

Lurgan Park Family Activity Trail

1. Start

Welcome to Lurgan Park Family Trail! Today we will embark on an adventure that will take us through the wonders of nature, where we will explore the beauty of the Park and challenge our senses.

The trail will take about an hour and a half to complete and along the way, you will encounter 12 fun and exciting challenges that will encourage us to use our creativity, imagination and teamwork skills. Remember to stay safe, respect nature, and have fun along the way!

Now let's begin our walk, walk forward and turn left onto the tarmac path. Continue straight.

2. Anyone for Tennis?

Let's get going! We're starting at the Tennis Courts! As we approach this energetic area, take a moment to listen to the sounds of a game of tennis. Can you feel the energy and excitement of the players as they serve and volley, trying to outsmart each other on the court?

"You can not be serious!"

There are so many other games you can play with a ball in the Park? Let your imagination run wild - how many can you name?

Remember, the Tennis Courts are just the beginning of our adventure. So warm up those muscles and get ready to explore the wonders of nature around us.

Let's do this!

It's not far until your next stop - keep walking straight for about 30 seconds and you'll find challenge number 3 right there!

3. Tower Building Challenge

Welcome to the Tower Building Challenge!

In this challenge, you will use natural materials such as sticks, leaves, and rocks to build a tower or a structure. The goal is to create the tallest or most creative structure within 10 minutes.

Start by choosing a grassy area away from other park users, then gather plenty of natural materials. You can collect sticks, leaves, rocks, and other interesting materials.

Once you have your materials, it's time to start building!

Work with your team to devise a plan and start building your tower or structure. Remember to be creative and use your imagination!

As you build, think about the different shapes and sizes of your materials and how you can use them to create a stable and impressive structure.

When you're done, take time to stand back and admire your creation!

So, are you ready? Get building and have fun!

Congratulation on completing the Tower Building Challenge! Keep following the tarmac path and you'll find your next challenge just before the path curves to the right.

4. The Haiku Challenge

Have you heard of a Haiku?

It is a traditional form of Japanese poetry consisting of three lines, five syllables in the first line, seven in the second line, and five in the third line.

Nature is often a source of inspiration for Haikus, and on this trail, you have the opportunity to create your own!

Listen to the sounds of nature around you - can you hear the rustling of leaves, birds chirping, or water flowing?

Your challenge is to work together to create a Haiku about nature.

Use the syllable count and the theme of nature as your guidelines, but don't be afraid to express your own emotions and ideas.

Here's an example to inspire you:

A soft breeze through the trees,
Birds singing in the sunlight,
Nature's symphony.

Now it's your turn! Let the nature of Lurgan Park inspire you, and create your own Haiku as you walk to the next challenge.

Remember, every moment is a chance to appreciate the beauty and wonder of the natural world around us.

If you spot the mobile catering van in the Park today, please ask the friendly staff for a pen and paper; it will make the challenge so much easier!

So take it all in as you walk to the next challenge! Follow the tarmac path to the right and head towards the Lake for the next stop. There's a very important challenge waiting for you.

5. Nature Clean Up

In our next challenge, we're going to give back and be kind to the Park!

Our beautiful environment is home to many different creatures. Swans, moorhens and coots all live in this area. Unfortunately, sometimes litter can find its way into their habitats and harm them. Plus, it doesn't look very nice, does it?

Your challenge is to find and pick up any litter you see in the area, like plastic or wrappers, and bin it! Did you know that it takes 450 years for a plastic bottle to decompose?

By keeping the Park litter free, you're helping protect wildlife and keep our natural spaces clean and healthy for everyone to enjoy. So let's work together to make our lovely park cleaner and safer for all living things!

Collect a litter picker from the mobile catering van and use the litter bins provided. Please don't pick up sharp objects, report them to a staff member and they will remove them.

There's a short walk ahead. Leave the harbour area and take the Lakeside path, keeping the play park on your right. The path will feel soft underfoot in this woodland area. Take the first righthand turn, where there will be something fun and a little bit competitive waiting for you.

