

WALK

SOLIHULL



Sensory Trail Maps

Sensory walks allow you to use your senses to connect with your surroundings whilst you stay active.



All routes are rated easy with a terrain that is mostly concrete paths and are step free. The routes are considered accessible via wheelchair.



Travel by bus: www.nxbus.co.uk/west-midlands

Download the Free OS Maps app and find a route online.
<https://shop.ordnancesurvey.co.uk/apps/os-maps-subscriptions/>

For a print version or further information please contact Solihull Active via telephone 0121 704 8207 or e-mail solihullactive@solihull.gov.uk



Sensory Map Key: Shirley Park, Stratford Road, B90 3AL 4A, 5, 6, 49 & 76

A gentle 1km route around Shirley Park taking in the sights and sounds of the beautiful wildflowers, trees and rose garden.

1. Start Here: Start from the picnic bench located on the left as you walk in through the Stratford Road entrance.

2. Stop! Close your eyes and be quiet for a minute, what can you smell?

3. Stop! What is the tallest tree you can see? Take a moment to feel the different textures.

4. Stop! Close your eyes for a minute what can you hear?

5. Selfie Time! Once you reach the end of the path at Grenville Road take a sharp left into where the old football changing rooms used to be, walk through this for 100m where it will lead you to a wooded area. Why not take a selfie while walking.

6. Stop! What different plants, trees and wildlife can you see and hear!

7. Rest! This is a perfect spot for a rest. Take a moment to see if you can hear anything or do a bit of cloud spotting.

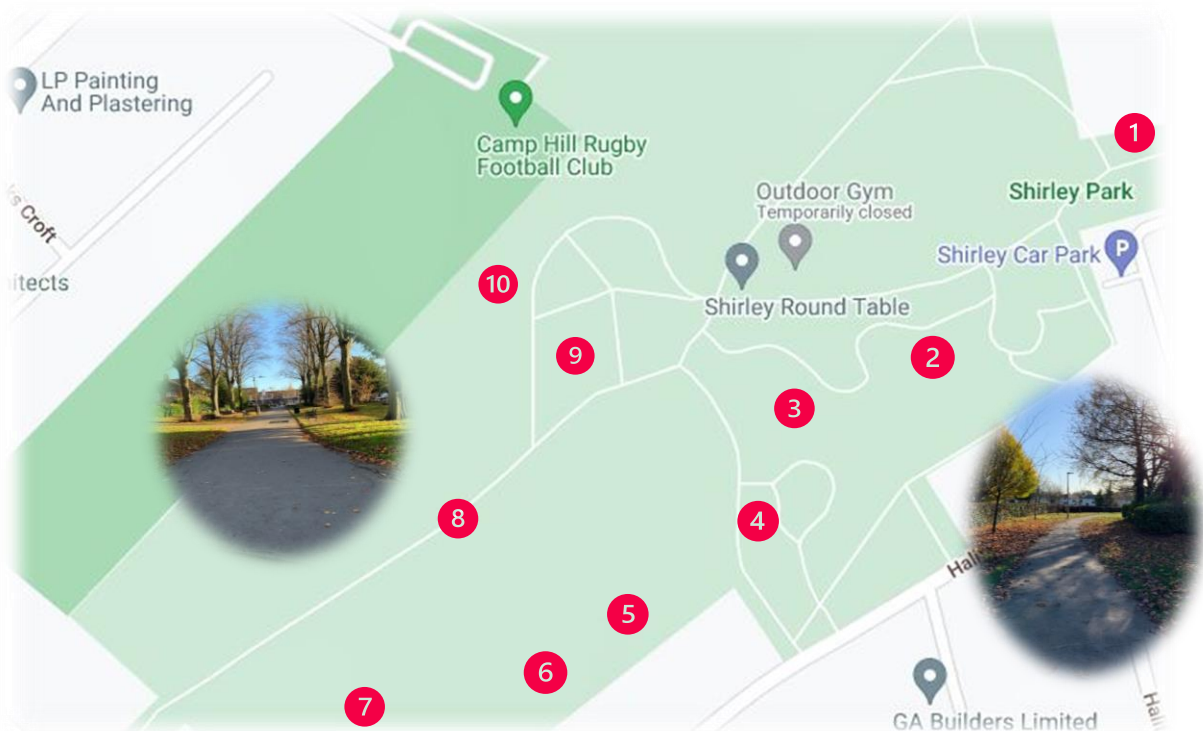
8. Selfie Challenge: As you walk to the next area, can you take a selfie with sports happening in the background.

