

Solitude Park Family Trail

1. Start

Welcome to Solitude 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 you about an hour to complete and along the way, you will encounter 11 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!

Let's begin our walk, going forward, turn right and take the first left down towards the skate park, go past the skate park and you can't miss our first challenge.

2. Flower Sculpture

Welcome to The Flax Flowers Sculpture by Ann Feely!

Did you know that this amazing sculpture stands 22 feet tall and is made of shiny stainless steel?

It has three flax flowers which represent the importance of the flax plant in Northern Ireland's history.

Flax was mainly grown for the production of linen, which used to be a significant export and source of income for many people.

Did you also know that the Northern Ireland Assembly logo features the linen or flax plant, with the six flowers on the coat of arms representing the six counties that make up the region?

But now, time for your first challenge!

Can you name ten more flowers?

Take turns naming a flower and see if you can get to ten.

You can pick any flower you like - it could be your favourite, one you've seen in the park or one you learned about in school.

Let's get started and see if you can name ten beautiful flowers together!

Well done, now let's follow the path into the amphitheater, keeping to the path closest to the river. Up ahead you will find a challenge where you need to use your imagination.

3. Stepping Stones

Welcome to the Stepping Stones Imagination Challenge, where you'll need to use your sense of touch and balance to step between the stones.

This challenge is not only a test of your physical ability but also an opportunity to imagine and explore the depths and heights of nature and the universe using only your imagination!

Remember, you can pause my voice between the steps!

First, find the starting point and take a moment to feel the texture of the stones with your feet. As you move through the challenge - notice the difference between each stone and their shapes and sizes.

If you have a helper with you, they can guide you to the first stone and describe its location and height.

Now, imagine that you are on a journey of exploring different depths and heights within nature!

Each stepping stone represents a different layer of the Earth and beyond. With each step, you'll discover the mysteries and wonders of the universe.

- As you step onto the first stone, imagine its damp surface and its chill against your skin. You're now in a world of deep and dark caves where stalactites and stalagmites create eerie shapes. Watch your step as you navigate the slippery rocks!
- As you move onto the second stone, you're in a world of vibrant and diverse coral reefs, where colourful fish and plants live. You can hear the sound of waves and the sight of sunlight dancing on the water. Take a moment to appreciate the beauty and fragility of the ocean.
- Time for the third stone; you're in a world of vibrant and diverse rainforests, where the lush canopy above you and the sounds of exotic wildlife create a

mesmerizing and enchanting experience. Describe what's around you! Take a moment to appreciate the diversity and beauty of the Earth.

- As you step onto the fourth stone, you're now on a high mountain peak where snow and ice sparkle. You can feel the wind blowing and the sun warming your face. Take a deep breath and imagine the panoramic view.
- Next, step onto the fifth stone, which is the platform of a spaceship. You're now on a journey into the unknown depths of space, where stars and galaxies stretch infinitely. Watch your step as you enter the capsule and prepare for the launch.
- Finally, step onto the last stone, which is the platform of a space station. You've now reached the ultimate heights of human achievement, where science and technology meet imagination and aspiration! Take a deep breath and feel the weightlessness of zero gravity.

You made it – time to come back to reality!

Retrace your steps back to the flower sculpture, past the skate park. Then keep to the left hand side path, cross the bridge and up the hill. Once you reach the main path, take a left; your next challenge is just a few steps away.

4. Beech Tree Avenue

Welcome to Beech Tree Avenue! This path is full of tall, majestic beech trees. Did you know that trees are like the lungs of the Earth? They take in carbon dioxide and give out oxygen, which is essential for us to breathe. So, let's give these trees a big "thank you" by showing them some love!

Your next challenge is to give one of these beech trees a big, warm, and friendly hug. That's right, we're talking about tree hugging! It may sound silly, but hugging a tree is a great way to connect with nature and show appreciation for all that it does for us. Plus, it can make you feel good too!

So, find a tree that you like, wrap your arms around it, and give it a big squeeze. Take a deep breath in and feel the connection with nature. And don't worry, trees don't mind a good hug!

After you've hugged your tree, take a moment to appreciate all of the amazing things that trees do for us, like provide us with shade, clean air, and a home for wildlife!

Feeling better? Time to move on to the next stop.

At the end of the beech trees, turn left and make your way onto the bridge.

5. Pooh Sticks

Time to have a game of Pooh Sticks.

The game is really simple! And really fun!

Firstly each player needs to find a stick that is roughly the same size and shape.

Next, stand on one side of the bridge and drop your stick into the water at the same time as the other players.

(Choose someone to do a countdown - 3-2-1 DROP!)

Quickly run to the other side of the bridge to see which stick emerges first.

The player whose stick emerges first is the winner!

Are you ready! Let's play.

Let's keep going. Make your way off the bridge and turn left. Follow the left-hand path toward the urban dance zone, where you will find your next challenge.

6. Follow the Leader.

This game is a lot of fun but you'll need to listen carefully to the instructions.

As you make your way to the next challenge, play a game of "Follow the Leader".

First up, choose a leader and have everyone else line up behind them.

The leader will perform a series of movements and actions; everyone else in the group must copy them exactly.

Try running, hopping, skipping or spinning in circles.

If you see something interesting, stop and have a look; everyone else will do the same.

When you're the leader, you can also add in some silly movements to keep things fun.

Anyone who does not successfully copy a movement is out.

The leader in the next round is the last person still following at the end.

Make sure everyone has a go at being the leader, and remember to get creative with your movements.

That was fun! Now let's make our way to the next challenge. It's just up ahead

7. 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

Let's keep moving! Follow the path and take a left onto the viewing platform.

8. Guess What?

Are you ready for the Guess What challenge?!

In this challenge, you will take turns picking an object you have passed on the trail and describing it to the other person. Don't tell them what it is!.

The person guessing has to listen carefully and try to figure out what the object is based on the description. The one who guesses correctly gets to pick the next object!

Be creative with your descriptions and have a blast!

Are you ready to play? Let's go!

To find your next challenge, return to the main path, turn left and your next challenge is a couple of steps away.

9. Haiku Challenge

I want to tell you about something called a Haiku?

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

Nature is often a source of inspiration for Haikus, so your challenge is to work together to create your own 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 Solitude Park inspire you and create your own Haiku.

Next, you will come to the downstream bridge. Halfway across the bridge, your next challenge awaits you.

10. Alphabet Challenge

Welcome to the bridge, explorers! Our challenge here is called the "Alphabet Adventure".

Your task is to look over the bridge and try to find an object that starts with each letter of the word "NATURE".

So one thing for each of the letters, N, A, T, U, R and E!

Work with your family and friends to find an object for each letter.

How quickly can you find one for each!

3-2-1 - go!

Great work - now make your way off the bridge, turn left and follow the path straight ahead. Your next challenge is on the bright yellow bench in the circular garden on your left.

11. 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 break from 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!

Almost there, trailblazers! Return to the main path for the final challenge, you are now on the home straight. The path to the car park is just up ahead.

12. Funny Walk Challenge

Alright, explorers get ready for a fun and silly challenge!
It's time for the Funny Walk Challenge!

As we walk along this final section, your challenge is to walk in a silly or funny way.

You could try hopping like a rabbit, waddling like a penguin, 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.

From here, it's a quick hop, skip and jump back to the car park.

13. Finish

Congratulations, you have just completed the family activity trail and walked half a mile.

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

Safe home.