

Hughenden Park Family Activity Trail.

A circular trail of approx ½ mile.

Numbers in the trail refer to the numbers on the map.

① Leaves and squirrels.

Start at the main gate to the playground in Hughenden Park opposite the bottom of Tancred Road, (HP13 5DA). Walk by the trees flanking Coates Lane, keeping the road on your right.

Find some of these leaves on the trees around you:



sycamore



oak



beech



lime



horse chestnut



sweet chestnut

Can you see squirrels in the roadside trees? You might find some pine cones under the trees which they have nibbled.



② Avenue of lime trees.

The two lines of lime trees running from the bottom of the park and up the slope follows the route of the old carriageway to Hughenden Manor, where Victorian Prime Minister Benjamin Disraeli lived. Queen Victoria came to visit Disraeli there.

• Catching. If any leaves are falling from the trees, see how many you can catch before they reach the ground.



• Collecting. Who can collect the largest number of leaves from the ground in one minute? Spear them on a thin stick. Or see who can be the first to collect 20 leaves, or 50 or even 100!

• Play 'hide and seek'. One of you (finder) counts to 50 covering eyes, while others (hiders) hide behind a tree trunk. The finder then tries to find the hiders. Then try and catch them.

Do you know why leaves change colour? As daylight hours decrease in autumn, chlorophyll (the green pigment in leaves) stops being produced, revealing the other colours in the leaves.

③ Nettles.

Find some stinging nettles. Look by the railings near the car park and the hedgerow behind which there are allotments. Did you know?



• They have fine hairs on the underside of their leaves which will sting you so be careful. They protect the nettle from predators.

• Butterflies (tortoiseshell and peacock) will lay their eggs under nettle leaves which their caterpillars will eat.

• The fibre inside the plants can be spun and was used to make fabric for cloth and paper.

• Nettle soup is very nutritious. The sting gets destroyed when cooked. Nettle tea is refreshing.

④ Prickly things.

Brambles are prickly and can be found farther along the same hedgerow. They are home and food for many creatures.

Brambles have pink/white flowers in spring and blackberries, which are tasty and nutritious, in autumn. They

have been used for dying hair and cloth dark blue/purple. The backward facing thorns cling onto other plants as the stems grow.



England's national flower.

Wild roses are also thorny and have pink flowers. In the autumn, they have rosehips, which birds love. Rosehips have a lot of vitamin c. The rose is

⑤ Allotments.

Go through the big metal gate to which a wide gravel path leads from the car park. Here you will find allotments. Please keep to the paths and don't pick anything. You might find courgettes, green beans, cabbages, blackcurrants, raspberries or strawberries growing here, depending on the time of year you are visiting.



⑥ Rowan and Weeping Willows.



rowan



weeping willow

Go back through the metal gate.

• Find a rowan tree.

• How many Weeping Willow trees can you see?

Their flexible branches hang almost to the ground and they often live near water.

Collect a few willow leaves from the ground. Also find 10 daisies, some pine cones or leaves and blades of grass. On an area of grass or on the bridge, make a face by arranging the daisies for eyes, willow leaf for mouth, grass for hair, pine cones or leaves for nose and ears. Or create your own picture. Surround it by twigs to frame it.



⑦ Hughenden Stream

The Hughenden Stream, which is sometimes dry, is a tributary of the River Wye which runs through High Wycombe. There used to be many water mills in the past, grinding flour along the Wye using the power of the water to turn the mills. You can visit the restored Pann Mill on The Rye to see how they worked. There are three open mill days a year when the water wheel turns and grinds flour. For dates see www.highwycombesociety.org.uk

If water is in the stream you could play Pooh Sticks (drop a small stick into the water on one side of the bridge - watch it reappear on the other side). If it's dry, can you crawl through the tunnels?

⑧ Redwoods - meet a tree giant.

Go over the bridge and find the 3 giant Redwood trees. Stand with your back against the trunk. Walk forwards until you can see the top of the tree when you look upside down between your legs. The number of steps or paces it is from that point back to the tree trunk is about how tall the tree giant is.

These trees were probably planted by Benjamin Disraeli's gardeners in the mid 1800s, well over 150 years ago. Redwoods are among the tallest trees in the world. Join hands and see how many of you it takes to go all the way round the trunk.