9. Stop! What can you smell? Take a moment to appreciate all the different roses.

10. Stop! How many different bugs can you spot?

Stop! Take a moment to listen.

Share your experience with us: Post your walking photos on Facebook, Instagram or Twitter, tag in Solihull Active, and use #SolihullActive #SoGo





Sensory Map Key: Lavender Hall Park Lavender Hall Lane, CV7 7BN

 87& 87A

A gentle 1km route around Lavender Hall Park, taking in the sights and sounds of the beautiful Pond, wildflowers and trees.

1. Start Here: Start from the tree stump at the Green Lane entrance.

2. Stop! What can you hear and see around you. Perhaps time for a bit of a scavenger hunt or Sensory Bingo.

3. Stop! How many different trees can you name, what textures can you feel?

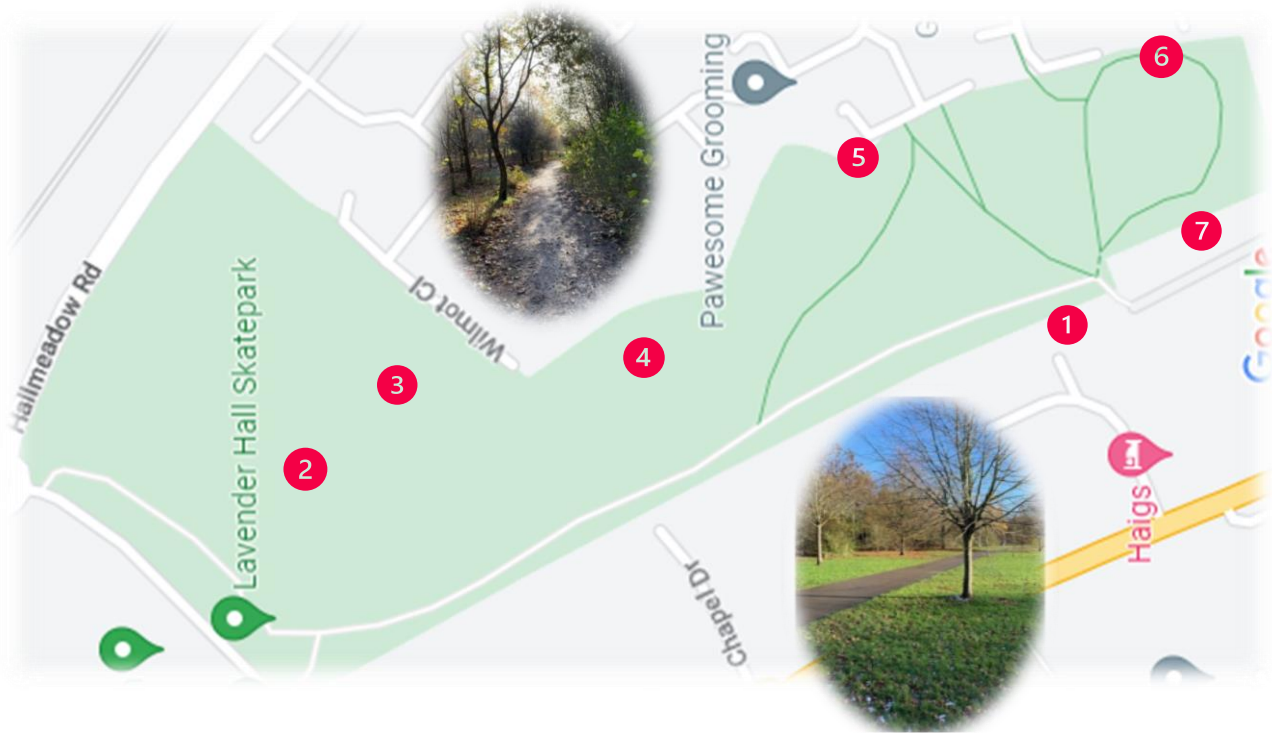
4. Selfie Challenge: What wildlife can you spot? Try and capture the moment with a selfie!

