For adults and their children to enjoy between August and October

Things to bring!
- an adult
- sensible, comfy shoes
- warm and waterproof clothes
- drink and snack
- pencil

Under the horse chestnut trees opposite the Water Tower, look for a fallen conker. Carefully open the spikey case - you have just given birth to a conker! The conker has a pattern like a fingerprint. Can you find two conkers with the same pattern?

If there are no conkers, then find some leaves. Look at the end of the stalk – it looks like a horse shoe! Can you make a mini trail in the mud?

The Avon Gorge and Downs Wildlife Project is a partnership of Bristol City Council, Bristol Zoo Gardens, Natural England, University of Bristol, the Society of Merchant Venturers, Downs Committee and BCSF.

www.avongorge.org.uk
2. **Nature spotters**
Can you spot these signs of autumn? Keep your eyes open and mark them off when you see them. Remember not to eat anything, no matter how tasty it looks!

- Blackberries
- Leaf miners
- Holly berries
- Hawthorn berries
- Butterfly
- Mushroom
- Rosehips
- Elder berries

3. **How the hawthorn got its twist**
No one quite knows how this hawthorn tree got its mysterious twisted trunk. What do you think? Write notes for your story then tell it to your audience!

4. **Sounds of the Downs**
Look out for a ring of five trees, this is an excellent place to play ‘Sounds of the Downs’.

Sit quietly and listen to the noises around you for two minutes. Each time you hear a new sound write it down.

How many sounds did you hear?
Can you divide them into ‘human sounds’ and ‘nature sounds’?
Which are there more of?

5. **Leaf rainbow bingo!**
As you walk down the avenue of trees you will see lots of different coloured leaves. Mark off the different colours as you see them. Can you tick off a line? Or even get a full house by spotting all of them?
A guide for grown-ups

Once you embark upon this trail you could be out and about for up to 2 hours. The trail begins at Café Retreat (pictured) and there are toilets situated on the other side of the Water Tower, a short walk from here.

BEWARE! There are no other toilets once you start the trail!

Watch out for bikes on the cycle path in front of the cafe.

This section is designed as a guide to enable you and your child or children to get the most out of the trail. We highly recommend reading this section through before you start the trail so you can stay one step ahead of your little ones!

Conkers appear around the end of August. If you are doing this trail in October then it is unlikely that you will find any conkers so you will have to do the leaf activity instead.

Did you know? Horse chestnut trees are not native to the British Isles. They were introduced in the 16th century from the Balkans*. No one is quite sure why they are called horse chestnut but they were once fed to horses as a stimulant and to make their coats shine.

The World Conker Championships are held in England every October! Why not collect some conkers to take home and then get practising!

* most of the former Yugoslavian states, plus Albania, Bulgaria and Greece