

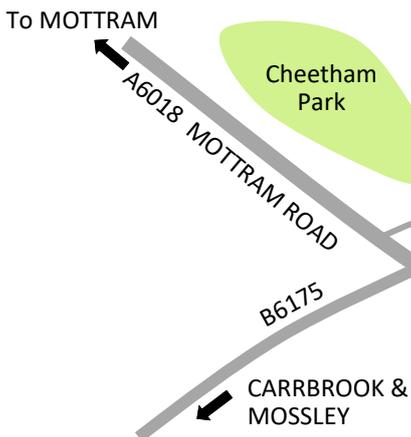
# Family Activity Trails CHEETHAM PARK Stalybridge

**Cheetham Park has something for all ages and is just a short walk from the centre of Stalybridge.**

Two playgrounds, including one for older children, family friendly paths and tracks, woodland areas for adventures and lots of benches and grassy areas for games and picnics.

## Things to do

- Picnic
- Playground
- Find the posts
- Woodland walks
- Metal rubbings
- Nature spotting
- Scavenger Hunt
- Eastwood Nature Reserve



**culture**  
Tameside



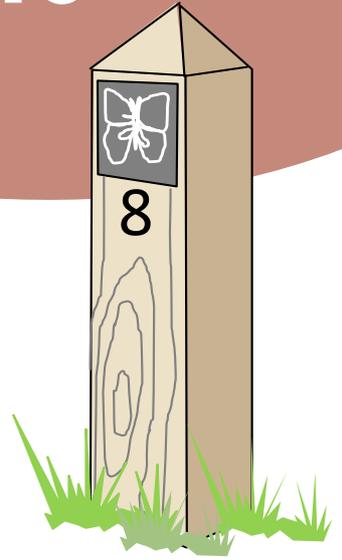
# Discover the NATURE POSTS

## Around the park there are 11 nature posts

Each has a different metal picture on.

Can you find all of them. If you have a crayon and paper you can do a rubbing from the metal picture.

They are marked on the map ● but why not try and find them yourself?



## Which picture fits the clues?...

- I slither on the ground
- I was once a caterpillar
- I came off a Holm Oak
- I create a buzz
- I Fly at night
- I eat berries and worms
- I can climb down trees
- I am old and smokey
- I have feathers
- I fall off the beech tree
- Bees love me.

## And for the older Children...

- At the playground entrance, What 4 senses can you spot?
- A compass near the graffiti wall... what direction is the tall white post ?
- Up the hill to the stone in the circle. What happened in 1842?
- Towards the old stables, can you find the Higginbottoms stone. what is the date?
- Past the orchard and to the two stone pillars. A strange secret message is engraved on one. Can you work it out?

Answers:

Movement, Touch, Hearing Sound.

North West

The Plug Plot

1836

A RUBBING STONE FOR ASSES



# Cheetham Park **SCAVENGER HUNT**

**This area is great for a scavenger hunt.  
How many things can you find?**

Why not set a time limit?

How many can you fit in a tiny box?

Just remember to take care and not collect living creatures, pick a petal not a whole flower and careful of anything sharp.



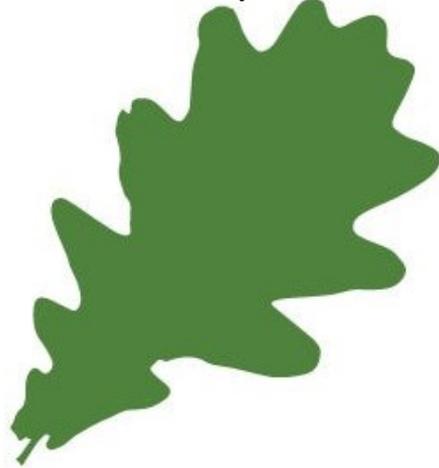
- |  |  |
|--|--|
| <input type="checkbox"/> Something shiny     | <input type="checkbox"/> Something with stripes    |
| <input type="checkbox"/> A heart shaped leaf | <input type="checkbox"/> Something fluffy          |
| <input type="checkbox"/> Something soft      | <input type="checkbox"/> Something red             |
| <input type="checkbox"/> Something hairy     | <input type="checkbox"/> Something pink            |
| <input type="checkbox"/> Something manmade   | <input type="checkbox"/> Something bright          |
| <input type="checkbox"/> A chewed leaf       | <input type="checkbox"/> Two kinds of brown leaves |
| <input type="checkbox"/> A piece of bark     | <input type="checkbox"/> A round stone             |
| <input type="checkbox"/> A white stone       | <input type="checkbox"/> A seed                    |
| <input type="checkbox"/> A yellow flower     | <input type="checkbox"/> Something prickly         |
| <input type="checkbox"/> Something blue      | <input type="checkbox"/> A bendy twig              |
| <input type="checkbox"/> A 'Y' shaped twig   | <input type="checkbox"/> Something beautiful       |



# Discover the LEAF SHAPES

**Cheetham Park has some amazing trees.**

Can you find a leaf that matches these shapes?



