

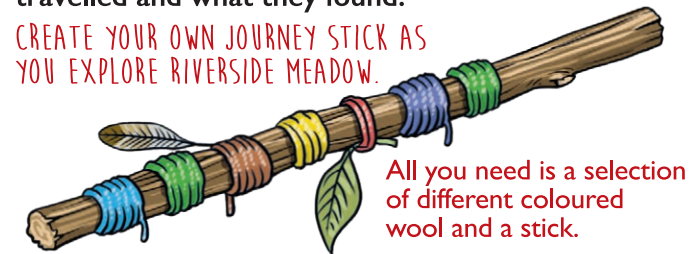


ACTIVITY 1

JOURNEY STICK

In some countries around the world, people make Journey Sticks to remember where they have travelled and what they found.

CREATE YOUR OWN JOURNEY STICK AS YOU EXPLORE RIVERSIDE MEADOW.



All you need is a selection of different coloured wool and a stick.

As you walk along, wrap different coloured wool around the stick to remember what you have walked past. You could use blue for the river, brown for the woods, green for the grass and yellow or purple for any wildflowers that you pass.

Attach objects to the stick to remind you what you saw, heard, smelled or felt on your journey. The objects might be different coloured leaves, bird's feathers or seed heads.

SHOW YOUR JOURNEY STICK TO A FRIEND AND SHARE YOUR ADVENTURE!

REMEMBER NOT TO PICK THE WILDFLOWERS - LEAVE THOSE FOR OTHERS TO ENJOY!



MORE TO EXPLORE

There are three other Family Activity Trails for you to discover in Newport Pagnell.

DON'T MISS OUT ON EVEN MORE ADVENTURES- TRY THESE TRAILS TOO!

Bury Field Common

Ousebank Gardens

Castle Meadow

SKYLARK TRAIL...

OTTER TRAIL...

DRAGONFLY TRAIL...



Leaflets are available from the Town Council office (address on the back of this leaflet) or can be downloaded from www.newport-pagnell.org.uk Or you can use this QR code.



COMPLETE THE TRAIL - COLLECT THE STICKER

Don't forget to claim your special Kingfisher Trail sticker when you've completed this trail. There are 4 stickers to collect from the Town Council office - one for each named trail. Just bring your completed trail sheet to the reception (Mon-Fri, 9am-4pm) and collect your sticker.

GETTING TO THE START OF THE TRAIL



Start / Finish

Tickford Bridge entrance to the meadows. The nearest free car park is in St John Street, behind the library (MK16 8HH). The nearest bus stop is Newport Pagnell Library. For public transport timetables contact Traveline: www.traveline.info Tel: 0871 200 22 33

Facilities nearby:

Public toilets at 86 High Street, near the town clock. There is a children's play area (Tickford Play Park) in Riverside Meadow.

For further information:

Riverside Meadow is managed by Newport Pagnell Town Council. 80 High Street, Newport Pagnell, Bucks, MK16 8AQ (open Mon-Fri, 9am to 4pm). www.newport-pagnell.org.uk Tel: 01908 618756 Email: TownClerk@newport-pagnell.org.uk

KINGFISHER TRAIL

Design and illustration by: www.maltingspartnership.com

ARE YOU READY?

FAMILY ACTIVITY TRAIL IN NEWPORT PAGNELL



RIVERSIDE MEADOW

TAKE A CLOSER LOOK AT RIVERSIDE WILDLIFE ALONG THIS 1 MILE TRAIL.

KINGFISHER TRAIL

ADVENTURE AWAITS!

THINGS TO BRING...

- Camera
- Binoculars
- Notebooks and pencils
- A short stick (approx 30cm) (Activity 1)
- Different coloured string or wool (Activity 1)
- A camera (Activity 5)
- A blindfold e.g. a scarf (Activity 6)
- Drinks and snacks

DID YOU KNOW?

Kingfishers nest in tunnels which they dig into high-sided riverbanks. Look for them flying quickly up and down the river between their favourite perches. If you're very lucky you may even see them dive into the water and catch a fish.

"I'M NO GOOD AT SINGING, BUT LISTEN CAREFULLY AND YOU MIGHT HEAR ME MAKING A LOUD 'PEEPING' NOISE AS I FLY."



ACTIVITY 2

BIRD WATCHING BESIDE THE RIVER OUZEL

SAFETY FIRST!

All children must be continuously supervised by an adult while on the riverbank.

EITHER FIND THE BIRD HIDE ALONG THE RIVERBANK OR CHOOSE A SAFE PLACE TO SIT QUIETLY. LOOK AND LISTEN CAREFULLY.

All sorts of birds are found along the riverside.