⑨ Daffodils and thistles.

If you are in the park in spring, you might see huge patches of yellow daffodils. The daffodil is the national flower of Wales. →



← In summer, at the edges of the stream you might find some thistles. The thistle is the national flower of Scotland.

⑩ Treasure Hunt and activities.

In the grass, try and find:

- A 'What time is it?' dandelion clock
- 5 different shaped leaves from the ground
- A long feather
- A small, white, fluffy downy feather
- A buttercup butter tester
- A pink flower in the grass
- 6 white flowers in the grass
- 3, or even a 4, leaf clover
- 5 different grasses
- A leaf munched by a caterpillar
- An untidily eaten cone (squirrel)
- A neatly nibbled cone (mouse)



- Ask a friend to put their hands behind their back. Put one of the objects you found in the Treasure Hunt, into their hands to feel. Can they tell what it is without looking?

- Choose an object secretly and describe it to your friends. Start with a very general description such as its colour or size, then move onto more detail such as hard or soft, smooth or rough, rounded or pointed, rigid or flexible. Can they guess what it is?

- Use what you have found to build a miniature garden on the ground. Only pick a few flowers from the grass - it will probably be mown shortly anyway. But remember generally not to pick wild flowers; leave them for others to enjoy and to make seed for more flowers in time to come.

- Make a daisy chain for your head.

⑪ Games.

Go over the next little bridge, up to the top of the slope near the hedge.

- Listen for one minute. What can you hear?
The clicking of grasshoppers?
Breezes in the treetops?
Buzzing bees, wasps or flies?
Wind rustling the grass?
Birds chirping?
People talking, shouting or laughing?
Cars driving along the road?



- Racing. Have a race by choosing two trees and run from one to the other.



⑫ Playground



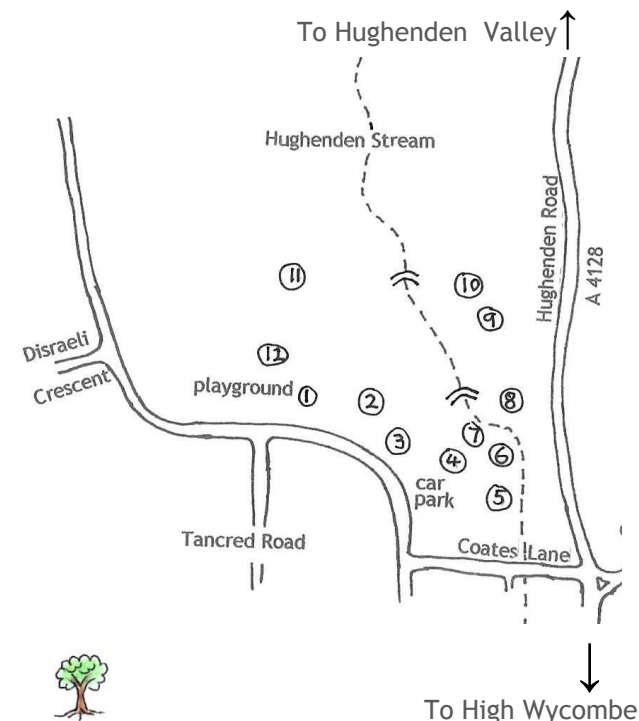
Now go down the slope back to where you started at the gate to the playground. You have completed the trail. Well done! How many tree pictures are on this leaflet? Treasure your local area and remember to take your litter home.

You can download this leaflet and other seasonal activities at: www.wycombefoe.org.uk Click on the 'Junior FoE' button at the top of the home page. More activities at: www.woodlandtrust.org.uk and more information about High Wycombe at: www.highwycombesociety.org.uk

Hughenden Park

Family Activity Trail

For adults to read - and children to do!



Scale: | ← approx 0.1 mile → |

Whilst care has been taken in the voluntary work in preparing and publishing this trail, sole responsibility for the safety of children taking part in the trail rests solely with their responsible adult. The author accepts no liability for anything untoward occurring to children or adults whilst participating in this activity but hopes that you enjoy it. If you have a comment or find something that needs to be changed, please email me at: jeannie12j@gmail.com