



Travelodge

# SEE RURAL BRITAIN THE FREE WAY

## **SEE RURAL BRITAIN THE FREE WAY**

The British countryside is world renowned for its stunning, scenic natural beauty it is often described as the 'Jewels of England'. But did you know that the UK's treasure chest includes: 49 designated 'Areas of Outstanding Natural Beauty', 40 National Scenic Areas and 14 National Parks which are all free to visit. No matter where you are in Britain, you are never more than 50 miles from a National Trail.

As the recession hits home, more Britons will be holidaying within British shores this year. To help holidaymakers on a tight budget get the most from their recreational time, Travelodge has created this guide to highlight how easy it is to see rural Britain the free way. There is plenty to do in the countryside all it takes is a little imagination and discovery.

Rekindle your childhood memories, pack a picnic and relive how delicious food tastes when eaten outdoors. Get the kids to swap their Wii for a tree and get them playing outdoors in nature's playground. There are plenty of magical adventures to be had in the many forests across Britain or why not bond with the family over a nice long nature walk.



To get the most out of your trip to the countryside why not book a Travelodge Saver room at £19 or £29 and turn your trip into a relaxing short break. To book a Saver room just go to [www.travelodge.co.uk](http://www.travelodge.co.uk).

A Travelodge family room will cater for two adults and two children or three adults – so there is no excuse not to get away this year with the family, your partner and your friends.

By staying with Travelodge you can afford to take more short breaks this year. Wherever you are in the UK you are bound to find a Travelodge hotel close by.

Within this guide you will find information on:

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- **The UK's Seven Natural Gems**
- **Where the Areas of National Beauty are located**
- **Britain's National Parks**
- **Long Distance Footpaths**
- **The Countryside Code**
- **Fun Games to play outdoors**

## UK's SEVEN NATURAL GEMS

Listed below are details of the UK's seven natural gems that a must to see this year.



Stonehenge is the most important prehistoric monument in Britain. It consists of earth, timber, and stone structures. Stonehenge dates from 3100-2300 B.C. The purpose of Stonehenge has many theories - temple for sun worship (a druid temple) a burial ground and an astronomical calendar. It draws people from around the world. For further information go to: [www.stonehenge.co.uk](http://www.stonehenge.co.uk)



The Neolithic Heart of Orkney is a remarkable collection of Stone Age sites and relics, evidence of a sophisticated community existing at the harsh frontier of the world more than 5,000 years ago. For further information go to: [www.orkneyjar.com](http://www.orkneyjar.com)



The Seven Sisters Country Park comprises 280 hectares of chalk cliffs, meandering river valley and open chalk grassland. It is a popular place for a number of outdoor activities including walking, bird watching, cycling and canoeing. The Country Park is named after the famous Seven Sisters that form part of the chalk cliffs on the Sussex Heritage Coast, one of Britain's finest unspoilt coastlines. For further information go to: [www.sevensisters.org.uk](http://www.sevensisters.org.uk)



The Giant's Causeway on the North coast of County Antrim looks like a roadway into the sea. It is made of 40,000 interlocking basalt columns, some more than 12 meters high, produced by an ancient volcanic eruption. The tops of the columns form stepping stones, mostly hexagonal leading from the foot of a cliff into the sea. The Giant's Causeway was declared a World Heritage Site by UNESCO in 1986 and a National Nature Reserve in 1987. For further information go to: [www.giantscausewayofficialguide.com](http://www.giantscausewayofficialguide.com)



Loch Ness – famous for alleged sightings of its monster is 23 miles long and covers a large area, filled with many different points of interest. As you travel along the shoreline, you'll notice the character of the landscape shifting – with every new horizon offering different things to see and explore. For further information go to: [www.visitlochness.com](http://www.visitlochness.com)



Hadrian's Wall Country is steeped in history; there are 14 major Roman sites, forts, countless milecastles and turrets to explore. The 84 mile National Trail takes walkers along the riverside route in Tyneside, through farmland in Tynedale and the grazing upland section dominated by the Whin Sill escarpment. It then gradually descends to the rich pastures of Cumbria and finally the salt marsh of the Solway Estuary. For further information go to: [www.hadrians-wall.org](http://www.hadrians-wall.org)



The Lake District, also known as The Lakes or Lakeland, is a rural area in North West England. It is famous for its 12 lakes, mountains and its associations with the early 19th century poetry and writings of William Wordsworth and the Lake Poets. For further information go to [www.golakes.co.uk](http://www.golakes.co.uk)

## Areas of National Beauty (AONB)

These are areas of distinctive character and beauty, often described as the jewels of England. Listed below is a selection of places that will take your breath away.