5. As you leave the board walk area you will see an opening onto a pathed area, follow this path for 100m, the path will veer to the right, continue to follow the path it will lead you back to roughly where you started.

6. Stop! What pond life can you see? There are also lots of flowers with different texture to touch.

7. Rest! Take a moment to rest and listen all around, what can you hear?

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Sensory Map Key: Hillfield Park, Monkspath Hall Road, B91 3LU 5

A gentle 1km route around the Armed Forces Community Garden at Hillfield Park, taking in the sights and sounds of the beautiful wildflower summer meadow, community orchard and peaceful lake.

1. Start Here: Starting from the free car park at Monkspath Hall Road, take the footpath to your left heading towards the lake.

2. Selfie Time! Can you take a photo or selfie by the lake.

3. Stop! You will notice the raised beds in front of you where you can stop and both touch and smell the sensory plants, including various herbs and the distinctive smell of lavender.

4. Stop! Close your eyes, what can you hear?

5. Stop! Feel the texture of these stones and their warmth during the summer when the sun hits the wall.

6. Rest! From the benches, enjoy the view of the beautiful cherry trees which start to blossom during early Spring.

7. Look & Listen! For bees and see various species of colourful butterflies enjoying the sweet nectar from the plants.

8. Stop! there are various tall trees in this area to explore and feel.

9. Rest! You have deserved it!

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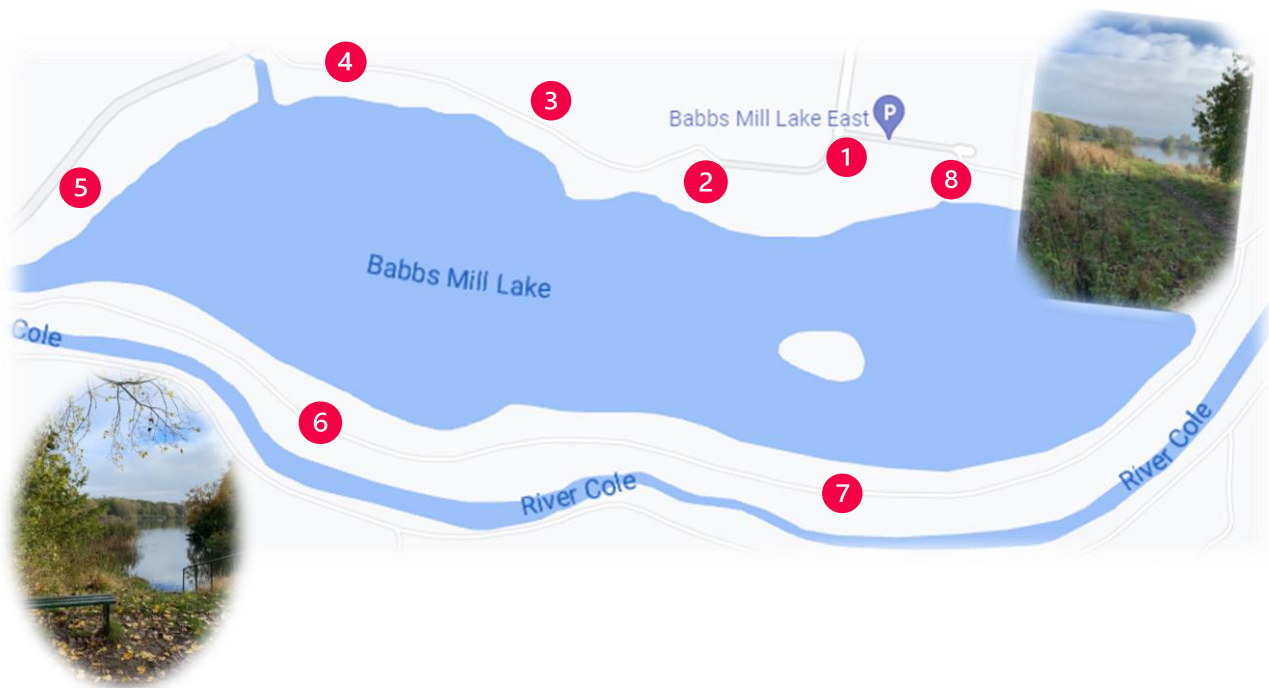
Sensory Map Key: Babbs Mill Nature Reserve 344 Fordbridge Rd, B37 6LU

 72 & 95

An easy to moderate 1km route around Babbs Mill Nature reserve and lake, taking in the sights and sounds of the beautiful wildflowers, wildlife, nature, and lake.

