



Cliffe Castle Wellbeing Walk

A gentle sensory walk, engaging with our more natural areas of woodland, wildflowers and wildlife at Cliffe Castle Park, which leaves you connected, energised and well.



Scan to listen to the Wellbeing Walk, in Bengali, English or Urdu



This is an ideal spot to start your walk. Look at the magnificent views of the Aire Valley, the hills, the tree-tops and the sky. Stand a while, take a moment and breathe it in. Pause whilst watching the world and the clouds go by.



Head down into the woods; enter following the winding path to the right. Breathe in the earthy aroma, and hear the sounds of the woodland undergrowth and wildlife. Walk slowly and carefully listening to the wind in the trees. Can you hear birdsong? The noise you make as you walk?



Walk along the slightly inclined tree lined path which is nicely sheltered. Choose your own pace or saunter, and use the trees as a guide to develop your speed and stamina each time you walk the route. Pause, and notice the change in your heart rate and breathing. Breathe in through your nose and out through your mouth.



Find a stone within the circle. Sit and appreciate your surroundings in this naturally tranquil spot. Then stand up, with your feet slightly apart so that you are comfortably balanced. Press down gently, one foot at a time, and breathe in time to the movement. Do you feel grounded, centred and relaxed?



There are some amazing trees in the park. Which is your favourite? Here on the path touch the trees with your hands, breathe slowly and feel aware. Listen to the sounds around you and feel your connection with the natural surroundings.



This is a perfect spot to look back and trace your footsteps around the fountains, formal gardens and tree lined paths. Whatever the time of year there are varied and seasonal wonders, and it's a great place to reflect and connect with your surroundings. Here you can choose a bench or sit on the grass, watch people and listen to the sounds of the park. Take some deep breaths; breathing in, raise your hands up to chest height as if gathering in, hold for a second and then breath out whilst lowering your hands to your waist. (You can do this sitting or standing).



Enjoyed your walk?

Why not sign up to hear about other upcoming events, activities and volunteer opportunities with Cliffe Castle Support Group.

Email ccsgteam@gmail.com or leave your details with the museum reception.

What Next...

Cliffe Castle Museum: Step inside and you will be welcomed by friendly staff. Just wander around and stop and look at whatever takes your fancy. You can go on a virtual reality tour first so you know what to expect – it will have changed a bit but you can see what's different when you visit www.bradfordmuseums.org and search for Cliffe Castle Virtual Reality Tour.

Glasshouses: Offer semi tropical plants and succulents to wander past. You can sit on the bench or even on the wall if you mind the plants. It's warm and dry with views over the park. Enjoy being close up to the plants.

Cliffe Castle Parkrun: A free, weekly, timed 5k walk/jog/run at 9:00am every Saturday. Open to all ages and abilities. Organised entirely by volunteers. Friendly and fun. Join us any Saturday. Contact cliffecastle@parkrun.com or visit www.parkrun.org.uk/cliffecastle.

The Lion's Den (Shed): Offers a warm welcome to all. Membership is by annual donation, offering activities and peer to peer support for Mental Health and Wellbeing, including Woodwork, Horticulture, Art & Crafts, Koi Carp ponds, singing and much more. For further information ring 07903 044060, e-mail: nalla105c@yahoo.co.uk or send a message through our Facebook page.

Discover Tai Chi: simple outdoor sessions take place in Cliffe Castle Park, organised by an award winning business with a social purpose, delivering evidence based tai chi and qigong for health and wellness. Contact info@discovertaichi.uk or call 07528 959091.

Truly Essential: offer Guided Wellness Walks for Groups – if you are interested email valpreston@live.com or call 07813 662625.



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