**Arnside & Silverdale:** This intimate green and silver landscape rises from the shores of Morecambe Bay, with wide views over the Kent Estuary to the Lake District. For further information go to: [www.arnsidesilverdaleaonb.org.uk](http://www.arnsidesilverdaleaonb.org.uk)

**Blackdown Hills:** **Blackdown Hills** form a tranquil, beautiful, and relatively isolated landscape on the Devon and Somerset border. Best known for the dramatic, steep, wooded scarp face they present to the north. To the south, the land dips away gently as a plateau, deeply dissected by valleys. For further information go to: [www.blackdown-hills.net](http://www.blackdown-hills.net)

**Chichester Harbour:** Chichester Harbour is one of the few remaining undeveloped coastal areas in southern England. Rarer still, it remains relatively wild. Its bright wide expanses and intricate creeks are a major wildlife haven and at the same time among some of Britain's most popular boating waters. For further information go to: [www.chichesterweb.co.uk/harbour/harframe.htm](http://www.chichesterweb.co.uk/harbour/harframe.htm)

**Chilterns:** The familiar beech and bluebell woods of the Chilterns sits on London's doorstep, extending 70 km from the Thames at Goring Gap northeast to Hitchin. The Chilterns' rounded hills are part of the chalk ridge which crosses England from Dorset to Yorkshire. For further information go to: [www.chilternsaonb.org](http://www.chilternsaonb.org)

**Cornwall:** This is a heavily fragmented AONB containing some of Britain's finest coastal scenery, including Land's End and the Lizard peninsula. For further information go to: [www.visitcornwall.com](http://www.visitcornwall.com)

**Cotswolds:** The Cotswold Hills rise gently west from the broad, green meadows of the upper Thames to crest in a dramatic escarpment above the Severn Valley and Evesham Vale. For further information go to: [www.cotswolds.info](http://www.cotswolds.info)

**Cranborne Chase and West Wiltshire Downs:** Cranborne Chase and West Wiltshire Downs AONB is part of the extensive belt of chalkland, which stretches across southern England. It is divided into its two areas by the fertile wooded Vale of Wardour. For further information go to: [www.ccwwdaonb.org.uk](http://www.ccwwdaonb.org.uk)

**Dedham Vale:** Undulating slopes fall gently to the slow-flowing, meandering River Stour and in its hedged water meadows, copses and riverbank willows; the landscape is perhaps the epitome of the farmed English countryside. For further information go to: [www.dedhamvalestourvalley.org/](http://www.dedhamvalestourvalley.org/)

### **Dorset:**

Covering 44% of Dorset, the AONB stretches along one of Britain's finest coastlines and, reaching inland, takes in countryside that still evokes the settings of the Hardy novels. For further information go to: [www.thedorsetpage.com](http://www.thedorsetpage.com)

**East Devon:** This is an AONB protecting some of the most unspoilt holiday coast in Britain, yet it also encompasses a surprisingly untouched rural hinterland. The coastal landscapes, stretching from Lyme Regis to Exmouth, show the lush, highly coloured scenery of classic 'postcard Devon'. For further information go to: [www.eastdevonaonb.org.uk](http://www.eastdevonaonb.org.uk)

**Forest of Bowland:** Also known as the **Bowland Fells**, is an area of barren gritstone fells, deep valleys and peat moorland, mostly in north-east Lancashire, England. A small part lies in North Yorkshire. For further information go to: [www.forestofbowland.com](http://www.forestofbowland.com)

**High Weald:** The term 'Weald' is given to the area between the North and South Downs, which are the outer chalk rims of the ancient Wealden anticline. The sandstones and clays of the exposed centre of the dome, the 'High Weald' gives rise to a hilly, broken and remote country of ridges and valleys. For further information go to: [www.highweald.org](http://www.highweald.org)

