

# SIMMONS Park

OKEHAMPTON

**MAKING CHOICES** - there are lots of ways into the Park. Which will you choose today?

**EXPLORE THE PATHS.** Go up the steps into the Forest. Follow the River Loop or go along the Main Path into the heart of the Park.

**EXPERIENCE THE PARK**

- LOOK** - There is **WORLD WAR II** pill box in the Park - can you find it?
- IMAGINE** Find the doorway in the Holly Tree. Step through. Where does it lead?
- HEAR** How many bird houses can you find in the Park?
- HEAR** Can you hear the crows, rooks and jacksnaws?
- LISTEN** - hear the sound of the bridge when you stomp on it. Does it make a different noise when you jump on it?

**STOP AND THINK** Find a bench - there are plenty around the Park - and pause for a minute or longer. If feel like talking, sit on the "Say Hi" bench.

**OPEN SPACE** - the Park has a huge area of grass with space for everyone.

**FIELD OF DREAMS** - lie back on the grass. The Park's open space means you can see a vast area of sky above. On a clear day, lose yourself in the endless blue, or if there are clouds, drift away as they float overhead.

**HEAR** - how does the East Okement River sound today? Rising high on Dartmoor, its mood changes depending on the weather. Is it gently babbling or is it loudly roaring?

**PLAY** - Simmons Park has a brilliant Play Area. Swings, slides, climbing frames and lots more to choose from.

The Toddlers' Area is enclosed, and the whole Play Area is dog-free. There are plenty of benches and picnic tables.

Have fun and **PLAY SAFE**.

**SEE AND DO** - find the Weeping Willow and play hide and seek under its branches.

**PLAY POOL** - Slides on one of the bridges.

**FLATT'S MEADOW** is one of the Park's winter areas. Find the wooden signs at the far end and feel the carved shapes without looking. Can you guess what they are?

**RELAX** - try forest bathing in the trees. Fill yourself with the sounds and smells. Feel the earth and the bark of the trees.

**LEISURE CENTRE**

**BOWLING CLUB**

**CAR PARK**

**EAST OKEMENT RIVER**

**LEGEND:**

- SMOOTH PATH** - all access
- GRAVEL / DIRT PATHS** - limited access - see the map at the Park entrance
- STEPS**
- PICNIC TABLES**
- SHELTERS**

**SENSORY ICONS:** EYE (SIGHT), EAR (SOUND), NOSE (SMELL), HAND (TOUCH)