get from seedling to a small tree.

Fact - Apple trees are the most popular and widely grown garden fruit trees in the UK



Nature Trail

8. If you look around you will see a home

Can you guess who lives in a place like this?

- A Fox
- A Rabbit
- A Badger

Facts:

A fox's den is normally a burrow underground, also known as an 'earth', but they can also live above ground in a cosy hollow.

A warren is a network of wild rabbit burrows – an underground tunnels where rabbits live

A sett or set **is** a badger's den. It usually consists of a network of tunnels and numerous entrances.



Nature Trail



9. How many Benches can you see – take a walk around and count them?

This is the end of the trail – Take a seat and think of what you have seen in the green space today.

Have something to say to us? Tell us what you think of your green space.

For feedback on this Trail please contact:- futureparks@bosf.org.uk

