

# WALK

## SOLIHULL



## Sensory Explorations

For All Seasons, All Senses, All People

**Hillfield Park, Monkspath Hall Road, B91 3LU**



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.



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](http://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](mailto:solihullactive@solihull.gov.uk)

## 1 Start Here:

Starting from the free car park at Monkspath hall road, take the footpath on your left heading towards the lake.



## 2 Selfie Time!

Can you take photo or selfie by the lake.



## 3 Stop!

You will notice the raised beds in front of you, where you stop and both touch and smell various plants including 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 in spring.



## 7 Look and Listen!

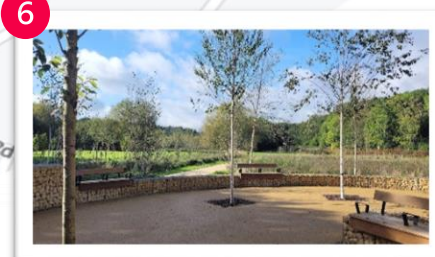
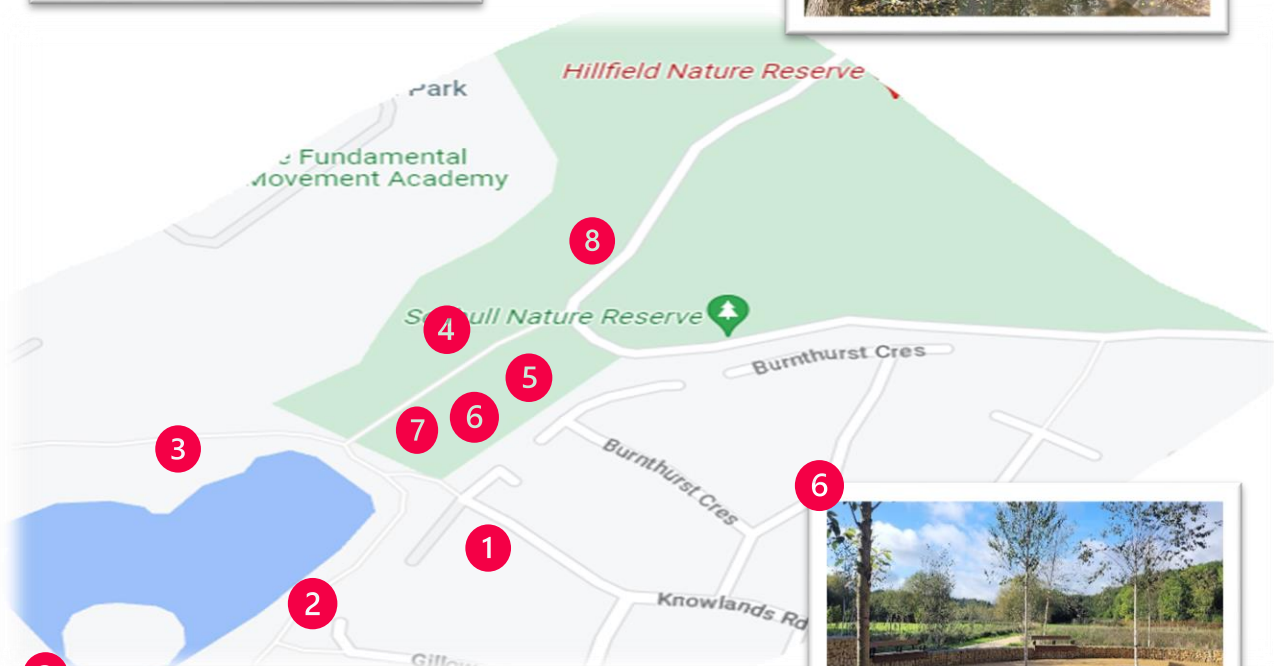
For bees and see various species of colorful butterflies



## 8 Stop and relax!

There are various tall trees in this area to explore. Once you are done relax.



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





## Sensory Walk - Activity Ideas

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

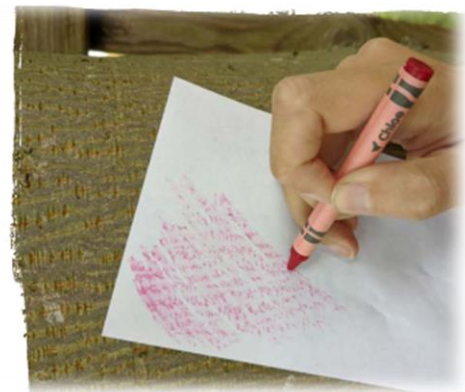
| I can See  | I can Hear  |
|---|--|
| Tall Grass  | Leaves rustling in the wind  |
| Rolling Hills or meadows  | Birds singing & chirping   |
| Leaves in the air   | Running water  |
| Blooming Flowers  | Crunchy leaves underfoot   |
| Wild Insects  | Tractors or trains going by  |

| 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](http://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