**Howardian Hills:** The Howardian Hills form a distinctive, roughly rectangular area of well-wooded undulating countryside rising, sometimes sharply, between the flat agricultural plains of Pickering and York. For further information go to: [www.howardianhills.org.uk](http://www.howardianhills.org.uk)

**Isle of Wight:** The AONB landscape is of considerable scientific and ecological importance and includes exceptional, flora-rich chalk grasslands, the north coast's major estuarial habitats and the geologically notable southern cliffs and landslips. For further information go to: [www.iwight.com](http://www.iwight.com)

**Kent Downs:** Inland, the Downs rise to over 240m, cresting in a prominent escarpment above the Weald to the south. It is traversed by the three prominent river valleys of the Darent, Medway and Stour. For further information go to: [www.kentdowns.org](http://www.kentdowns.org).

**Lincolnshire Wolds:** The chalk hills of the Lincolnshire Wolds roll northwest-southeast between the Humber and the Wash. A peaceful and expansive landscape with fine views, the Wolds have been sheep country for centuries. For further information go to: [www.lincolnshirewolds.info](http://www.lincolnshirewolds.info)

**Malvern Hills:** The special quality of the Malverns lies in its contrasts. The distinctive, narrow, north-south ridge, a mountain range in miniature, thrusts unexpectedly from the pastoral farmland patchwork of the Severn Vale. (Located in Worcestershire) For further information go to: [www.malvernhillsaonb.org.uk](http://www.malvernhillsaonb.org.uk)

**Mendip Hills:** Stretching eastward from the Bristol Channel, the imposing 300-m ridge of the Mendips rises like a rampart above the Somerset Levels. For further information go to: [www.mendiphillsaonb.org.uk](http://www.mendiphillsaonb.org.uk)

**Nidderdale:** Is located on the eastern flanks of the Yorkshire Pennines, stretching from the high moorland of Great Whernside south and east towards the edge of the Vale of York. For further information go to: [www.nidderdale.co.uk](http://www.nidderdale.co.uk)

**Norfolk Coast:** a long coastal strip incorporates the finest, remotest and wildest of Norfolk's renowned marsh coastlands. For further information go to: [www.norfolkcoast.co.uk](http://www.norfolkcoast.co.uk)

**North Devon:** Stretching west and south from Coombe Martin to the Cornish border, this is essentially a coastal AONB containing some of the finest cliff scenery in Britain. For further information go to: [www.northdevon.com](http://www.northdevon.com)

**North Pennines:** An AONB protecting the wide empty miles of one of the country's last expanses of wilderness, the upland plateau, northern limit of the Pennine chain, stretches away in a high wild landscape of undulating heather moorland and blanket peat. For further information go to: [www.northpennines.org.uk](http://www.northpennines.org.uk)

**North Wessex Downs:** The evocative, albeit made-up, name for the AONB was created to give a protective coherence to one of the largest tracts of chalk downland in southern England and perhaps one of the least affected by development. For further information go to: [www.northwessexdowns.org.uk](http://www.northwessexdowns.org.uk)

**Northumberland Coast:** This bright, wild, lonely coast sweeps along some of Britain's finest beaches and is internationally noted for its wildlife. The AONB, a narrow coastal strip, stretches from Berwick-upon-Tweed to Amble. For further information go to: [www.northumberland-coast.co.uk](http://www.northumberland-coast.co.uk)

**Quantock Hills:** A narrow, gently curving 19-km ridge, the Quantock Hills run north west from the Vale of Taunton Deane to the Bristol Channel coast. Standing out above the agricultural plain, the ridge looks very imposing despite its actual height only being 245 to 275m. for further information go to: [www.quantockonline.co.uk](http://www.quantockonline.co.uk)

**Isles of Scilly:** This scattering of tiny granite islands 45 km off Land's End is the smallest of all the AONBs. In terms of the variety, environmental quality and beauty of its marine landscape, the AONB is outstanding. For further information go to: [www.scillyonline.co.uk](http://www.scillyonline.co.uk)

**Shropshire Hill:** The steep-sided rift valley of Church Stretton lies at the centre of the AONB and from its fertile farmed floor looms the great pre-Cambrian moorland ridge of the Long Mynd. For further information go to: [www.shropshirehillsaonb.co.uk](http://www.shropshirehillsaonb.co.uk)