6. Tic Tac Toe

Welcome to the TIC TAC TOE Challenge

TIC TAC TOE has been played in various forms for over 3,000 years, with evidence of the game even found in ancient Egyptian temples and Roman ruins.

Each player takes turns turning the blocks into Xs or O's. The first player to get three of their marks in a row, whether horizontally, vertically, or diagonally, wins the game.!

Your challenge is to find a partner and play a game of TIC TAC TOE. If you're playing with someone who has never played before, take a moment to explain the rules and give them a chance to practice before the real game begins.

As you play, remember to use your strategic thinking skills to try to outsmart your opponent. Will you go for a defensive or offensive strategy? Can you block your opponent's moves and create a winning streak of your own?

Are you ready? Grab a partner, and let the games begin!

Keep walking along the path as it bears right through the trees. You'll never guess what (or who) you'll find next..

7. Green Man of the Woods

Are you ready to hear the mysterious tale of the Green Man of the Woods?

Legend has it that he's a guardian of nature, watching over the forest and its creatures. But no one knows for sure what he looks like or how he came to be.

His face is covered in leaves, and sometimes flowers or mushrooms grow on him! He blends so well into the forest that it's hard to tell where he starts and the forest ends.

Apparently, he can also be a prankster who loves playing tricks on those who wander too far into his territory. Others think he's a good spirit who brings good fortune to those who take care of the forest.

But one thing's for sure - the Green Man is a creature of mystery and intrigue.

Can you come up with your own silly, funny, or even scary name for this, Green Man?

Could he be Twiggy McTwigFace, Leafy Lark or Mossy Mischief?

I'm sure you can do better! What are your ideas?

It's time to say goodbye to our mysterious Green Man of the Woods and move on to our next challenge. Follow the winding path until you get to your next Fun Quest.

8. Fungi Quest

It's time to do the Fungi Quest! In this challenge, you will learn about different mushrooms that grow on trees or the ground.

But first, tell me this ...

What kind of room has no doors or windows?

A mushroom!

Ok, ok - now that you've stopped groaning at that terrible joke, let's learn some fun facts about mushrooms.

Did you know that mushrooms are not actually plants but are instead part of their own unique kingdom of living things?

Some mushrooms have fun and quirky names that sound like they come straight out of a fairytale. For example, there's the "Chicken of the Woods" mushroom, which has a bright yellow and orange colour and grows in clusters that look like feathery chicken wings.

Or the "Dead Man's Fingers" mushroom, which is a dark and eerie-looking fungus that resembles a decomposing hand reaching out from the ground. Yikes!

But the cutest, most famous mushroom of all - I'm sure you know it - red with white spots doesn't have such a cute name - it's called the fly agaric and is actually poisonous.

So, unless you are experienced and can identify different types of mushrooms with certainty, it's best to leave them alone.

Now, back to the challenge .. but before you go, one last question for you ...

Why do mushrooms get invited to all the best parties? Because they're FUN-GUYS!

Congratulations, you are halfway through the trail. As you move to the next point, don't forget to spot the different types of mushrooms growing on the trees or the ground.

Keep following the path to the right, but don't go too far – your next challenge is hiding among the trees.

9. Listen and Lead

Welcome to the Listen & Lead Challenge!

In this challenge, you and your partner will work together to navigate a course with your eyes closed. You will hold onto a rope already in place, but you'll need to listen carefully to your partner's directions to avoid any obstacles.

Remember, no cheating! Keep your eyes closed at all times -or if you've got a scarf, you could tie it over your eyes!

We want you to trust your partner and rely on your other senses.

And don't worry, we won't put any banana peels in your way... or will we? Just kidding, we promise to keep it safe and fun.

Are you ready to put your trust to the test? Let's go!

Why not try again, this time, you are only allowed two commands, forward, back, right, left. What will you use! Think of other ways you can communicate with each other while completing the challenge. Remember to swap over, so each person gets a go being the leader.

