

Distance:	0.5 miles
Starting point:	Waltham Abbey Gardens car park, Abbey View, Waltham Abbey, Essex EN9 2ES
Route summary:	A circular route that takes in the wonderful area surround the Abbey which offers rich mix of sensory highlights from nature to stone structures
Terrain:	The walks are fully accessible and can be completed on foot, using a wheelchair or walker, and can be taken at the pace of the participant

Sensory highlight points

Map available to download which shows points and highlight locations.

- 1) As you enter the gardens what flowers, plants trees can you see? Shapes, colours, small or big? Touch the different textures of leaves.
- 2) Can you spot and smell the lavender flowers. Listen out for the different birds sounds.
- 3) Can you spot the artwork on the wall? What colours can you see? How does it feel?
- 4) Look out for the different tree shapes, touch the tree barks to find different textures.
- 5) Spot Waltham abbey and describe the shape of the building. Listen out for the chiming of bells.
- 6) Can you spot mosaics on the path, what colours can you sport? Feel the different textures
- 7) Touch the building to find out if it is smooth or rough feeling? Notice the wind rustling through the trees.
- 8) Can you hear running water? Can you see anything reflecting in the water? Perhaps close your eyes and notice and feelings or memories that the sounds bring up for you.
- 9) Look out for variety of birds on the water. Take a moment to feed ducks.
- 10) Look up at the overhanging branches and reach to touch them. Notice how the leaves feel underfoot – dry, wet, crunchy, soft?
- 11) Walk past the tress and feel the different textures of bark on different trunks. Compare the shapes, colours and sizes of leaves.

Toilets

- Waltham Abbey Town, opposite church – 1 minute from route

Brought to you by

Refreshments

- Waltham Abbey town centre

Things to note

- Public transport links:
 - The closest station is Waltham Cross
 - Buses run to Waltham Abbey town centre
- Car parking charges apply at the car park listed for this route

