

Get to know your park

A sensory tree trail around
Carlisle Park, Hampton



For more information about the Friendly Parks for All Project see:
www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces
or email Parks@richmond.gov.uk

Investigate Carlisle Park using your senses.

The trail will take between 30 minutes and an hour depending on how fast you walk and how long you spend on each of the activities.

The paths in the park are all accessible for people with walking aids and those in wheelchairs. There are toilets on site including a disabled toilet on site which requires a RADAR key to use. There is parking within the park including a blue badge parking space.

Carlisle Park

Wensleydale Road,
Hampton, TW12 2UL

Carlisle Park Sensory Tree Trail

Trail length 0.74 kilometres / 0.46 miles

Time to complete 30-45 minutes

Start from the pavilion and walk clockwise towards Carlisle Road. Follow the perimeter path around the park exploring the trees on the way. What can you see, feel and hear? If you visit regularly you will see that there is something new to discover in each season.



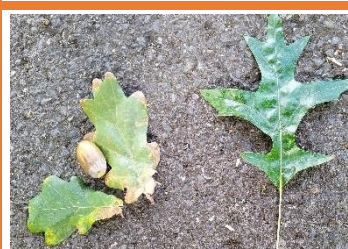
*Start at the pavilion. On the left of the path there is a **cherry plum** (*Prunus cerasifera*) in the border. What colour are the leaves? In spring there are flowers. What colour are these? Can you see the bark. Are there any patterns or fissures? Notice the patterns that the lichens make on the bark.*



*Keep walking along the path past the Carlisle Road entrance. Opposite the roundabout there is a **Leyland cypress** (*Cupressus x leylandii*). Try crushing some of the feather like leaves – what can you smell and what do they feel like to touch? Touch the bark and feel the deep groves and fissures. In autumn look for some of the small ball-shaped brown cones.*



Field maple



Common oak and pin oak leaves



Common oak acorns

*Follow the path around past the gates to Carlisle Road. On the right-hand side of the path there is a small group of **field maples** (*Acer campestre*). Compare the texture, the shape and feel of the leaves with another leaf. In spring they have small, yellow-green, flowers and autumn they have fruit called keys tinged pink when they are new.*



*Continue on the path. On the right-hand side there are **two oak trees**. Are there any differences between the two trees? Compare the leaves and bark of the different species. Try touching and smelling the leaves and bark as well as looking at them. In the autumn look at the acorns and feel the difference in texture between the cups and the acorns.*





Continue down the path and notice the towering **lime trees** (*Tilia*), on both sides of the path.

Touch the pale grey-brown irregularly ridged bark of the lime trees. Look at the shape of the leaves. Can you describe how they feel to touch? Look up through the canopy at the sky.



Continue down the path.

As you walk down the path look at the clusters of different trees on each side of the path -some grouped and others are in a row. Look at the contrasting combinations of textures and colours that are formed by the trees. Can you feel contrasts of light and shade e.g. under trees and in the open, tunnel effects and dappled light? Can you identify different noises made by the trees in the breeze?



Continue along the path and at the corner as the path changes direction look at the large tree on the right-hand side. This is a **Lombardy poplar** (*Populus nigra Italica*). Look at the dark brown bark, and root buttresses. Feel the fissures and burrs which are in the bark. Look at the shiny, heart shaped leaves. Crush one in your hands. What do they smell of?



Turn the corner and walk along the path towards the tennis courts.

There are several **holly trees** (*Ilex aquifolium*). Carefully touch the dark, glossy leaves. What do they feel like? There are different colours along the path. Can you see the smooth bark of the trees? In spring look for the small white flowers which have 4 petals and the scarlet berries that can be seen all winter.





*Continue on the path, cross the road which enters from Wensleydale Road and turn right towards the pavilion. Adjacent to the tennis courts is a line of **wild cherry trees**.*



Touch the shiny deep red bark which has prominent horizontal lines in it. In spring look for the clusters of white flowers and the deep red cherries which form in summer. In autumn, the leaves can become yellow and red.

Other activities



Find a bench that is positioned away from the social areas. Look for a quiet space that is calm, restful, and undisturbed. Think about how all your senses are engaged in the place that you are sitting in. Look at the whole landscape including the sky and clouds. How does this make you feel?

Enjoy the visual stimulation of the combinations of textures and colours.

Sound experiment



Find a stick and gently tap the bark of different trees as you pass by. Do different species of tree make different noises? Can you describe any of them?

Listen to the noise of the breeze or wind in the trees – do different trees make different noises?

Urban soundscape



Listen to the sounds of nature and people. How many different sounds can you hear? Does it make a difference if you close your eyes?

Draw a sound map or take recordings every time you visit and compare the sounds over different seasons.

Colour experiment



How many different colours can you see? Take a paint chart with you and try and match some of nature's colours with the paint manufacturers colours. What would you name the colours? Can you make a colour wheel with different leaves?