**Solway Coast:** With varied habitats and rich feeding grounds, the estuary is of outstanding wildlife importance. An overwintering ground for huge numbers of wildfowl, the Upper Solway's flats and marshes are a Ramsar site and seals, dolphins and porpoises have been sighted offshore. For further information go to: [www.solwaycoastaonb.org.uk](http://www.solwaycoastaonb.org.uk)

**South Devon:** The entire AONB coast is county-designated as a coastal preservation area and contains many [Sites of Special Scientific Interest \(SSSI\)](#). The peninsula provides a haven for a wide range of birds and the reed beds and freshwater lakes of Slapton Ley are a notable habitat. For further information go to: [www.visitsouthdevon.co.uk](http://www.visitsouthdevon.co.uk)

**Suffolk Coast and Heaths:** The low-lying coastal hinterland contains some of England's few remaining areas of ancient open heathland, including the Sandlings whose wild sandy stretches are a vanishing refuge of the nightjar, woodlark, and rare heath butterflies. For further information go to: [www.suffolkcoastandheaths.org](http://www.suffolkcoastandheaths.org)

**Surrey Hills:** Stretching from Farnham in the west to Oxted in the east, the Surrey Hills Area of Outstanding Natural Beauty encompasses a rich and diverse landscape. For further information go to: [www.surreyhills.org](http://www.surreyhills.org)

**Sussex Downs:** The AONB encompasses the full rolling sweep of chalk downland in East and West Sussex, plus an extensive area of the Weald to the north-west. For further information go to: [www.sussexdowns.ac.uk](http://www.sussexdowns.ac.uk)

**Tamar Valley:** Rising on the borders of Cornwall and Devon, the rivers Tamar, Tavy and Lynher form one of the last unspoilt drowned valley river systems in England. For further information go to: [www.tamarvalley.org.uk](http://www.tamarvalley.org.uk)

## Britain's National Parks

Listed below are details on Britain's National Parks:



**Exmoor National Park:** 267 square miles might make it one of England's smaller National Parks. For further information go to: [www.exmoor-nationalpark.gov.uk](http://www.exmoor-nationalpark.gov.uk)



**Lake District National Park:** Tackle some of England's highest peaks in the Lake District National Park. For further information go to: [www.lake-district.gov.uk](http://www.lake-district.gov.uk)



**New Forest National Park:** The New Forest is situated in the deep south of England, between the urban areas of Southampton and Bournemouth and bounded by the Solent. For further information go to: [www.newforestnpa.gov.uk](http://www.newforestnpa.gov.uk)



**North York Moors National Park:** Is a true northern treasure. Enjoy tremendous variety within a relatively compact area. For further information go to: [www.visitnorthyorkshiremoors.co.uk](http://www.visitnorthyorkshiremoors.co.uk)



**Northumberland National Park:** If you wish to discover a landscape of limitless beauty and a welcome that is warm and genuine then Northumberland National Park, the land of the far horizons, will provide an experience you will not want to forget. For further information go to: [www.nnpa.org.uk](http://www.nnpa.org.uk)



**The Peak District National Park:** The first National Park to be established, the Peak District National Park covers parts of six counties between Sheffield and Manchester. For further information go to: [www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)



**The South Downs:** Visit the rolling scenery of the South Downs, which, thankfully, appears secure for generations to come as a designated 'National Park in waiting'. For further information go to: [www.visitsouthdowns.co.uk](http://www.visitsouthdowns.co.uk)



**The Broads:** Britain's largest protected wetland The Broads enjoys similar status to our National Parks. For further information go to: [www.broads-authority.gov.uk](http://www.broads-authority.gov.uk)



**The Yorkshire Dales National Park:** Sitting astride the central Pennine watershed. The Yorkshire Dales National Park has been described variously as wild, expansive, tranquil and, at times, awesome and bleak. For further information go to: [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)



**The Cairngorms National Park:** Is the UK's largest national park with a large mountain range at its heart. The habitat offers a secure haven for many of Britain's rarest bird, animal and plant species. Of particular interest to hill walkers is that four of Scotland's five highest peaks can be found in this National Park where the arctic wilderness is the largest example of arctic mountain landscape in the British Isles. For further information go to: [www.cairngorms.co.uk](http://www.cairngorms.co.uk)



