

What is a sensory trail?

A sensory trail is a collection of small experiences that engage the senses and together build a sensory-rich experience. Sensory trails are mainly used outdoors in natural settings as diverse as farms and city parks but they can also be used to great effect inside, in museums for example, healthcare settings or preschools.

Who is a sensory trail for?

Sensory trails, like sensory gardens, are sometimes seen as 'an access improvement', intended for people with disabilities, specifically sensory impairments. While there is no doubt that enabling sensory exploration can make a place or an experience more accessible, encouraging people to use their senses is of benefit to all ages and abilities.

Why engage the senses?

Every experience is formed by our senses and every memory is an experience we carry with us. By encouraging people to use their senses we encourage them to enrich their experience and build stronger, deeper, more meaningful, connections and memories.

In short, the more senses we engage the more we remember. And it's fun too.

What can a sensory trail do?

Sensory trails can,

- give people the opportunity and the excuse to listen, touch, smell and look, more closely,
- bring a place to life for all visitors including people with sensory impairments,
- encourage physical activity,
- tell a story, weave a tale and bring a myth to life,
- be the basis for an education experience, facilitating learning outside the classroom,
- build memories and make connections,
- open up eyes, ears and nostrils and get hands out of pockets.
- draw attention to new areas, points of interest, seasonal changes and highlights.

