

Trans Pennine Trail Alphabet

See if you can fill out this alphabet with things you may find out on the trail.

| | |
|---------|---------|
| A _____ | _____ |
| B _____ | O _____ |
| C _____ | P _____ |
| D _____ | Q _____ |
| E _____ | R _____ |
| F _____ | S _____ |
| G _____ | T _____ |
| H _____ | U _____ |
| I _____ | V _____ |
| J _____ | W _____ |
| K _____ | X _____ |
| L _____ | Y _____ |
| M _____ | Z _____ |

Trans Pennine Trail



Children's Information Pack



Here's all you need to know about Ford the Fox

What I look like – The colour of my coat can vary but it's usually red-dish-brown. I have a slender muzzle with white on upper and lower jaws and pointed ears with black backs. Long thick furry tail often white tipped. Our tail (or brush as it is often called) is also used to help us balance, a blanket to keep us warm when it's cold and also as a flag to help us communicate with other foxes.



Lifespan / Young / Body Facts – Out in the wild we live for an average of seven years. Red foxes can have between 4 – 7 cubs and can grow between 50 – 90 cm. Our tails can grow from 30 – 50 cm and we weigh between 6 – 10 kg.

What I eat – We have a very diverse appetite and generally will eat whatever comes along, from rodents, rabbits, birds, fruit, vegetables, fish, frogs and even food from your rubbish bin! Prey is often taken home and outside the entrance you can find remains of many different kinds of prey. We normally hunt alone and prefer dusk / evening times.

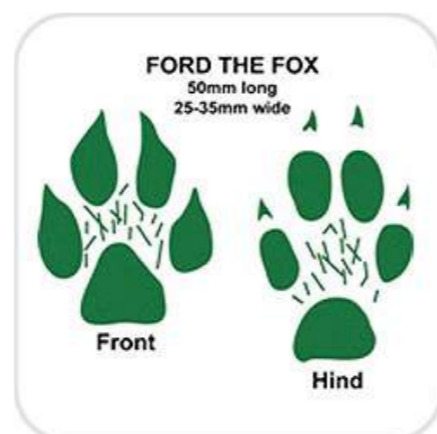
Where I live – Red Foxes can live in many places; forests, grasslands, mountains, farms and towns. My home is called an 'earth or den'. I normally build a 'den' on a south-facing slope with sandy or gravelly soil. I can build under a large rock or tree but also build a larger earth with lots of tunnels and holes, most of which I'll never use.

The soil I remove from my home is scattered all over the exit holes and forms a fan-shaped pile. As we like to go out in the sunshine to relax, you will often find that the vegetation near the entrance will be well worn and trampled down.

Tracks – My tracks are more oval than dogs, approx 5cm long and 3-4 cm wide with the hind feet slightly smaller than the forefeet, both with four toes. We do have five toes on our forefeet but the inner toe is so high up that it leaves no mark in the track. Our claws are long and pointed and our tracks are symmetrical so that it's impossible to tell from a single print whether it comes from a left or right foot.

The track from our forefoot should be larger than our hind foot. In winter our hair between the pads grows thick to cover them and our tracks could become larger and more rounded. Here's what my footprints look like. If you click here you can download a copy to take out on the Trail.

Other Facts – Our resourcefulness in finding food and lodgings has earned our legendary reputation for being intelligent, sly and cunning. We are now one of the most common mammals that can be found out in the wild. We are a member of the Dog family. We have a strong sense of smell and our pointed ears are sensitive scanners. The size of my territory varies from as little as 25 – 50 acres to well over 250 acres.



How to make Dandelion Syrup

Things you need:

