

Family Activity Trails COWBURY DALE

Carrbrook

Cowbury Green is a landscaped green space, ideal for a picnic. A short walk up Cowbury Dale leads you to a small reservoir seated at the top of the wooded valley.

Here you get a sense of wilderness and can getaway from it all. Along the way there are woods to explore, streams to investigate and towards the reservoir small tracks through the bracken make at a great place for adventures.

As you walk to the entrance of Cowbury Dale, stop to admire the pigs, sheep, chickens and goats. There's even a little 'Shop' selling cakes!

COWBURY DALE

Spot the tracks from the railway built to transport materials between the village and the dam construction site

A great walk up to the end of the reservoir with fabulous views, The main path is ok for buggies, lower trails are more adventurous -but can be a bit muddy with steps up at the end.

Things to do

- Picnic
- Woodland games
- Nature spotting
- Stream dipping
- Scavenger Hunt

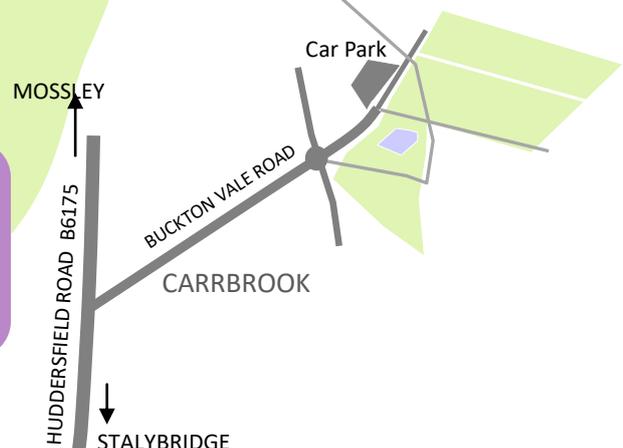
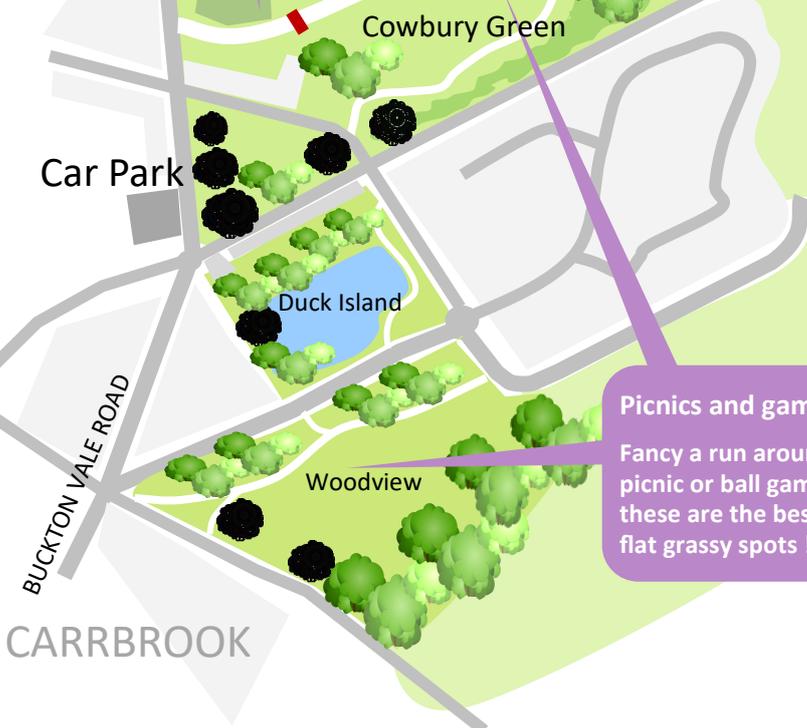


There's a free car park on Carr Rise, a short walk from the greenspaces. The main paths are surfaced but some can be stony and take wellies if you are planning stream dipping or wandering in the woods as it can get muddy.

Cowbury Dale, Carrbrook, SK15 3PD

Picnics and games

Fancy a run around, picnic or ball games... these are the best flat grassy spots !



Woodland fun at COWBURY DALE

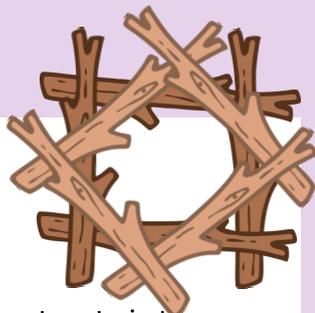


The stream that runs down the left of the track is great for doing a bit of 'Stream Dipping'. Bring a small net and a tray and see what you can find. There's an ID sheet here to help you identify creatures.



Just a short way up the main path on the left is a lovely oak woodland. The twisty trees are great for games and climbing. You will have to cross a small stream to get to it, but that's all part of the adventure!

Remember this woodland is very special and you are in a Nature Reserve, so careful not to break branches or disturb wildlife.



