

List of Walks

Shape Stride

Scavenger Walk

Listening Walk

Plant Hunt

House Hunting

Alphabet Amble

Bug Hunt

The Quest

Treasure Trail

Grandparent Gander

Kid's Revenge

Marathon

Dawn Chorus/ Dusk Walk

On the Trail of Superheroes

Seasonal Saunters

Crafty Tramps

Telling Tales

Discover Richmond's Parks

There are some great parks and open spaces in the London Borough of Richmond upon Thames. We have put together some ideas to help you and your family to make the most of Richmond's green spaces and to encourage you to spend more time discovering them.

Where to walk

Why not explore somewhere new. You can find suitable parks for your walk on the Council website. Facilities available in each park are also listed including play facilities, toilet facilities, cafés and kiosks, tennis courts and paddling pools. http://www.richmond.gov.uk/home/services/parks_and_open_spaces/find_a_park.htm

For help planning your route to the park See Transport for London Journey Planner <https://tfl.gov.uk/plan-a-journey/>

What to do if you see an incident or problem in the park:

To report a problem in a Richmond park, please use the form that can be found on the website http://www.richmond.gov.uk/parks_and_open_spaces

If you see an incident do not put yourself in danger by approaching or confronting anyone involved but note any relevant details e.g. car registration number, location of incident, description of those involved.

Please report criminal activity to the police on 101 or if it is an emergency dial 999.

Planning your family walk

Here are a few things to bear in mind when planning a successful family walk:

- Don't suggest a walk, suggest an adventure
- Make sure everyone is wearing shoes that are comfortable for walking in.
- Be aware of the weather and dress appropriately. Don't forget the sun cream in the summer!
- Allow plenty of time – make a day of it
- Have a plan and involve all the family
- Walk at a speed that you all feel comfortable with.
- You don't have to go too far and remember that you have to walk back too.
- You don't have to walk in a straight line or only walk on paths - go exploring.
- Take breaks for interesting diversions. You could send children ahead to ambush you, set challenges, sing songs, take photos, go on a bear hunt, play follow my leader, hide treasure or make up silly walks.
- Make the walk fun and find ways to encourage children who are struggling.
- Send someone on ahead to mark a trail with sticks, stones or chalk.
- Take a bag or rucksack of essentials with you, including snacks and a bottle of water.
- Agree a meeting place in case someone gets lost, or carry a whistle.

Handy hints for walking in parks

Please be considerate to other users, and the natural environment of the park. Here are some basic guidelines:

- Many people enjoy the quiet and tranquillity of parks and open spaces so please respect fellow park users.
- Water can be dangerous - take extra care near ponds and rivers, especially if you have young children with you. Do not skate on ice.
- Use the litter bins provided or take litter home. Avoid bringing glass into parks.
- Keep children in eyesight and be vigilant with young children near park boundaries and on cycle paths and roads where there may be traffic.
- Do not let your child approach a dog without the owner's permission
- Visitors with dogs must ensure that their pets are under control at all times.
- Do not damage natural habitats
- Please do not disturb any wildlife and leave all plants for others to enjoy.

For further information on Park Byelaws see <http://www.richmond.gov.uk/pdf/bye-laws-2.pdf>

Walking with older children

- Older children may feel that they don't want to join in a family walk. You could make the activity more interesting for them by suggesting a few things that might appeal to them:
- Set challenges (and rewards) to be completed on the walk. These can be age specific so that everyone can take part.
- Include technology – make a photographic log of the walk, short films or record sounds
- Hunt for a geocache on your walk. See http://www.richmond.gov.uk/home/services/parks_and_open_spaces/amenities_in_parks/geocaching.htm for more information on this activity. You will need a GPS enabled device to do this.
- Include your walk on the Walkit urban walk planner <http://walkit.com>
- Include a photo trail in your walk making use of an app such as Snapchat.
- Estimate distances and check your estimate on a pedometer.
- Take a map and compass and try to follow your route on the map or use a mobile phone.
- Leave the planning to the older child – let them decide the destination, route, theme, and activities that the family takes part in on the walk.
- Take a friend, or a dog, or borrow a dog from the neighbours / friends

If you have enjoyed these family activities you might also be interested in other organisations who have ideas for outdoor activities for families.

OPAL Explore Nature

Opal aims to encourage people to observe nature and record the world around us through family activities and educational programmes

<http://opalexplornature.org/kidszone>

Ramblers

This walking charity has a section for young walkers called Scramblers

<http://www.ramblers.org.uk/go-walking/scramblers.aspx>

Royal Society of the Protection of Birds

*There are lots of family activities on the following pages
Discover and enjoy Nature*

<https://www.rspb.org.uk/discoverandenjoynature/families>

They also have Wildlife Action Awards for children

<http://www.rspb.org.uk/discoverandenjoynature/families/children/makeanddo/dol/actionawards/index.aspx>

Sustrans

Sustrans encourages people to walk or cycle and has ideas for cycling walking and playing included on their website.

<http://www.sustrans.org.uk/change-your-travel/children-and-families>

Wildlife Trusts

There are lots of family activities available on the Wildlife Watch website

<http://www.wildlifewatch.org.uk/>

The Woodland Trust

There are lots of woodland based activities for families on the Nature Detectives website

<http://www.woodlandtrust.org.uk/naturedetectives/>