- 250 Dandelion Flower Heads
- 1 Lemon
- 4 Cups of Water
- 2 Lbs of Sugar
- Jar



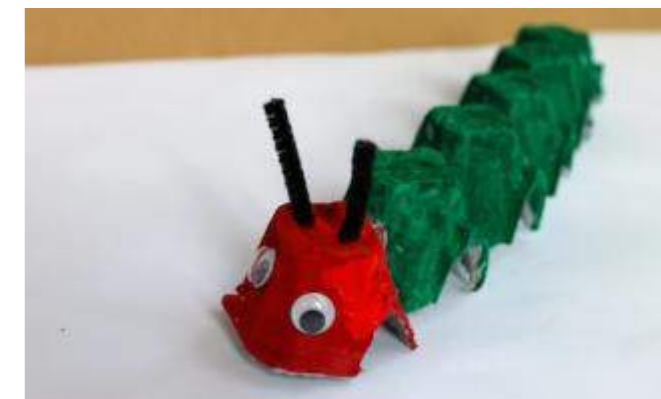
Steps

1. Put 250 Dandelion flower heads in a large kettle. Squeeze the juice of one lemon into the kettle and add 4 cups of water.
2. Bring to a boil, cover kettle, and simmer for one hour. Remove from heat and leave the kettle covered overnight.
3. Strain the dandelion mixture and add 2lbs of white sugar to the remaining liquid. Boil for one and a half hours to a syrup consistency
4. Wipe any spills from the stove immediately (or you'll need a chisel to remove it!) Store in a tightly sealed jar in the refrigerator.

How to make Egg Box Caterpillars

Things you need:

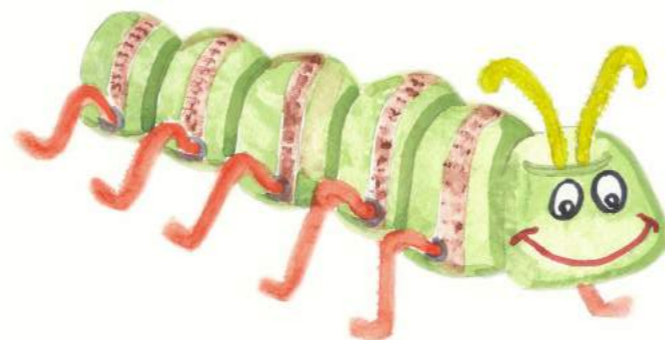
- Large one dozen egg box
- Pipe cleaner
- Scissors
- Felt tips / Paint



Steps

1. Cut the box in half so you have two strips – each with six cups.
2. This is the body colour or paint it – be as wild as you like!
3. At the head end draw stick on eyes a mouth and two pipe cleaners for antennae
4. Get an adult to poke holes through each side of the egg cup thread pipe cleaners through the holes to make five pairs of legs.

Make your own Wormery



Things you need:

- 2 Plastic bottles one must be smaller than the other
- Small bag of horticultural sand
- Peat free compost
- Scissors
- Worms (a quick dig in the garden should find some)

Steps

1. Make some drainage hole in the bottom of the large bottle and then cut the top off (an old plastic pop bottle is ideal).
2. Fill the smaller bottle with cold water and place inside the large bottle. You may need some help here as you have to fill the gap between the two bottles with alternate layers of sand and compost.
3. Sprinkle water on the layers between the bottles until moist and then add your worms.
4. Now leave the worms somewhere dark and cool for a few days then take them out and see what the worms have been up to!

Dragonfly Straws

Things you need:

- Drinking straw
- Thin card / coloured paper
- Tracing paper
- Scissors
- Plus anything you would like to decorate with eg paints, glitter, crayons, felt tip pens, etc

Steps

1. Trace the Dragonfly template onto thin card.
2. Cut them out and decorate as you like.
3. Fold each Dragonfly in half.
4. Cut two slits and push the straw through the slits.



Here's all you need to know about Mandy Mole



What I look like – I am a short, black and have velvety fur. My body is cylinder in shape with big claws for my size and a short tail. I have no external ears, a pink nose and my eyes are minute because I spend most of my life underground. My mouth and nostrils face downwards so they don't get full of soil. As our bodies have been developed for digging our forelegs cannot be used in the normal walking position and look like spades. We walk on the front edge and tend to drag our tummy along.

Lifespan / Young / Body Facts – I normally live for an average of three years. We only really live together during breeding season. Our average litter size is 3 – 4 but we can have up to seven. We normally grow from 9 – 16.5 cm. Our skull width is 11 to 13mm, measured across the cheek bones. Moles weigh between 72 and 128g. My teeth are different from the Blind Mole or the Roman Mole – that's how the experts tell us apart. I don't have good eye sight or a good sense of smell but my body is very sensitive to touch and can detect vibrations in the soil to help me locate food.

What I eat – Worms, worms and more worms. Moles paralyse worms by damaging their nerve cord with a bite. We catch lots of worms alive and store them for future use when food is short. As a treat we also eat slugs, millipedes and insect larvae in the soil.

Where I live – I like to live in woodland, grassland and farmland and can be found in lots of places throughout the UK. You wouldn't find me in waterlogged soil because I wouldn't be able to burrow – or in acid soil because worms wouldn't live there.

