**NATURE TRAIL**

**WHAT WILL YOU DO TODAY?**

- **Find a Fallen Tree**
  - Can you keep your balance and walk all the way along it?

- **Hunt for Bugs**
  - Try looking under logs and piles of leaves. How many mini-beasts can you find living there?

- **Eat Blackberries**
  - Yum - look out for them in August and September. Remember to wash them first and mind the brambles!

- **Tell a Story**
  - Did you find the storytelling throne and listening circle? Can you make up a story about the woods?

- **Forage for Food**
  - Can you smell the wild garlic? This carpets the wood around March time. Wild garlic leaves make a tasty addition to your sandwich or soup! Why not add a few leaves next time you’re cooking – remember to wash them first!

- **Eat Blackberries**

- **Tell a Story**

- **Forage for Food**

Visit our website for more information on parks and green spaces in Plymouth:
www.plymouth.gov.uk/parksnatureandgreenspaces

**I CAN SEE:**

**I CAN HEAR:**

Stand very still and quiet... How many different bird songs can you hear? Try to describe the different sounds.

**I CAN SEE:**

What mini-beasts did you find? Can you draw a picture of your favourite bug?
Explore your local nature reserve. What will you find today?

Remember, the wildlife you find will vary depending on the time of year! You might need to visit your wood a few times to do everything on the trail...

1. START

Start at the West Park entrance to the woods, off Ringmore Way (opposite Knowle Battery play park). Go down the steep concrete path until you see a large gate on your right and a sign pointing to the meadow. Follow the path to the meadow and you’ll see a playful picnic area by the trees...

2. RELAX

Sit in the wildflower meadow and see if you can spot the butterflies in summer. Look for the common blue. Follow the path past the picnic area into the woods and you’ll see a burnt tree.

3. LOOK

Look for King Alfred’s cake fungi. These round black fungi grow on trees and can be used as a natural firelighter! Fungi breaks down dead plants and wood, feeding the soil and helping plants grow. About 80% of our plants need fungi to grow! Keep walking past the tree and follow the main path.

4. LISTEN

Can you hear the stream? Did you know that eels live in the stream? When mature, they swim all the way to the Caribbean to have their young! Continue along the path until you reach the bench.

5. LISTEN

Stand very still and quiet. Can you hear the Great Spotted Woodpecker drumming in the woods? This noise is to let other birds know its here!

6. LOOK

Look for the bluebells that flower in April and May. As you walk along this path keep a lookout to your left. You might be able to spot some wisdom poles, leading you to the story-telling throne, just off the path and up the slope!

7. LOOK

What animals can you see on the wisdom poles? Continue along this path, heading towards Shaldon Crescent and the end of the nature trail. If you keep looking to your right (downhill into the woods) you might spot some large den-building frames.

8. TOUCH

Why not use the den-building frames and create your own hide-out in the woods!