

Chesham Museum Sensory Trail

Explore Lowndes Park using your senses and choose how you want to do it. The map shows you which senses to use. Only do what you want or can.

The way that you experience the trail may depend on lot's of things. Circle the ones that describe your experience today...

The Park

The Season				The Weather				My Mood				
												
Winter	Spring	Summer	Autumn	Rainy	Cold	Windy	Hot	Cloudy	Excited	Nervous	Happy	Sad



Lowndes Park

Key
Be careful on slippery surfaces and by the pond!
Please allow 25+ mins

St Mary's Church
How does the Thomas Harding monument feel?

Community Orchard
Did you hear the church bells?
YES / NO

The Rolling Pin
The Rolling Pin is a mysterious hill. If you are full of energy, walk up to it, and roll down it!

Play Area
The rocks in the churchyard are from the Bronze Age!

Skate Park
How do the cobbles feel beneath your feet?

Scented Garden
The Scented Garden was created in 1956 for blind visitors.

Cycle Area
Smell and touch the flowers. Trace the words.






WC

Skottowes Pond
What can you see and hear on the pond?

Pudding Stones
The pudding stones were formed in the Ice Age!

Be still, take in the views and sounds

Things you could bring with you:

-  Weighted jacket
-  Ear defenders
-  Wellies
-  Fidget toy
-  Food for the ducks

Did you know?



The park is named after William Lowndes, who was secretary to the treasury for Queen Anne. He owned the parkland in the early 1700s.

Circle the senses you used:

-  Touch
-  Smell
-  Sight
-  Sound



Chesham MUSEUM

A Community Resource

The Town



Chesham Museum Sensory Trail



NPHT NATIONAL PARALYMPIC HERITAGE TRUST

Explore Chesham's history using your senses. Choose your starting point. The map shows you which senses to use. Only do what you want or can.

Please allow 30+ mins

Tick all of the surfaces that you walked on today:

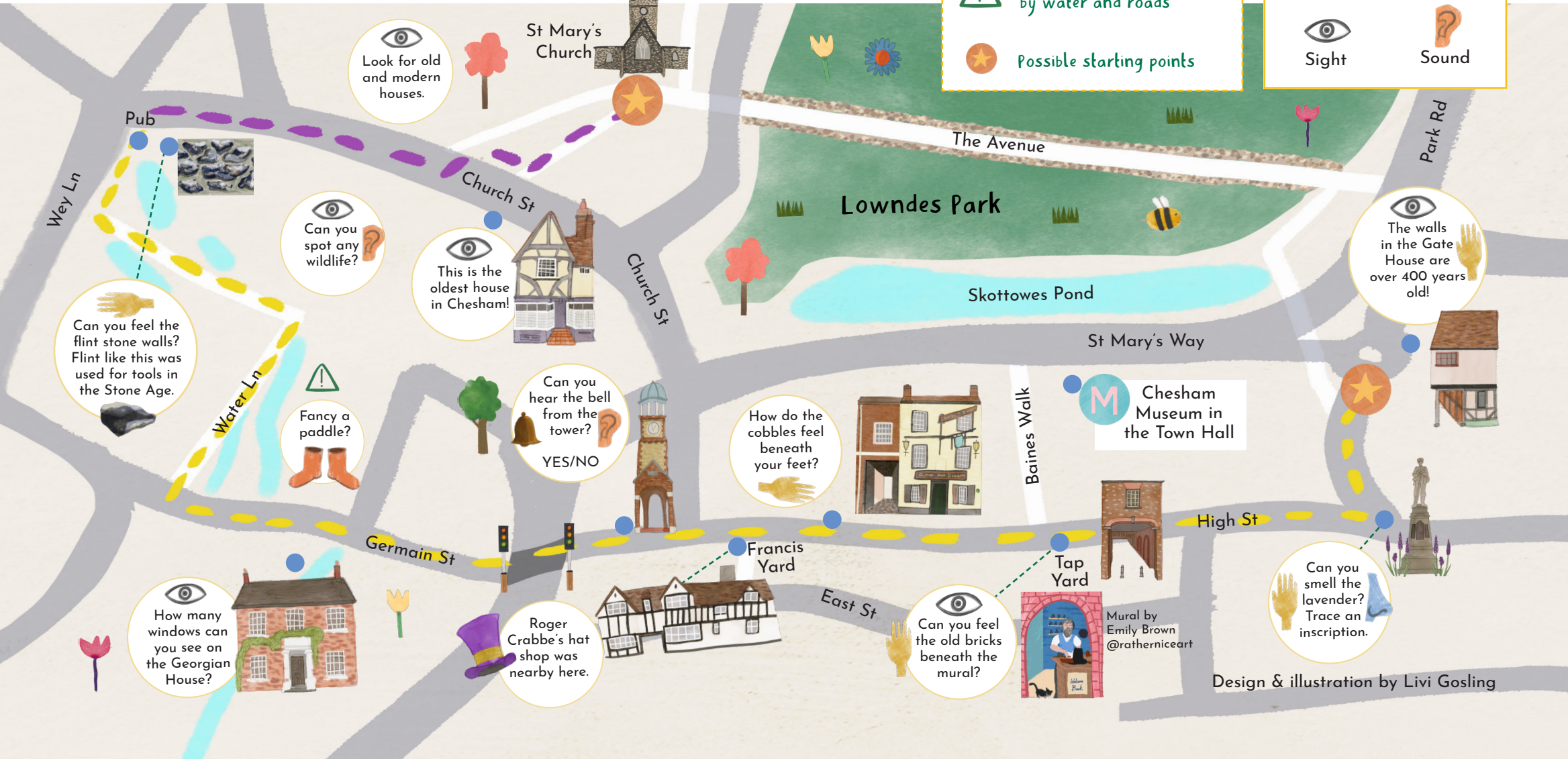
Brick	Cobbles	Grass	Mud	Tarmac	Puddles	Soil
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Key

- Trail
- Not wheelchair accessible
- Be careful and supervised by water and roads
- Possible starting points

Circle which senses you used:

- Touch
- Smell
- Sight
- Sound



Design & illustration by Livi Gosling