- 1. Start Here:** Starting from the free car park at Babbs Mill Lake East, take the footpath with the lake on your left-hand side.
- 2. Stop!** What textures can you feel and what sounds can you hear?
- 3. Stop!** There are lots of open spaces to explore with different trees and wildflowers to discover. What can you find?
- 4. Selfie Time!** Notice the change in smells as you continue along the path. Sum up what you can smell in a selfie.
- 5. Stop!** What trees and wildflowers can you name, have a feel of their textures.
- 6. Rest!** Take a seat and close your eyes for a minute, what is happening around you?
- 7. Listen!** During the summer you can listen for bees and see various species of colourful butterflies enjoying the sweet nectar from the plants.
- 8. Rest!** Pause to look out from the viewing area, here you will see and hear various species of waterfowl, including ducks, geese, swans and moorhens – if you are lucky, you may spot some of their offspring during Spring.

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Sensory Map Key: Elmdon Nature Park, Tanhouse Farm Road, B92 9EY



A1 & X12

Elmdon park and local nature reserve was established in 1944 when the house and grounds of the derelict Elmdon Hall were bought up by the then Solihull Urban District Council.

1. Start Here: Starting from the free car park at Tanhouse Farm Road by the notice board, take the footpath leading directly up.

2. Stop! Take a moment to explore the different trees and see what you can discover.

3. Selfie Time! Find a spot for a selfie.

4. Stop! You may be able to find lots of wildlife, what can you identify?

5. Stop! Explore all the different trees and flowers, there is plenty for your senses to discover.

6. Rest! From the benches, enjoy the view of the beautiful cherry trees which start to blossom during early Spring.

7. Selfie Challenge: Sit, take in the view and have a moment of rest. Perfect time for a selfie!

8. Explore! The church love to welcome visitors, so feel free to head inside, enjoy some refreshments and explore.

9. Explore! Can you find the oldest grave or perhaps you may come across the Elmdon history group who have been doing some archaeological digs.

10. Have a gentle walk back to the start, take a moment to pause and listen.

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Sensory Walk - Activity Ideas

Sensory Bingo – Try and tick off as many as you can whilst you walk.

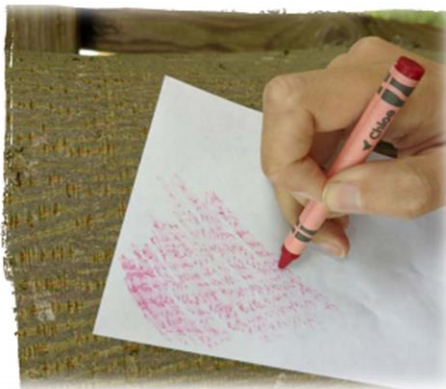
I can See 	I can Hear 
Tall Grass	Leaves rustling in the wind
Rolling Hills or meadows	Birds singing & chirping
Leaves in the air	Running water
Blooming Flowers	Crunchy leaves underfoot
Wild Insects	Tractors or trains going by

I can Smell 	I can Feel 
Freshly cut grass	Blades of grass and leaves
Bonfires in the distance	Tree bark
Wildflowers	Flower petals
Woody trees	Snapping twigs

The following activity ideas are from Sense, you can download the full resource pack at www.sense.org.uk/our-services/arts-sports-activities-for-disabled-people/sensory-walks

Bark rubbings

- Take a mixture of crayons, pastels, pencils or pens and some small sheets of paper.
- Put the paper onto the bark of the tree and colour over the top with the crayons, pastels, pencils or pens. You could try this on leaves or any other surface too.
- When someone has finished, you could support them to bind them together, or make a collage of their rubbings.



Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.
- Wrap the string around an individual item and the stick to hold them together.
- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it

