

This circular trail starts and finishes outside the **garden centre** in Cutteslowe Park.

Seating near the duckpond, San Remo cafe and at Museum of Oxford's sensory garden in the garden centre. There is also a cafe inside the Garden Centre.

There are **no steps** on the suggested route.

Toilets near San Remo cafe.

Cuttelowe Park Sensory Trail

Use your senses to explore the park and find out more about its history.

1. Start outside the garden centre.



Touch the bark of a tree.

Can you find a tree bark with a different texture nearby?

Look for the blue sign that marks the start of the Sri Chinmoy Peace Mile. The mile long route around the park was created in 1987 and named after Sri Chinmoy. Find out more about him on the sign.



2. Follow the path to the duck pond.



Take a seat and listen to the sounds around the pond.

Which of these can you hear? Ducks, Swans, Geese, Water, Birds

Cuttelowe Park was created just before the Second World War. Before then this land was used mainly as farmland.



3. Follow the path away from the pond (past the red bin on your left) and head towards the notice board.



See if you can spot any of the flowers shown on the board. Can you find any Dandelion seed heads to blow or Dandelion petals to touch?

This path through the Community Woodland follows the route of the Drovers Way - an old path which was used to take animals to sell in Oxford's markets. It continues on the other side of the Ring Road across Sunnymead Park.



During your walk you might want to collect some small items such as pinecones or leaves which you could use later to make an artwork or put in a jam jar to create a sound shaker.



4. Follow the path through the woodland.



At the end of the path turn right.

Look out for blackberries to eat in late Summer.

The allotments and Community Orchard on your right are an important part of the history of food growing in the park. During the Second World War, large parts of the park were dug up to make space to grow food.

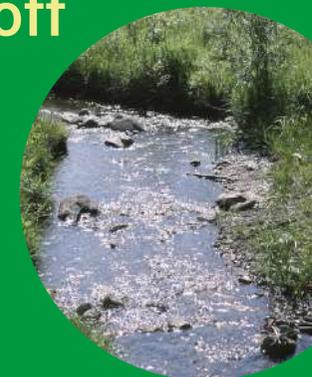


5. Go through the gate and follow the path to the right, back into the park (mind the cars turning off the main road).



Stop by the stone bridge and listen out for the stream beneath. What other sounds can you hear?

Straight ahead there are a few remaining Horse Chestnut trees near the cafe. There used to be 69 Horse Chestnut trees in the park. Unfortunately they have been affected by disease and so they are being replaced by other tree types. Look out for Conkers on the ground (the seeds of the tree) in Autumn!



6. Follow sign posts towards the garden centre. Stop at large Pine tree, close to the park buildings.



Stand beneath the tree and touch the leaves - how do they feel? How do they smell when you crush them?

Can you see the old Cutteslowe Farmhouse behind a wall? Maps show that there's been a manor house here for over 300 years. Finish your walk by the garden centre, further down the path.

