

Enjoyed your walk?

Why not sign up to hear about other forthcoming events, activities, nature walks and volunteer opportunities with Cliffe Castle Support Group (CCSG).

Contact: ccsgcomms@gmail.com

www.facebook.com/Cliffecastle.supportgroup

What next?

Cliffe Castle Museum: Free to explore with the help of the Heritage Museum Walk. <https://bradfordmuseums.org/wp-content/uploads/2024/10/CC-Heritage-Walk-A3-leaflet.pdf>

Glass houses: semi tropical plants and succulents to wander past. You can sit on the bench or even on the wall if you mind the plants. It's warm and dry with views over the park.

Monday Group: a free weekly group who meet up to tackle small gardening and maintenance jobs in the park.

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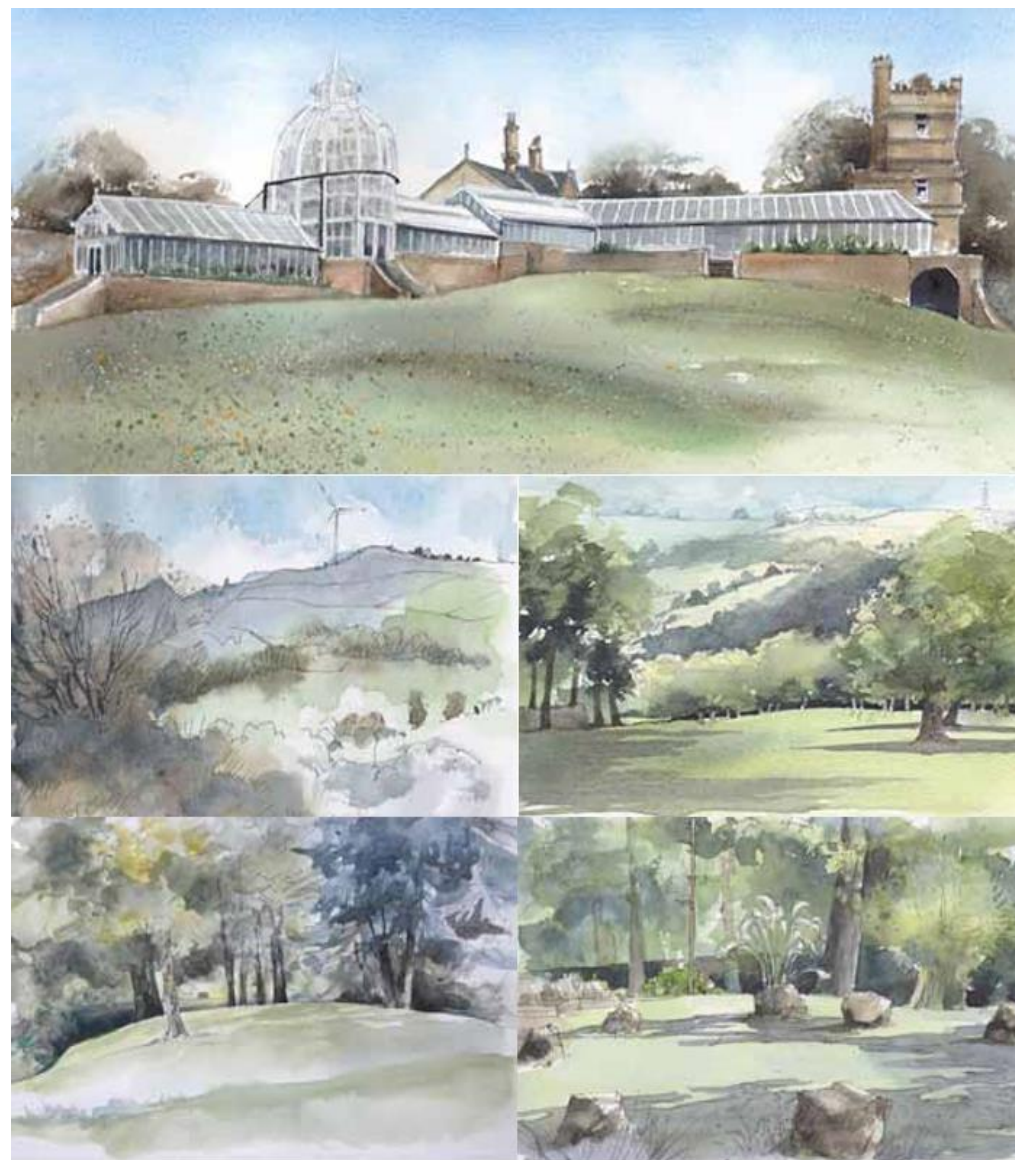
Wellbeing Guided Walks for groups: If you are interested contact Val Preston valpreston@live.com

Cliffe Castle Park Run: A free weekly timed 5k walk /jog/ run at 9am every Saturday. Friendly and fun. Join on any Saturday. More details: www.parkrun.org.uk/cliffecastle/ or Contact: cliffecastle@parkrun.com

Get Out More CIC; Nature-based weekly activities for people of all ages, based at the Gatehouse, Cliffe Castle Park. More details: www.getoutmorecic.co.uk or Contact: info@getoutmorecic.co.uk



The wording in this publication can be made available in other formats. Please call 01535 618231



Cliffe Castle Wellbeing Walk

A gentle sensory walk, engaging with our more natural areas of woodland, wildflowers and wildlife at Cliffe Castle Park, which leaves you connected, energised and well.



Scan to listen to the Wellbeing Walk, in Bengali, English or Urdu



Find a stone within the circle. Sit and appreciate your surroundings in this naturally tranquil spot. Then stand up, with your feet slightly apart so that you are comfortably balanced. Press down gently, one foot at a time, and breathe in time to the movement. Do you feel grounded, centred and relaxed?



There are some amazing trees in the park. Which is your favourite? Here on the path touch the trees with your hands, breathe slowly and feel aware. Listen to the sounds around you and feel your connection with the natural surroundings.



This is a perfect spot to look back and trace your footsteps around the fountains, formal gardens and tree lined paths. Whatever the time of year there are varied and seasonal wonders, and it's a great place to reflect and connect with your surroundings. Here you can choose a bench or sit on the grass, watch people and listen to the sounds of the park. Take some deep breaths; breathing in, raise your hands up to chest height as if gathering in, hold for a second and then breath out whilst lowering your hands to your waist. (You can do this sitting or standing).



This is an ideal spot to start your walk. Look at the magnificent views of the Aire Valley, the hills, the tree-tops and the sky. Stand a while, take a moment and breathe it in. Pause whilst watching the world and the clouds go by.



Head down into the woods; enter following the winding path to the right. Breathe in the earthy aroma, and hear the sounds of the woodland undergrowth and wildlife. Walk slowly and carefully listening to the wind in the trees. Can you hear birdsong? The noise you make as you walk?



Walk along the slightly inclined tree lined path which is nicely sheltered. Choose your own pace or saunter, and use the trees as a guide to develop your speed and stamina each time you walk the route. Pause, and notice the change in your heart rate and breathing. Breathe in through your nose and out through your mouth.

