

LEEDS CASTLE'S AUTUMN & WINTER SENSORY TRAIL

This book belongs to:

This trail will take you around the grounds of Leeds Castle in the autumn and winter seasons, exploring them with your senses.



LEEDS CASTLE'S AUTUMN & WINTER SENSORY TRAIL

USING YOUR SENSES

In this booklet there are lots of suggestions for things to do to engage your senses, but don't feel you have to complete the whole booklet. Take your time, bring it back with you another time to finish, or miss parts out that don't appeal to you. The most important thing is that you have lots of fun as you explore Leeds Castle!

Look out for these symbols in the booklet:



These highlight which senses you are focussing on. Throughout this booklet you will be encouraged to use four of your five senses – sound, smell, sight and touch.

Some of the suggestions involve touching plants and trees around the grounds of Leeds Castle. Please be gentle and do not pick any leaves or flowers from them.

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THE WOODLAND WALK



Stand by the first lake you come to. Lots of our ducks, geese and swans live here, and there are lots of birds living in the trees in this area.

All of them make different noises. How many different quacks, tweets and honks can you hear?



As you walk through the gardens, look for 3 different leaves on the ground to collect.

Do you know which trees they are from?



How could you describe their texture? Are they crunchy or soft?

Are all of your leaves the same colour? Which one is your favourite?

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THE WALK



Find a bench to sit on and close your eyes.

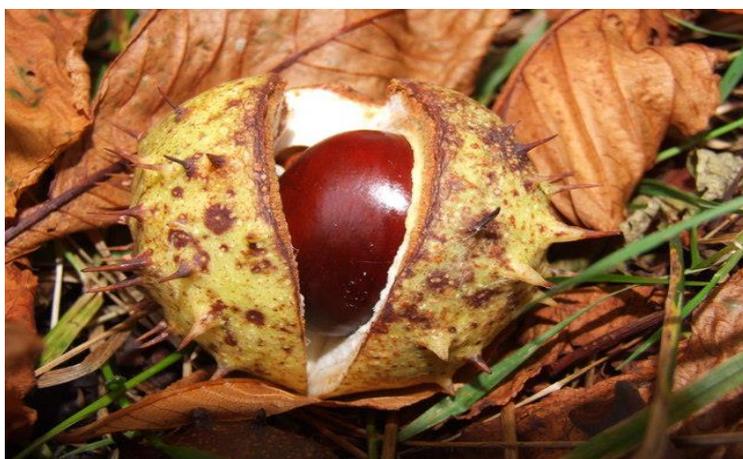
- What can you hear?
- What can you smell?
- Can you feel a breeze on your face?
- Is it warm or cold?



Did you know that you can smell a lot more in the air on a warm, wet day than a cold, dry one? What is the weather like today? Has it been raining recently? Can you smell the trees and plants around you?



Can you find any conkers on the ground? Can you also find one of their spiky shells? How do they each feel in your hand?



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THE GREAT WATER



How many autumn colours can you see around the edge of the lake?

If any birds are swimming on the lake, watch the ripples they leave behind them in the water.



What else can you see around the lake? Try to spot something small that most people wouldn't notice.



Can you hear the water fowl again? If you are lucky enough to see swans or geese in flight, can you hear their wings as they fly?



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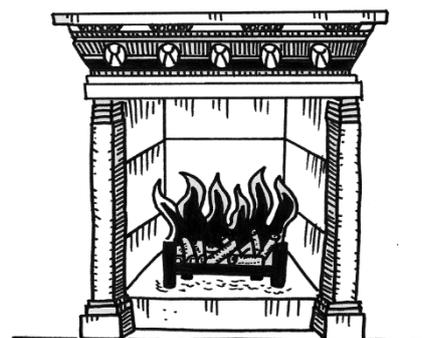
INSIDE THE CASTLE

These ideas will keep your senses active if you go inside Leeds Castle today.



In the Servants Quarters have a look up at the ceiling. What a lovely pattern!

If it is a cold day, the fires might be lit in some of the rooms. Can you feel their warmth?



The wooden staircase spirals around one tall tree trunk! Place your hand on the wood as you walk up the stairs and feel the twists in the wood. Can you find the salamander carved into it?



The Yellow Drawing Room has very interesting walls! They are made of silk. As you exit the room there is a sample of this silk for you to touch. How does it feel? Can you trace the pattern in the fabric with your finger?

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THE MAZE



Find your way to the middle of the maze. You can run your hand along the hedges as you go.

If it has been raining there might be some puddles in the maze. If you're wearing appropriate clothes and shoes have a splash in each puddle you find!



When you reach the middle, stand at the top and have a look around. What sights can you see?



Close your eyes. What sounds can you hear from this high spot?

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THE GROTTO



Take your time and feel the different stones and shells.
Which are your favourites?



Does your voice echo in here? Do you feel like you
should be quiet or loud in the grotto?