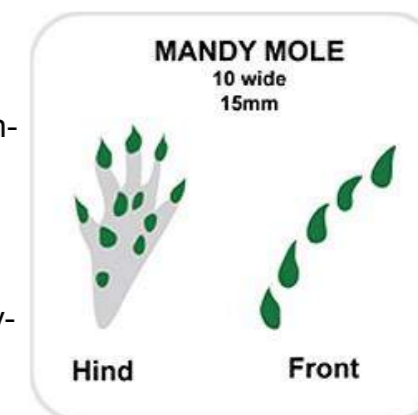
Moles make three different types of underground burrow. Two lie quite close to the surface and are called 'shallow burrows' or 'mating burrows'. The third is a hunting burrow which contains the nest and lies in deeper soil. Burrows are oval and about 5 cm wide, 4cm high and they can be over 100cm deep. We can dig over 20m of tunnel every day. We line our nest with moss and leaves.

Molehills are the pushed up soil debris from the tunnels we dig and it is often here we hide our food.

Tracks – As we live mainly underground our tracks are seldom seen. We walk on the front edge of the forefoot, leaving the track of five claws in a slightly curved row. The hind foot is smaller than the forefoot and has five toes, all with long, narrow claws which form distinct marks in the track. Moles tread on the whole of the sole and the track is approx 1.5cm long and 1.1 cm wide. Here's what my footprints look like. If you click here you can download a copy to take out on the Trail.

Other Facts – Did you know that many farmers and gardeners consider us as pests because we burrow through their land and they don't like our mole hills? You won't find me in Ireland or on the Scottish islands where there is little soil or wet soil.

If you find a molehill don't kick it or knock it down as it could be covering up my babies.



Here's all you need to know about Sophie Squirrel

What I look like – The colour of our fur seems to change with the seasons. In summer we're reddish-brown and in winter we can appear to be dark brown and grey. We have tufts of fur on our ears which get larger in winter.

Red squirrels move around by hopping / jumping when on the ground.

Lifespan / Young / Body Facts – I live for a maximum of seven years and grow between 18 and 24cm tall. Red Squirrels weigh between 250 – 350g and our tails can measure between 14 – 20 cms.

Our babies are called kittens and we can have up to 6 but normally only 2 / 3. Unfortunately less than half of the young red squirrels grow to be adults.

What I eat – Our main diet is seeds. I eat pine seeds (cones), acorns, berries, fungi, bark and even bird's eggs. I sometimes bury my food under ground and go back for it later – although I often forget where I've hidden it. We can tell the difference between a good nut and a bad nut by holding them in our paws.

Where I live – We live in large conifer forests, normally over 50 hectares and build nests in the forks of tree trunks – called 'dreys'. We don't hibernate but like to eat plenty in autumn, ready for the winter months. We spend much of our time up in the tree canopy. We normally live alone apart from mating season.

Tracks – Our forefoot has four long slender toes with claws that are clearly marked in our tracks. The toes are not seen in the track. The track is approx 4cm long and 2cm broad.

The hind-foot has five toes: the three centre ones are long and slender, about the same size and clearly marked in the track. The outer toe and the inner toe are much shorter and leave a less distinct track. All have pointed claws which nearly always leave marks in the track. The hind-foot is approx 5 cm long and 2.3 – 3.5 cm broad.

You will find our tracks lie together in groups of four. Here is what my footprints look like. If you click here you can download a copy to take out on the Trail.

Other Facts – Until the arrival of the Grey Squirrel in the UK in the early 20th century I was the only European Squirrel you'd find along the Trail. I've now been out numbered by the Grey Squirrel. So it'll be a little tricky for you to spot me when you're out and about but if you do see me, let me know and we can build up a history of where I live on the TPT!



We have some interesting facts about the TPT and things along it!