**Loch Lomond & The Trossachs National Park:** Whatever the weather, offers stunning surroundings for your visit. For further information go to: [www.lochlomond-trossachs.org](http://www.lochlomond-trossachs.org)



**Snowdonia National Park:** Covers 823 square miles of the most beautiful and unspoilt countryside in North Wales. For further information go to: [www.snowdonia-npa.gov.uk](http://www.snowdonia-npa.gov.uk)



**Pembrokeshire National Park:** This is Britain's only truly coastal National Park. It's a spectacular landscape of rugged cliffs, sandy beaches, wooded estuaries and wild inland hills, and a place of sanctuary for wildlife. For further information go to: [www.pcnpa.org.uk](http://www.pcnpa.org.uk)



**Dartmoor National Park:** Is a stunningly beautiful area of moorland accented with wooded valleys and wind swept Tors (towers). A wide-open expanse covering 369 square miles (953 sq. km.), the area features some of the wildest and bleakest country in England. The setting for the Sherlock Holmes' novel 'The Hound of the Baskervilles,' based upon a local legend. This isolated landscape with weather conditions (mist, rain and snow) that can change in minutes, creates a truly national spectacle – 'nature at its best. For further information visit [www.dartmoor-npa.gov.uk](http://www.dartmoor-npa.gov.uk)

## **LONG DISTANCE FOOTPATHS**

Exploring England by its vast array of long distance footpaths and footways is a sure way to experience it - at its most beautiful. A Long Distance trails (tracks, paths, footpaths or greenways) are the longer recreational right-of-way routes.

**For further information on the trails detailed below go to: [www.ramblers.org.uk](http://www.ramblers.org.uk)**

### **A Dorset Inland Heritage Trail:**

This trail winds its way through the best of rural Dorset, through mature woodland, along open ridges, over Celtic and Roman hillforts and into a succession of quiet, rural English villages.

### **Hadrian's Wall Path National Trail:**

Reveals the northern frontier of the Roman Empire. As you walk see the sections of visible wall masonry, mile upon mile of earthworks, ditches, forts, turrets and milecastles.

### **Pennine Way National Trail:**

The Pennine Way was designated by the Countryside Agency in 1965 as Britain's first National Trail and is now one of the most famous and popular walks in the country.

### **The Cotswold Way:**

This trail is renowned for its stunning views over the Severn Vale, The Forest of Dean and The Malverns.

### **The Macmillan Way:**

Called the Macmillan Way because it has been developed to increase public awareness of Macmillan Cancer Relief and to assist in the raising of funds for this vitally important charitable organisation.

### **The Jurassic Coast:**

One of the most beautiful coastlines in the country, a fossil-rich journey through 200 million years of natural history, a fascinating story of ancient deserts, tropical seas, a petrified forest and dinosaur-infested swamps this is a walker's paradise!

### **The North Downs Way National Trail:**

This trail runs the length of two Areas of Outstanding Natural Beauty (AONBs) – the Surrey Hills and Kent Downs. Despite the proximity of London the North Downs Way can be surprisingly peaceful and is blessed with wonderful scenery.

### **The Ridgeway National Trail:**

Starting in a World Heritage Site much of this 136km (85 mile) long trail still follows the same path over the high ground used since prehistoric times.

### **The River Parret Trail:**

The River Parrett Trail follows the course of the river from its source high in the Dorset hills through the tranquil Somerset countryside opening out at its mouth in the Bristol Channel.

### **The South Downs Way National Trail:**

The South Downs Way National Trail takes the ridgeline of the rolling South Downs from King Alfred's historic capital at Winchester to the spectacular chalk cliffs at Beachy Head near Eastbourne.