Twig Towers

Gather some twigs and create a twig tower. It doesn't have to be very big... Remember to never break twigs off living trees and always dismantle and return twigs..

Tracks and trails

This is great fun if you and your friends make 2 teams. One team sets off and lays a trail of arrows and signs for the other team to follow. You can use twigs and stones or whatever is available. You can invent your own signs, but make sure everyone agrees them before you set off

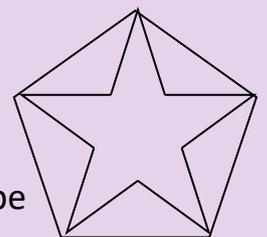
Make a nine square grid

With a friend collect 6 pairs of objects e.g. 2 stones, 2 leaves, etc. Make a 9 square grid each out of twigs. Decide who is the boss. The boss picks up an object and places it in his/her grid and describes to the other where it is e.g. Top right, one to the left and two up. The friend must place the identical object in the same place on their grid. At the end, look at the grids, are they the same

For older children...

How many triangles can you make with 10 sticks?

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



Cowbury Dale **STREAM DIPPING**

There's lots of wildlife to see even in the small stream at Cowbury Dale, so why not grab your nets and see what's lurking below

How to pond dip

First, scoop some pond water into your container so that any creatures you find will be happy swimming around in it.

Sweep your net slowly through the water. Then lift up your net and carefully turn it inside out so anything you've caught drops into the container.

You can then use your spoon to scoop them up and get a closer look.

Don't pick the creatures up with your hands – they'll be very tiny and you could hurt them.

When you've had a good look at what you've found, carefully pour the water from your container back into the stream and make sure all of the creatures are safely returned.

What you will need

A container

A shallow one is better for looking at creatures



A plastic spoon

for looking closely at your creatures



A fine mesh net

Fine mesh will catch more small creatures

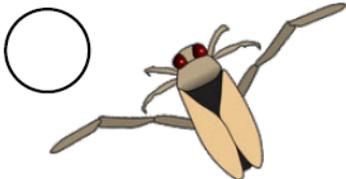


hand wipes

Always wash hands afterwards.

Cover any cuts or grazes with a sticking plaster

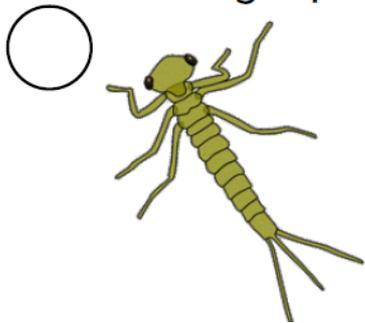
water boatman



caddis fly larvae



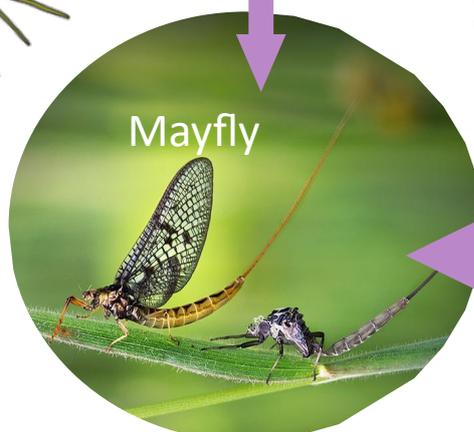
damsel nymph



Mayfly Nymph



fresh water shrimp



One sunny day I'm going to crawl out of my own skin and fly away!!!

Take a look at TREES & PLANTS



Spot the difference?

In the woodland on the left as you walk up to the reservoir you can spot two types of oak tree... take a close look on and see if you can tell which is which!

The **English oak** has acorns on 2 – 8cm stalks, whereas the acorns on the **Sessile Oak** are stalkless. The opposite is true for the leaves of these two oak trees, the sessile oak has far longer leaf stalks than the English oak.



Look amongst the open heath in summer and you can spot colourful berries and flowers.



Whimberry or Bilberry.

Look closely at the small shrub near to the ground and you may see the small purple fruits ripening... can you spot the cogwheel in the berry?



Cowberry

With its scarlet red fruits, the **cowberry** is a relative of the bilberry and the cranberry

Heather

This low growing plant with Woody stems and small pinky purple flowers can make windy hills look magical