Continue along the path.

10. Nature Art

Your next challenge - should you choose to accept it is to create a nature-inspired picture.

Collect ten items, such as sticks, leaves, feathers, or rocks.

Remember to get permission from an adult before collecting any items. Also, remember to respect the environment by not damaging any plants or trees.

Now, let's get creative and see what fantastic artwork you can make with the natural treasures you find before you get to the next marker.

Once you've produced your masterpiece, send us a photo of it, and we will share it on our Facebook page for others to enjoy.

Send pictures to Rec.dev@armaghbanbridgecraigavon.gov.uk

As you continue along the path, you will notice that it begins to curve to the right. Your next challenge is just ahead, and it will require you to use one of your senses in a unique way. Can you guess what you might need to do?

11. Time to get tactile!

Take a moment to feel the bark of the trees around you.

Can you describe the texture of the bark using as many different adjectives as possible? Is it rough or smooth, hard or soft, bumpy or peeling?

What other words could you use?

Can you guess the type of tree based solely on the texture of its bark? The rough bark of an oak tree versus the smooth bark of a birch tree?

If you want to learn more about trees, why not try our tree trail next? You will hear lots of fun facts and interesting stories.

Time to get tactile and explore the textures of the trees around you!

Did you know that tree-hugging or forest bathing is good for you? Hugging a tree releases a hormone called oxytocin, also known as the hormone of love and trust.

Spend a few minutes hugging a tree before you move on to the next challenge.

Well done,

Keep up the momentum and continue along the path until you reach a crossroad. Take a right turn as you join the main tarmac path. Don't forget to look around and enjoy the scenery as you walk.

Be on the lookout for any interesting plants, flowers, or animals that catch your eye. You never know what kind of cool things you might find on your journey home. And speaking of cool things, your next challenge is just up ahead! Are you ready for the challenge? Let's go!

12. Funny Walk

Alright explorers, get ready for a fun and silly challenge!

It's time for the Funny Walk Challenge! Your challenge is to walk in a silly or funny way.

You could try hopping like a rabbit, waddling like a duck, or even walking backwards. Spread your wings like a bird, take gargantuan steps like a giant, or prowl like a lion. Be creative and have fun.

And when you get close to the next spot on the trail (the bright yellow bench in the distance) try and arrive with your funny walk still going.

Are you ready to hop, skip, or jump your way to the next and final point?

Almost there, trailblazers! Keep going for a colourful surprise on your right-hand side. You can't miss it!. It's the perfect spot to rest your legs and soak up the beautiful scenery around you. Keep walking straight. Let's go and finish your adventure off in style!

13. Chatty Bench

Welcome to the Chatty Bench - a very special spot for making new friends and having fun conversations!

Here at the Chatty Bench, you can take a rest after all that walking and strike up a conversation with your fellow trail-goers

Start chatting and see where the conversation takes you! You can tell a joke, share a funny story, or even ask the person next to you some fun questions!

What about what's the craziest thing you've ever eaten? Or if you had a time machine, which decade would you travel to and why? If you were a superhero, what would be your superpower?

Think about what you would love to know, and you might learn something new that you never knew before!

Talking to others is good for your mood and well-being, so it's a great way to make new friends. So, why not give it a try?

Remember, the Chatty Bench is a special place for connecting with others, so be kind, respectful, and have fun!

Once you have finished chatting, it's time to return to the start. Take the gravel path between the grass pitches and from here, it's a quick hop, skip and jump back to the car park.

14. Finish

Congratulations, you have completed the 1-mile family activity trail!

As you have seen, nature provides countless opportunities for discovery, creativity, problem-solving, and education. In nature, children think, question, and make hypotheses, thereby developing inquisitive minds. Interacting with nature allows children to learn by doing and experimenting with ideas.

We hope you enjoyed the challenges today.

Thank you for coming to Lurgan Park.

Please come again soon and try one of our other audio trails.

Safe home.