Old Man Pool (left) and Island Pool (right) are good places to see birdlife. The path ahead may be closed when the deer are fawning.

Slaughterhouse—you can cross the park here following the white paths on the map to reach the next avenue.

Deer barn
Charcoal stile
Smithy pool—a good places to see birdlife.
Smithy stile
Little Bollington stile
Walking routes

**Blue route**
This shorter route takes you across rough ground and between trees. Sturdy, waterproof footwear is advisable.

**Yellow route**
This route takes you on hardstanding paths making this the most accessible for pushchairs, wheelchairs or mobility scooters.

**Pink route**
This long route takes you on hardstanding paths around almost the perimeter of the park. At the far end of the park, you will pass through 4 sets of gates which must be closed behind you to prevent the deer getting into the tree plantations.
What can you hear?
Sit or stand. Feel the weight of your body, gravity rooting you to the earth. Notice any sounds close by or in the distance.

What can you see?
Close your eyes and count to 5. When you open them again look around you. What can you see? Stillness, movement, the furthest point, views that lead the eye, flora and fauna.

How do you feel?
Look up to the sky and down to your feet. What can you feel in this moment? The warmth of the sun, the cool rain, the wind on your cheeks. Is the ground below you rough or smooth? Can you feel the expanse of an open space or the closeness of the trees and vegetation.

‘The need of quiet, the need of air, the need of exercise...the sight of sky and of things growing seem human needs common to all’
Octavia Hill, Founder of the National Trust
Woodland activities

Can you see any signs of animals living in the park like prints, tracks, fur or poo?

Can you find a tree with lots of little holes like this made by a woodpecker?

Did you see any of these plants or animals?

Can you find something to match every colour on this wheel while you are exploring?

Pick a tree to start at and a tree to finish at and see how fast you can run between them.
Thank you for your support and we hope you enjoyed your visit

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