DID YOU SPOT ANY OF THESE?



HERON



KINGFISHER



MALLARD (FEMALE)



MALLARD (MALE)



MOORHEN



COOT



GREY WAGTAIL



PIED WAGTAIL

ACTIVITY 4

TAKE A WELL-EARNED BREAK AND HAVE SOME FUN AT THE PLAY AREA.

"PLEASE DON'T PICK THE WILDFLOWERS ON YOUR SCAVENGER HUNT - LEAVE THOSE FOR THE BUGS AND BEES!"



ACTIVITY 5

PHOTO SCAVENGER HUNT



There are lots of different things to find in Riverside Meadow at different times of the year.

HERE ARE SOME THINGS TO SEARCH FOR.

TAKE PHOTOGRAPHS OF THEM AND MAKE A SPECIAL SCAVENGER HUNT PICTURE ALBUM WHEN YOU GET HOME.

SPRING:

- Find a newly opened fresh green leaf.
- Take a photograph of some spring blossom.
- Search for a bright yellow flower.
- Watch for birds carrying nesting material.
- Listen for birds singing - **HOW MANY DIFFERENT SONGS CAN YOU YEAR?**



ACTIVITY 3

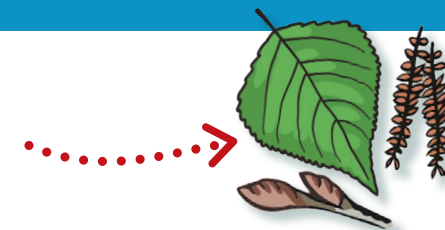
HOW TALL ARE THE POPLAR TREES?

FIND THE TALL POPLAR TREES, MARKED AT NUMBER 3 ON THE MAP, AND MEASURE THE HEIGHT OF THEM USING YOUR THUMB AND A FRIEND!

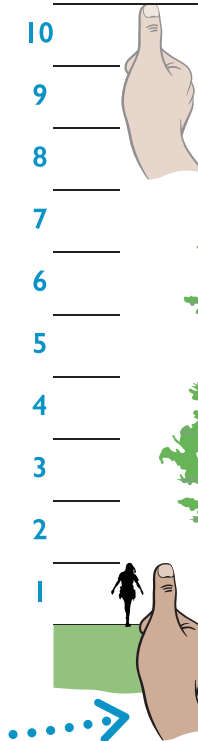
- Hold a thumb straight out in front of you and line it up with one of the trees.
- Ask someone to be your partner and stand under the tree.
- Move away until your thumb is the same size as your partner. Next, work out how many of your thumbs it takes to measure the tree from bottom to top.
- Now do this sum:
Take your partner's real height and multiply that figure by the number of thumbs needed to measure the tree.

For example:

If your partner is 1.5m tall (150 centimetres) and the tree measured 10 thumbs then the approximate height of the tree = $10 \times 1.5\text{m} = 15\text{ metres}$.



The tree has these leaves, buds and flowers.



If the poplar trees are in leaf, stand underneath them and listen.

Watch how the heart-shaped leaves wobble on their slender stems when the wind blows.

On a windy day, it sounds like a waterfall!



ACTIVITY 6

TOUCHY-FEELY TRAIL

USE A SCARF AS A BLIND FOLD AND TAKE IT IN TURNS. LEAD THE BLIND-FOLDED PERSON TO SOMETHING TOUCHY-FEELY AND SEE IF THEY CAN TELL WHAT IT IS.

Here are some ideas to get you started:



Knobbly twigs



Spongy moss



Tickly feather



Sticky buds



Prickly burdock



Smooth pebbles



Rough bark

CAN YOU FIND ANY OTHER TEXTURES?

DESCRIBE THEM HERE.

WELL DONE!
YOU'VE COMPLETED
THE KINGFISHER TRAIL
DON'T FORGET TO
COLLECT YOUR
STICKER!

SUMMER:



- Find and photograph flowers that are pink, purple, yellow and white.
- Pick a fluffy dandelion clock and blow away the seeds.
- Look for nibbled leaves on the trees - can you see who's eating them?
- Make a collection of bird's feathers.
- Search in the grass for a four-leaved clover - if you find one, make a wish!

AUTUMN:

- Track down dew covered spiders' webs.
- Find the biggest acorn or conker.
- Take a photograph of some red berries.
- Catch a falling leaf before it hits the ground.
- Gather some wildflower seeds - take them home and see if you can grow them.



WINTER:

- Search for leaf skeletons under the trees.
- Take a close-up photograph of moss - can you see the tiny leaves?
- Look for animal tracks in the mud.
- Find the prickliest thing in the park.
- Look carefully in the bushes for old birds' nests.