Cowbury Dale LEAF SPOTTING



how many different kinds of leaves you can spot



Silver Birch

Hazel

Horse chestnut

Hawthorn

Bracken

Rowan

Holly

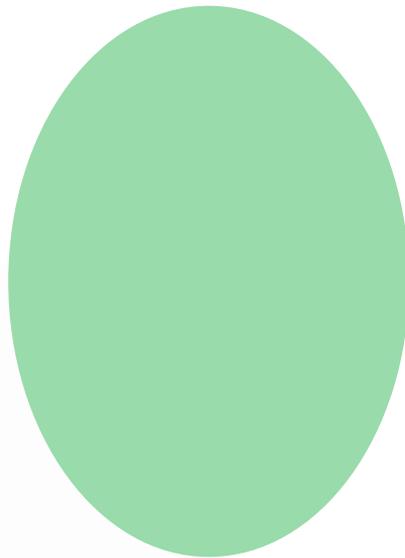
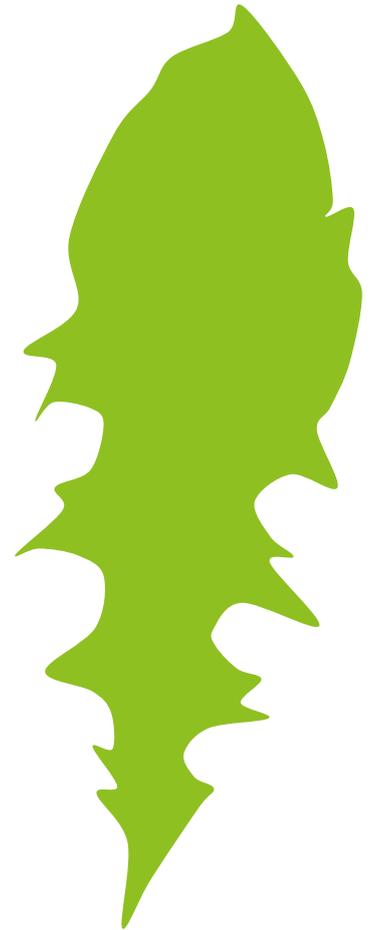
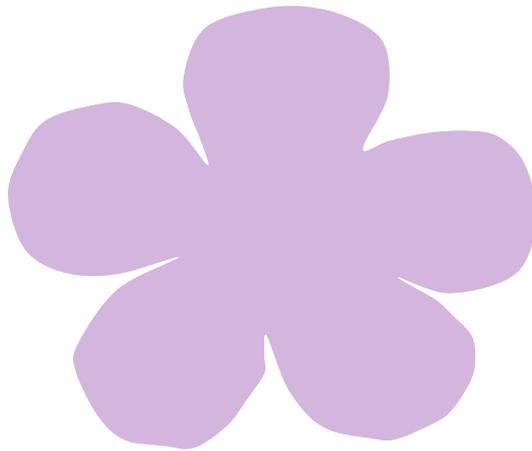
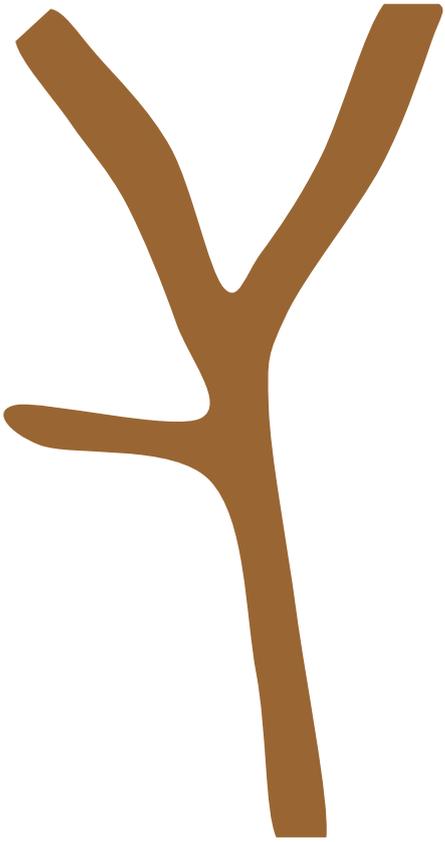
Oak

What others can you find? You can download tree Id information from:
www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/



Discover the SHAPES in nature

How about trying to match some shapes?



Bird spotting at COWBURY DALE

This area is a welcome haven for wildlife and there are lots of birds to see and hear. Why not take photos and try and identify them back home.



Canada geese

were first introduced to the UK as an ornamental bird by wealthy people in the 17th century. Today the population numbers over 70,000 breeding pairs

Part of the reason the geese are so common and so successful here is that people have created a lot of perfect spaces for them. They stay here all year and do not migrate.

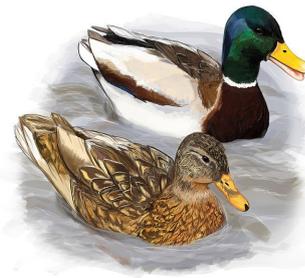
Don't feed them too much – you may encourage more birds into the area than it can naturally sustain and could lead to the birds being seen as a problem.

Did You Know?

The collective name for a group of Ducks on the water is ... a 'Paddling'. If they are diving then its called a 'Dopping' of ducks!



Can you spot any of these birds in and around the canal and Copperas Field



Starling



Wood Pigeon



Greylag Goose



Jay



Moorhen



Mute Swan



Cowbury Dale **SCAVENGER HUNT**

**The whole 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 round |
| <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"/> A tiny berry |
| <input type="checkbox"/> A piece of bark | <input type="checkbox"/> A fern leaf |
| <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 |

