

Derwent Hill Activity Sheet:
Derwent Water Race Game

Derwent Water Race Game!



Equipment needed

These instructions (best viewed on a phone or lap top so that you can access the internet also)

The race map (print it out if you can).

1 dice, or download an app on your phone.

Markers to mark your position on the map (Same number as players) or just remember the number if you can't print the map out.

Instructions

Start at Derwent Hill, marked by the triangle, near the top of the map.

You will race around Derwent Water by following the numbers in order.

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Take turns to roll the dice and move that number of positions forward.

Follow the instructions that correspond to the position that you land on.

Where the path splits follow the lake unless the instructions tell you to go over Catbells.

You must roll the correct number to finish (i.e. 2 positions from the end you must roll a 2 to finish). If less move forward, if more stay put.

There are lots of bonus questions about the Lake District as well as interesting things to investigate.

Good luck and have fun!

Position instructions

Start

All start at Derwent Hill marked with a triangle on the map. This is the start symbol on an orienteering map.

Check Catbells' weather <https://www.mountain-forecast.com/peaks/Catbells/forecasts/451> to see what you will need to wear and take with you in your rucksack?

Do you need sun cream, sunhat, woolly hat and gloves, waterproofs, skis, hot or cold drinks?

The youngest player rolls the dice first to start the race!

1.

Well done, you have started!

You are at Derwent Water Marina. If you have been to Derwent Hill you may have canoed from here.



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Did you learn who invented canoes?

Wait for your next turn.

2.

You are now at Nichol End Marina.

Home of the best hot chocolate ever, so of course, you stop.

But remember it's a race! Miss a turn!

3.

You have made a great start.

See if you can spot the Alpacas that live in this field, while you wait for your next turn.

Google 'Alpaca' if you don't know what you are looking for and see if you can learn some cool facts about them.

4.

On no! You realise you have forgotten your water bottle and lunch!

Go back to the start at Derwent Hill to get them!!

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5.

On your next roll, scramble up the steep path to Catbells.

I hope you have lots of energy!

Google 'why is it called Catbells?'

Lake shore route

6.

Going well!

Reward yourself with the stunning views across Otterbiel Bay, Otterbiel Island and St Herberts Island.

Did you know biel is an old word for shelter, so otterbiel means otters shelter or where the otters lived. Otterbiel is the small island in the bay, St Herberts is the big one, further away.

Google these names, see the views and find out more!

7.

You are at Low Brandlehow jetty.

What is a jetty and why is it made from wood?

You see the launch (ferry) coming and jump on.

Cruise 3 place forward to High Brandlehow jetty!

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8.

You are at the cupped hands. This huge wooden sculpture commemorates the centenary of the National Trust's first ever land purchase in the Lake District.

Look up the National Trust website and see why they buy land? Can you find a photo of the cupped hands?

9.

Going well but you still have a long way to go! It's a long race!

See the scale at the top of the map and figure out how far you have travelled already? With that knowledge can you estimate the distance remaining?

Ask an adult to explain scale if you are struggling.

10.

You're now at High Brandlehow. You see a launch (ferry) waiting, you jump on but it's going the wrong way!

Go back to Low Brandlehow (number 7)!

While you are there see if you can spot a Vendace? Google it to find out what you're looking for.

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11.

You're in the forest above Abbots Bay. In the forests around Derwent Water we are lucky enough to have an endangered animal, the red squirrel.

Look up www.getoutwiththekids.co.uk/activities/learning/red-squirrels and find out more about red squirrels. You can complete the activities later if you like!

12.

You are getting hungry, so you stop at a beautiful spot by the lake for lunch.

With the sound of the wind in the trees and the birds singing you fall asleep!

Miss your next turn!!

Catbells path

6.

You walk too fast up the steep section and have to stop and rest.

Miss your next turn while you catch your breath!!

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7.

You have made it to the first peak, Skelgill Bank or Kittenbells as the locals know it.

Find out how high you are above the lake by counting the contours and reading the contour intervals at the top of the map.

If you don't know how, ask an adult or look it up.

<https://getoutside.ordnancesurvey.co.uk/guides/understanding-map-contour-lines-for-beginners>

8.

You are walking along a fantastic ridge.

Glaciers once filled the valleys either side of you, grinding them out and forming the steep mountains.

Find out when the last ice age was and about glaciation at
<https://www.bbc.co.uk/bitesize/guides/zftyxcdm/revision/1>

9.

You are nearly at the top of Catbells. Is Catbells your first Wainwright? Wainwrights' are a list of peaks named in Alfred Wainwright's Lake District walking guides. People try to climb them all.

