

Liverpool Docks



Tick off activities as you go along the routes, you can come back again anytime and complete any you don't do or do them again:

- | | | | |
|-----------------------|--------------------------|------------------------|--------------------------|
| 1 Stop and Look | <input type="checkbox"/> | 5 River Step Challenge | <input type="checkbox"/> |
| 2 Waggle Dance | <input type="checkbox"/> | 6 Jumphline | <input type="checkbox"/> |
| 3 River's Story | <input type="checkbox"/> | 7 Super Stretch | <input type="checkbox"/> |
| 4 Dragonfly Breathing | <input type="checkbox"/> | 8 Code Breaker | <input type="checkbox"/> |

Let's Go Outdoors!

Family Wellbeing Trail

Location: Liverpool Docks

What3words: terms.broad.piper

Hello, Explorers!

We're the Canal & River Trust, and we care for over 2000 miles of canals and rivers across England and Wales.

Spending time moving by the water makes us happier and healthier — so Let's Go Outdoors! and explore our Liverpool Docks wellbeing trail together.

Share your moments:
@canalrivertrust

Explore fun activities:
canalrivertrust.org.uk/explorers

We would love to hear your feedback on this activity. Please fill in our quick survey.



Remember to stay **SAFE** near water and **Stay Away From the Edge**. Be sensible, never enter the water and in an emergency, call 999 immediately.



Working with Happy Confident Kids, this project is made possible by Sport England to enable families to move and connect with nature along our wonderful waterways.