### **The South West Coast Path:**

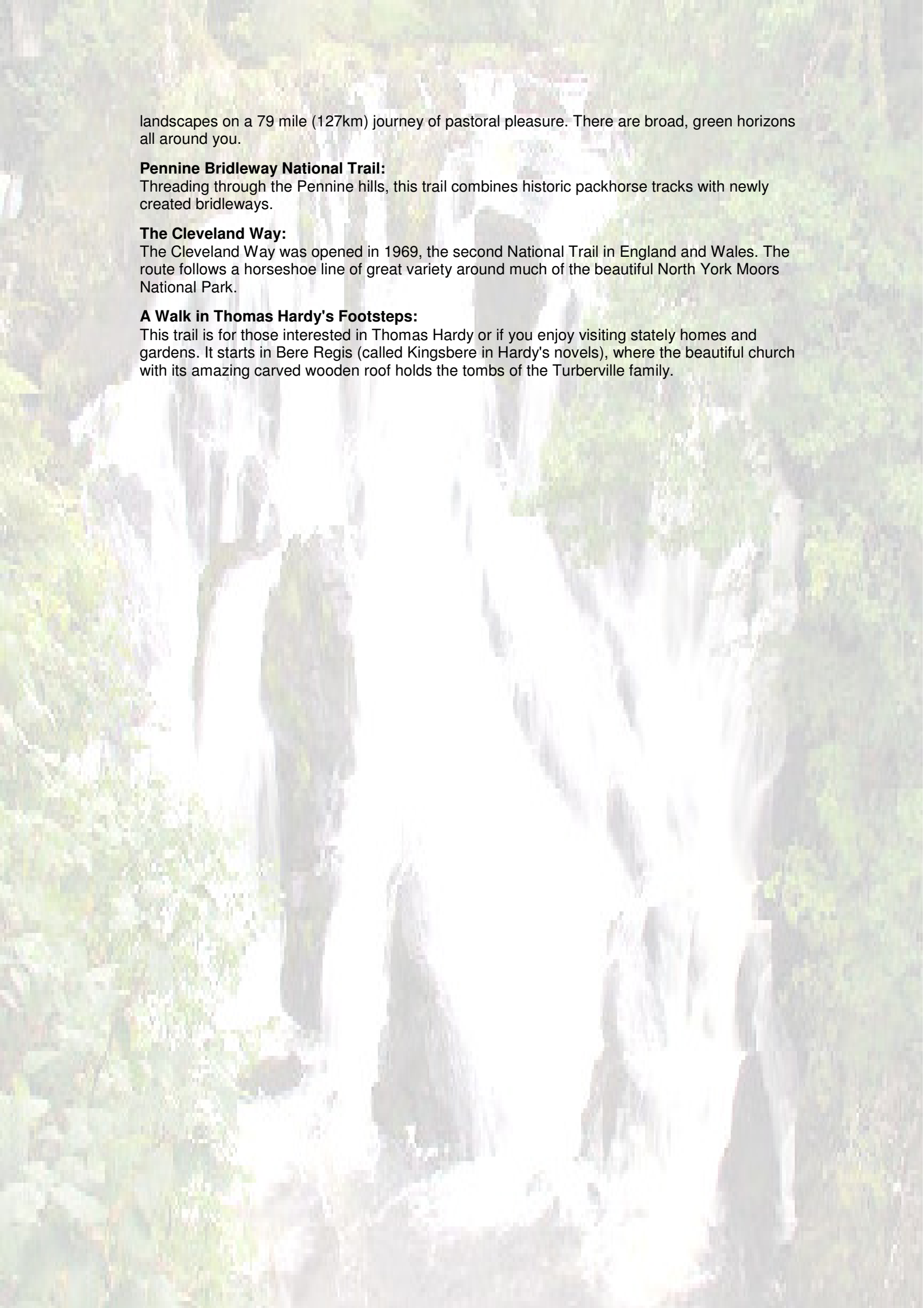
The South West Coast Path starts at Minehead in Somerset and runs along part of the Somerset Bristol Channel coast, across North Devon, right round Cornwall, then along the South Devon and Dorset coasts to Poole Harbour.

### **The Thames Path National Trail:**

Unusual for a National Trail the Thames Path passes through several historic market towns and cities, such as Oxford and Henley, which offer a range of accommodation and other facilities.

### **Yorkshire Wolds Way:**

The Yorkshire Wolds Way frees the senses as it takes you through charming and tranquil



landscapes on a 79 mile (127km) journey of pastoral pleasure. There are broad, green horizons all around you.

**Pennine Bridleway National Trail:**

Threading through the Pennine hills, this trail combines historic packhorse tracks with newly created bridleways.