- Frogs have no necks – the base of their skull rests close to the collar bone.
- Humber Bridge, East Riding – On 24th September 1993 the 50,000,000th vehicle passed over the bridge and on 8th February 2002 the 100,000,000th vehicle passed over the bridge.
- The Oak tree can home more than 300 species of invertebrate.
- A butterfly has 12,000 eyes.
- The highest point on the Trail is in the Peak District and reaches 435m above sea level.
- An earthworm can pull ten times its own weight.
- Squirrels cannot remember where they hide half of their nuts.
- York Solar System Cycle Route on the TPT (York to Selby) is a scale model of the actual solar system where you can actually cycle at 10 times the speed of light!
- A mole can dig about 92 metres in one night.
- A Duck's quack does not echo.
- Sankey Canal was built between 1755 and 1757, making the Sankey England's First Canal of the Industrial Revolution.
- A baby swan (cygnet) pecks the inside of the egg for 24 hours before it emerges.
- Peak District was where the Mountain Rescue started – their first rescue was off Laddow on the back of a field gate.
- Very strange but true – At King Billy toilets in Hull, the Mens toilets are located below the golden statue of King William in Lowgate. They have glass cisterns and win awards on an annual basis!
- A snail can sleep for 3 years.
- There are more chickens in the world than people.
- Chesterfield – St Mary & All Saints Church is famous for its crooked spire. Why is it crooked? History reports that the inclination (or lean) is due to the unseasoned (green) timber that was used, the absence of skilled craftsmen at the time (due to Black Death) and the neglect of cross-bracing. The spiral twist is thought to be by design.
- Barnsley is host to Wentworth Castle Gardens – the only Grade I listed gardens in South Yorkshire.
- The Runcorn Bridge, built in the 60's is a smaller version of the Sydney Harbour Bridge.



Trans Pennine Trail



Take a look at this word search and see if you can find some of the fruits and seeds that you will find out and about on the Trail.

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| B | L | A | C | K | B | E | R | R | I | E | S |
| Q | B | E | E | C | H | N | U | T | S | K | L |
| A | G | T | G | C | O | N | K | E | R | S | M |
| U | I | B | N | W | E | B | J | U | C | G | L |
| B | N | R | O | S | E | H | I | P | S | C | H |
| Q | W | H | V | E | H | A | N | M | W | E | H |
| N | T | H | K | L | W | W | X | B | N | T | Y |
| M | N | T | F | J | K | S | W | B | N | H | G |
| S | M | S | Y | R | R | E | B | P | S | A | R |
| N | C | V | B | G | H | R | T | Y | L | K | M |
| R | C | V | W | H | Y | D | E | J | K | B | E |
| O | W | E | C | H | E | S | T | N | U | T | S |
| C | S | D | F | H | B | J | M | X | C | E | W |
| A | P | P | L | E | S | R | T | H | B | S | E |
| G | H | B | E | A | S | H | K | E | Y | S | J |
| H | O | L | L | Y | B | E | R | R | I | E | S |

- Apples Blackberries
- Raspberry Rose Hips
- Haws Conkers
- Chestnuts Acorns
- Beech Nuts Ash Keys
- Holly Berries



The Acorn is the nut of the oaks and their close relatives. It usually contains a single seed in a leathery shell and borne in a cup-shaped cupule.

Acorns vary from 1–6 cm long and 0.8–4 cm broad

Here's all you need to know about Connor the Caterpillar



What I look like – Caterpillars come in various different colours, but we can also use our colouring as a warning system to tell how dangerous we may be to other species using danger colours of red, yellow and black.

We have 12 eyes, 6 legs and we move in a wave like motion to get from A to .

Lifespan / Young / Body Facts – 3-4 weeks until in move in into my new home a cocoon. Then after 4 weeks we emerge out of the cocoon into a beautiful butterfly.

What I eat – The majority of us caterpillars are herbivores, and eat mostly leaves, though some species eat all plant parts, fungi and dead animal matter, even other caterpillars. In short I eat constantly

Where I live – You can find us almost everywhere from sandy beaches, meadows, and mountain forests worldwide. There are even some of us in some Arctic areas.

Other Facts – As caterpillars we use a silk thread from our silk glands to spin a protective cocoon. Inside the cocoon, the pupa goes through a process called metamorphosis.

The caterpillar's six front legs transform into the adult insect's legs, the other "prolegs" disappear, wings grow, and the insect emerges as a beautiful moth or butterfly.

Did you know we have over 4,000 muscles in our body !!.

Some of us have very creative defence strategies such as the early instars of black swallowtails, look like bird droppings so that other predators wouldn't be bothered to attack it.

A diagram of the Caterpillars life cycle -



Do you know what the difference between a Moth and a Butterfly is?

Butterflies are know to fly only in the daylight and Moths normally fly at night-time. Also One of the easiest ways to tell the difference between a butterfly and a moth is to look at the antennae. A butterfly's antennae are club-shaped with a long shaft and a bulb at the end. A moth's antennae are feathery or saw-edged.

