

- Distance:** 1.5 miles
- Starting point:** Gunpowder Park car park, Sewardstone Road, Waltham Abbey, Essex EN9 3GP
- Route summary:** A circular route exploring the sensory sights and sounds when exploring an open space.
- 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 person
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Sensory highlight points

Map available to download which shows points and highlight locations.

- 1) As you begin your walk take a moment to be still and take in the views of the park. Notice the different shapes and colours within the park.
 - 2) Listen to birds singing – how many different calls can you detect? Perhaps use an app to identify them.
 - 3) Can you hear other people walking along the path? Can you smell freshly cut grass? Describe the different twigs, grass and weeds you can spot on the ground
 - 4) Notice the different flowers at different times of the year, what shapes, colours and smells do you notice?
 - 5) As you move onto the wooden bridge, how does the different surface feel? As you go under the trees how does the light change?
 - 6) View point – keep a look out for wildlife species.
 - 7) As you pass the different trees, brush your hand along the bark to see how different each tree feels.
 - 8) View point – keep a look out for wildlife species.
 - 9) Listen to the leaves rustling – look at the different tree shapes. Look out for the different area of shade and light. Can you feel the sunlight through the trees?
 - 10) Look out to the fields to see if you can spot butterflies – what colours can you see?
 - 11) Find a wooden sculpture on the left hand side of the path, what shape is it? What does it feel like? What texture does it have?
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Toilets

- Gunpowder Park Field Station

Things to note

- Public transport links to the starting point are limited
- Car parking charges apply at Gunpowder Park car park
 - The site is outside the [Ultra Low Emissions Zone](#) but is very close to it

