# NATURAL PLAY TRAIL

The Roman snail (Helix pomatia), is the snail used in French cuisine where it is called "Escargot." The foot contracts to produce movement and glands within it release a mucus that reduces friction with the underneath surface. The trails left on the ground helps snails to follow their way back to the place where they came from as a kind of reminder. Follow our 'snail trail' to help you navigate our Natural Play Trail.

Our new natural play trail has been designed along with local children to be fun and challenging for everyone! Please go round it as a family and test your climbing, balancing and jumping skills while playing creatively. The items are meant to be used by both adults and children in as many different ways as your imagination allows.

Please play safely: the trail is made of natural materials and the items are outdoors so they'll be slippy when wet or icy. The ground might be uneven or muddy at times and if you fall off things, yes it might hurt a bit! We want families to have fun and maybe be a little bit daring - just a little bit, mind!- so always have a good look at the things you find on the play trail before you get stuck in to make sure you can use them safely. We learn by doing things so removing all of the risk from natural spaces can also remove all of the fun. We do however inspect the trail on a regular basis checking for hazards.

The Natural Play trail has been designed to follow a loop and when you reach each item you should be able to see the next making it easy to find your way around. Look out for our little snail to give you a helping hand with navigating.

More information about Natural Play can be found on our website.

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