Here's all you need to know about Hannah the Horse

What I look like – As a horse I have oval-shaped hooves, a long tail, short hair, long slender legs, and a muscular deep torso, with a long thick neck, and a large elongated head.

The mane is a region of coarse hairs, which extends along the dorsal side of the neck in both domestic and wild species.

The teeth are specialized for grazing, with cheek teeth that are complex and grow continually. Thick, winter coats start developing in September and October, are fully grown by December. Our winter coats begin to shed in the spring and summer coats are more sleek and thin.

Male horses are called Stallions and female horses are called Mares

Lifespan / Young / Body Facts – we horses live for between 25-30 years old.

Young horses are known as Foals, who begin to eat solid foods from being ten days old but after eight to ten weeks they will need to be given more meals with higher nutrition's.

We can sleep standing up or laying down. With our eyes being on the side of their face they are able to nearly see in a 360 degree at one time.

What I eat – Horses are Herbivores, which means we eat only plants and grass.

Where I live – Horses can live in many different places we live normally in our stables, fields and farms. Anywhere with a nice abundance of hay in stock.

Tracks – The tracks that horses make are called Hooves. The sizes in hooves can differ between the horses actually physical size as well but it can be between 4-7 Inches wide.

Other Facts – We can run up to speeds of over 27 Miles per hour and the fastest a horse has been recorded at is 55 Miles per hour.

Horses have around 205 bones in their bodies.

Unfortunately a common disease that horses can pick up is called strangles and if a horse has this disease out on the Trail then the whole section of the Trail would have to be closed off as a precaution of not spreading this deadly disease



Trans Pennine Trail



This word search is about places on the Trail, activities you can do and nature/ wildlife surrounding the trail

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| S | L | J | K | Y | O | R | K | R | W | D | G | H | H | T | C | B | M | H | B |
| T | R | E | E | T | H | G | F | S | S | O | V | O | P | Z | X | B | J | I | L |
| H | A | I | L | E | I | H | T | H | E | G | H | R | V | B | N | M | R | F | E |
| P | B | N | D | H | T | S | C | V | X | V | B | S | N | M | A | D | P | C | R |
| H | C | Y | C | L | I | S | T | B | E | B | N | E | Q | E | Q | A | A | A | F |
| G | H | Y | V | B | N | I | A | F | R | V | B | N | C | C | P | K | Y | N | H |
| P | T | A | C | B | T | H | J | K | C | R | T | J | M | K | I | A | V | A | b |
| A | G | K | J | B | D | R | T | Y | I | J | U | P | O | N | A | C | B | L | P |
| G | H | F | V | N | U | N | G | F | S | A | D | L | K | H | V | B | N | T | O |
| G | J | R | T | H | Y | G | V | Y | E | Q | T | L | U | Y | B | A | C | O | B |
| P | L | N | R | D | A | H | Y | E | Q | U | L | K | V | C | F | A | E | W | M |
| T | R | A | N | S | P | E | N | N | I | N | E | T | R | A | I | L | H | P | M |
| U | R | T | V | D | H | M | K | G | M | P | O | B | S | T | A | N | T | A | A |
| N | G | J | K | N | B | A | W | A | L | K | I | N | G | P | A | V | Y | T | A |
| N | O | P | H | V | A | W | R | I | A | N | Y | A | S | I | O | N | A | H | Y |
| E | H | J | B | T | M | P | R | I | V | E | R | W | Q | A | S | V | B | T | Y |
| L | H | Y | S | O | U | T | H | P | O | R | T | A | D | T | Y | B | N | M | A |
| H | Y | H | J | G | Y | B | K | U | G | J | K | U | G | K | L | H | L | L | U |
| A | Y | H | Y | H | Y | H | B | K | Y | L | O | F | L | O | W | E | R | Q | W |
| I | N | S | E | C | T | H | G | H | G | Y | B | J | G | J | V | N | F | J | F |
| H | G | K | G | K | G | T | V | F | H | U | J | K | L | G | Y | R | F | B | J |
| B | A | R | N | S | L | E | Y | L | R | H | Y | F | J | L | F | Y | B | M | K |

York
Bird
Barnsley
River
Tunnel
Flower
Exercise
Walking

Horse
Tree
Trans Pennine Trail
Canal towpath
Cyclist
Insect
Dog
Southport



Horse Tracks (set of 8)