# Fun and games in the WOODS



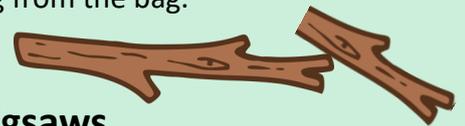
## Capture the Flag game

- Split the family into two teams of equal sizes and find an outdoor space - amongst trees is better.
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- Mark out 'Home base' for each team (a couple of metres around 2 trees) make them a distance away from each other. This is the territory of each team and each team will need a 'flag' positioned in each base. (This can be a tea shirt or glove on a stick!)
- The objective of the game is to steal the 'flag' of the other group without being touched by any opposing players.
- To capture the flag a player must try and enter the opponents' territory, dodge the opposition through ducking, diving and nifty footwork to claim the flag and bring it back to their territory without being captured (tagged).
- If a player is tagged, they must stay in the place where they were caught until a teammate frees them by touching them.
- The winning group is the team who gets the flag first, regardless of the number of children who have been caught.

Use twigs, leaves and stones to play woodland 'Noughts and Crosses'.

## What's in the bag.

Put an item in the bag such as a forked twig. Everyone has a feel without looking, then put in a pile with half a dozen other twigs and everyone has to guess which was the twig from the bag.



## Nature jigsaws

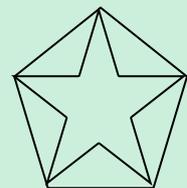
Find a twig or large leaf and break into 4 or 5 pieces, then the challenge is to put the pieces together.

## For older children...

**How many triangles can you make with 9 sticks?**

(The sticks don't have to be the same length)

Answer: at least 35



# BIRD SURVIVAL HUNT

This is a good game to play as a family and Cheetham Park is a great place to spot all kinds of birds. Each imagine you are a small bird and must find enough food to survive. Here is a typical menu.



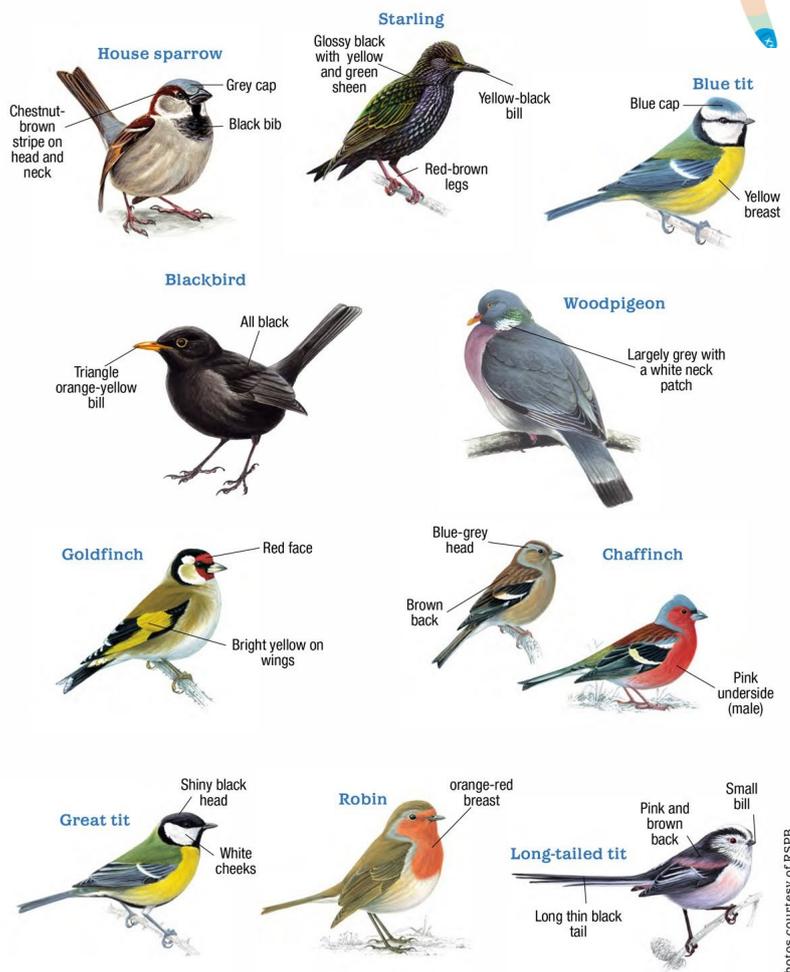
How many can you find.  
Each item is worth 1 point.

- Small Spider
- Small creature on tree bark
- Snail
- Caterpillar
- Centipede
- Ground beetle
- Pine cone
- Earthworm
- Small seed
- Flying insect
- Berry
- Maggot or grub
- Fruit tree bud

**Total score:**

**10-12** = Your sharp eyes and determination mean you will survive.  
**7-9** = You will probably survive.  
**4-6** = Your survival is doubtful.  
**0-3** = Oh dear! You haven't found enough.

Can you spot any of these birds?



**Eastwood Nature Reserve** is adjacent to the park and a great place to spot birds. It is managed by the Cheshire Wildlife Trust. The reserve was given to the Royal Society for the Protection of Birds by the Cheetham family in 1931 and became the first RSPB-owned reserve. There are trails and a stream to investigate and there is an access gate on the left off the main path about halfway along.