**The Cleveland Way:**

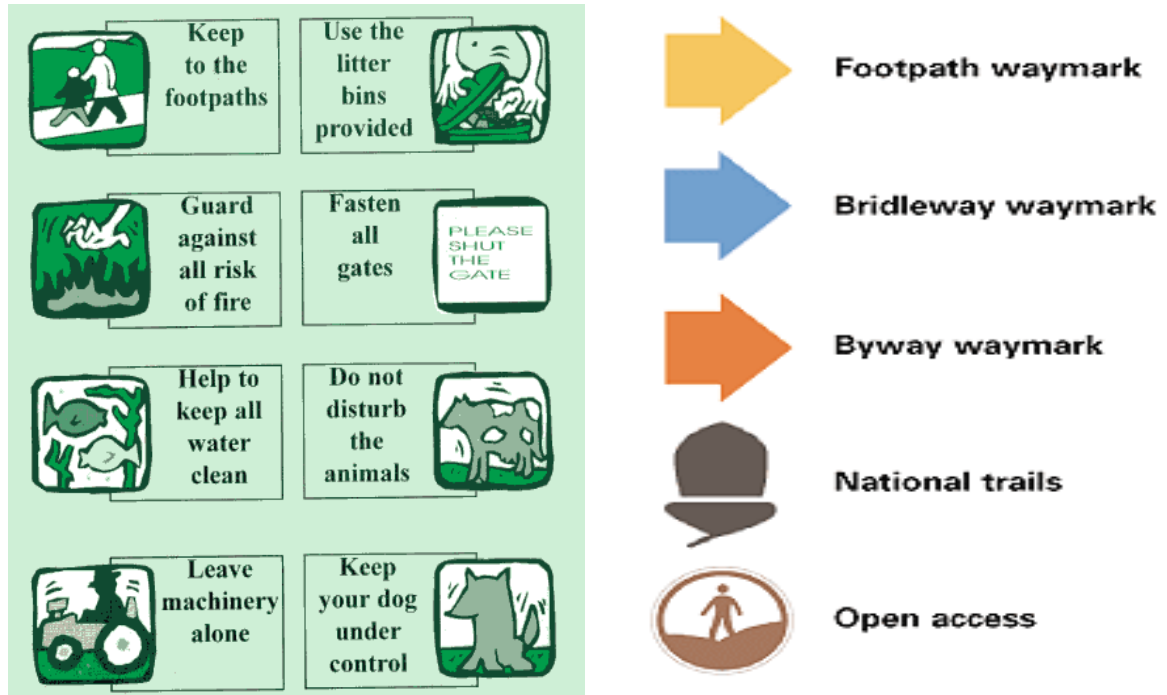
The Cleveland Way was opened in 1969, the second National Trail in England and Wales. The route follows a horseshoe line of great variety around much of the beautiful North York Moors National Park.

**A Walk in Thomas Hardy's Footsteps:**

This trail is for those interested in Thomas Hardy or if you enjoy visiting stately homes and gardens. It starts in Bere Regis (called Kingsbere in Hardy's novels), where the beautiful church with its amazing carved wooden roof holds the tombs of the Turberville family.

## THE COUNTRYSIDE CODE

Countryside Code started life in the 1950s as the Country Code. It was updated in July 2004. It applies to all parts of the countryside. Most of it is just good commonsense, as it's designed to help us all to respect, protect and enjoy our countryside. England and Wales share the same Countryside Code. Scotland has its own Outdoor Access Code. The illustrations below highlight the main rules that need to be obeyed and details of signs you may come across whilst visiting the countryside.



For further information on The Countryside Code please go to: [www.countrysideaccess.gov.uk](http://www.countrysideaccess.gov.uk)

### **The key rules from the Outdoor Access Code are:**

- take personal responsibility for your own actions and act safely
- respect people's privacy and peace of mind
- help land managers and others to work safely and effectively
- care for your environment and take your litter home
- keep your dog under proper control
- take extra care if you're organising an event or running a business

For further information on the Outdoor Access Code please go to: [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)

## FUN GAMES TO PLAY OUTDOORS

**500:** This game needs a couple of players and a ball. One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The thrower tosses the ball in the air towards everyone else and announces a number between 50 and 500, like so: "I've got 200 up for grabs". If a player catches it they get as many points as the thrower yelled. If someone drops it though, they lose the same number of points (negative score are possible).