Look up on the internet how many Wainwrights' there are and find Catbells in the list.

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10.

Well done!! You have made it up Catbells!!

How high are you now?

How many times would you have to climb Catbells to reach the height of Mount Everest?

The incredible view energizes you and downhill is easier

(but is it safer than going up hill? What do you think?)

Go forward three places all the way to the bottom of the mountain!

Google 'Catbells view'.

11.

You are heading down the mountain now.

What direction did you travel between 10 and 11?

Clue, the top of the map is north.

12.

You realise that you took your jacket off on the way up the hill and forgot it!!

Go back 3 places to get it!!

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Both paths back together

13.

You are at the most southerly part of the lake and half way round.

On a clear day you can see the summit of Skiddaw behind Keswick.

The name Skiddaw is thought to come from old Norse or Viking words and means jutting crag hill. The Vikings lived in Cumbria around 1000 years ago.

Other words that we still use that come from Norse are fell for mountain, beck for stream and force for waterfall.

14.

Welcome to Chinese Bridge! A great place on a warm day for a swim!

Derwent Hill has arranged for buoyancy aids to be delivered and so you jump in!

The cold water is really refreshing and gives you extra energy!

Go 1 place forward!

Why is it so important that you had a buoyancy aid on and were supervised by experts from Derwent Hill?

What is cold water shock?

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15.

You're walking down the road now.

Pay attention to traffic and walk in single file.

There is an open top bus coming towards you, so you have to move to the side and wait for it to pass.

Miss a turn!

16.

You have drunk all your water. Much to your relief you spot the public toilets!

But there is a queue! *Miss a turn!*

17.

Good going, you have reached Kettlewell carpark. This is a great place to launch canoes and Derwent Hill have left some for you.

You paddle with your instructor as a northerly wind picks up. This gives you extra speed!

Zoom 3 places to number 20!

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18.

On the hill side above is Falcon Crag.

The lake district is home to a rare bird, the Peregrine Falcon. This is a rare, protected bird and the fastest animal in the world.

Find out more and watch this video

www.youtube.com/watch?v=ovocT91G1ww

19.

The views here are amazing. Across the lake you can see Catbells and in the lake there are 2 islands. The small one near you is Rampsholme Island and the further, bigger one, is called St Herbert's Island. There are 2 more main islands on Derwent Water.

Find out about all 4 islands here

<https://www.nationaltrust.org.uk/borrowdale-and-derwent-water/features/islands-of-derwent-water>.

Who was St Herbert?

20.

You are now at the Centenary Stone, a sculpture commemorating 100yrs of the National Trust in the Lake District. The high range of lake levels means that after lots of rain it is totally submerged and after long periods of dry weather the stone stands high on the shore.

How deep is the lake and where is the deepest lake in England? Move forward 2 places if you can find out.

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21.

Opposite you is Lords Island where the Earl of Derwent Water used to live. There was once a drawbridge on to the island. You can read about drawbridges at <https://kids.kiddle.co/Drawbridge>.

Can you name the famous drawbridge in London?

22.

You are getting near the finish now. In the fields around you may find some unusual sheep only found in the Lake District. They are called Herdwick sheep or 'Herdies'. They were first brought to the Lake District by the Vikings and are known for being so tough they can live on the mountains all year round. Their wool is heavy and hard wearing. Great for carpets but not for jumpers as they would be too itchy.

23.

You are now at Friars Crag.

Ruskin thought this was one of the three most beautiful views in Europe. John Ruskin was leading writer/artist during the 19th century and was inspired to become one by his visit to Friars Crag as a young boy.

Can you imagine a beautiful natural view? It could be a lake, mountain or forest? It might have animals in it? Perhaps you could draw it after the game? Save the drawing for later, remember you are racing!!

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24.

You have reached the Theatre By The Lake. This is a great place to feed the geese and ducks.

What do geese and ducks eat in the wild?

No time to stop now your racing. Perhaps you could visit again another time.

25.

You are in Keswick near the best ice cream shop in Cumbria. You of course stop and buy one, slowing you down.

Miss your next turn.

26.

Well done! You have nearly completed your challenge and are in Keswick near the town square.

In the centre stands the Moot Hall. This is the start and finish of another great challenge called the Bob Graham Round. Challengers start here and run over 42 fells (mountains) and return within 24hrs. The course covers 66 miles (106 km) with 26,900 feet (8,200 m) of ascent.

You are inspired by Bob Graham so jump 1 place ahead.

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27.

Only one more place to go!

Don't forget to finish from here you need to roll a 1.

Finish!!! Well done!! Welcome back to Derwent Hill!