The first person to get 500 points wins and become the thrower for the next game.

**Crack Up:** This game is best played with a group between 4-10 players. One player has the ball and is "it". He runs after one or more of the others to try to throw the ball and hit one of them (Best to use a soft ball). The others try to avoid being hit. Whoever the ball is thrown at can attempt to catch the ball. If they catch it, the thrower loses a point. If they don't catch it (or don't try) and they're hit, they lose a point. If no one is hit, no points are lost. If the ball is not caught, any nearby player can try to grab the ball to become "it". When a player loses 5 points, they're out. Play continues until there's only one left -- the winner.

**Spud:** All players form a circle and count a number (they must remember their number.) One player is chosen to be "it" and is given a playground ball. S/he throws the ball high up into the air and calls out another player's number. Everybody runs away except for the player with that number. S/he must run to the ball. When s/he gets the ball, s/he calls, "Spud!" very loudly. Everybody must freeze when they hear, "Spud!" Then, the player with the ball can take two big steps towards any player and throw the ball at him/her. If that player is hit by the ball, s/he becomes "it." If not, the player who called "Spud!" is "it."

**Maul Ball:** The game is played with a large ball (football or rugby ball). One person carries the ball toward some randomly chosen goal (a tree, bench, fence). All other players assault (maul) the ball carrier attempting to seize control of the ball. Chases, tackles, intimidation, trickery are all fair game. Once the ball has changed hands, the new ball carrier is the target. The game is played until all are exhausted.

**Steal The Bacon:** The object of Steal the Bacon is take the "bacon" back to your own side without being caught. In this game, two teams are chosen, and one umpire is selected. One object is required to be the bacon. (a glove is a common choice)

The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them. The umpire then calls out a number. The players on each side who are assigned that number are the players for that round. No other team members leave their side of the field.

Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her. If a player is able to grab the bacon and carry it back over to his/her own side, that team scores a point. (VARIATION: in some games, points are scored by carrying it to the other teams side or either team's side)

If a player is tagged after touching the bacon and before he/she returns their own side, the team that tagged him/her scores a point.

Note that the sequence of play usually involves the two kids running out and hovering over the bacon, waiting for a slight advantage to grab it and run back before the other player can react.

The game is over when a predetermined number of points are scored, or when all numbers have been called.

**Sardines:** All players apart from one hide their eyes and count out loud together to 50, while the other person goes and hides. Then everyone begins to look for the sardine. When you spot the sardine, you don't tell anyone, then when no one is looking, you slip in and hide with the sardine. Eventually everyone starts to disappear, and the one left notices he's all alone, and rather embarrassed to be the last one left. The first one to find the sardine, gets to hide as the sardine in the next round. Imagine 5 or 10 kids all huddled together in a tight spot trying to keep from laughing and being seen.

**Tag:** The basic rules to Tag are quite simple. All you need is a group of people. One person is designated as "it", and that person runs around and tries to touch someone else. If they succeed, the person they touch is now "it" and tries to chase everyone else. The game continues until everyone is exhausted.

**Piggy in the middle:** Three people stand in a line. The two end people try to throw the ball to each other without letting the middle person catch it. If the middle person does catch it, the person who threw the ball becomes Piggy.

**Count down:** Throw a ball to each other, but if you miss you must pay a forfeit. Forfeits run in the following order: first, throw with only one hand; second, with the opposite hand; third, kneeling on one knee; fourth, on both knees; fifth, lying flat. If you catch the ball you can get up again, in reverse order.

**Simple dodge ball:** Make two teams. Try to throw a small soft ball below the waist of someone in the opposite team (you can throw in the ordinary way to someone on your own team). If you hit that person, he's out. The team with the last remaining person wins.

**Chinese Ball:** Players stand around in a circle with a ball as appropriate for the age group.

The ball is thrown quickly around and across the circle. When a child catches the ball, the children on either side must raise one arm - the arm nearest the child with the ball - and hold it in the air until the ball is passed on to another child.

If a child fails to catch the ball, or fails to raise the correct arm when their neighbour catches the ball, or is too slow to pass the ball along, they drop out. When there are only 5 children left in the circle, they are all declared winners, and the game starts again.