

# Foremark Water Sensory Story



A guide for visitors with cognitive disabilities including autism spectrum disorder

WONDERFUL ON TAP



# What is Foremark Water?



**Foremark Water is a 230-acre reservoir with multiple trails that run alongside it. There is a large woodland called Carver's Rocks, several beaches, a public bridleway, toilets, a café and a playground.**

**This means that I can enjoy a walk-through nature, have a bite to eat or drink, or relax on the picnic benches.**



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# Facilities at Foremark Water

Foremark Water has two main car parks that I may arrive at. These are the Dam Wall car park and the Main car park.

At the Main car park, I can find the toilets, café and the start of the trails that runs alongside the reservoir.



At the Dam Wall car park there are no toilets or shops, from here I can walk to the Main car park and café.



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# Arriving at Foremark Water



When I arrive at Foremark Water, I will be in one of the car parks. From here I can decide to relax, explore the trails or tuck into something from the café.

In the car park, I might see...

- Cars, vans, motorcycles and other vehicles
- Horse riders and their horses
- Dogs and their owners
- Curious birds



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**In the car park, I might hear...**

- Dog's barking
- People talking
- Vehicle engines running
- Birds chirping
- Children playing in the playground

**In the car park, I might touch...**

- The bark on trees
- Strong winds
- The tarmac on the floor
- Stone walls
- Leaves from plants



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**In the car park, I might smell...**

- **Flowers and other plants**
- **Fumes from cars**
- **The water from the reservoir**
- **Food being prepared in the café**



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# On The Trails



If I choose to walk on the trails alongside the reservoir, I can find open-spaces, woods and beaches.

On the trails, I might see...

- Long sandstone beaches
- Nature
- People walking
- Information signs



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## On the trails, I might hear...

- Birds singing
- Water moving
- People talking

## On the trails, I might touch...

- The bark on trees
- Wooden fencing
- Soil on the ground
- Sand on your feet

## On the trails, I might smell

- Water from the reservoir
- Plants and trees
- Pollen in the air



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# Carver's Rocks



If I explore Carver's Rocks, I can find ancient rocks, especially protected heather and lots of nature.

At Carver's Rocks, I might see...

- Other people walking
- Wildlife
- A small field of heather
- Old large rocks



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## At Carver's Rocks, I might hear...

- Walkers talking
- Animals
- Leaves on the trees rustling

## At Carver's Rocks, I might touch...

- Wooden bridge railings
- The wind, sun or rain
- Hard stone

## At Carver's Rocks, I might smell...

- Plants
- Damp and rotting wood
- Fresh air



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**SEVERN**  
**TRENT**



# The Bridleway

If I chose to walk along the bridleway, I can find a mile and a half of straight path, farmers' fields and lots of trees.

On the Bridleway, I might see...

- Horse riders
- Dog walkers
- Cyclists
- Sheep in fields

On the Bridleway, I might hear...

- Sheep in farmers' fields
- Horses neighing
- Dog's barking
- Bikes going by

On the Bridleway, I might touch...

- Wooden fencing
- Grass in fields
- Other people brushing past me

On the Bridleway, I might smell...

- Manure from the farmers' fields
- Flowers



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TRENT



# Tips For A Great Day At Foremark Water

- Before I come to Foremark Water, it is a good idea to think about the time I'm going to visit. If I come during school holidays or especially over the summer, it is more likely to be very busy.
- I should keep to the rules and read the signs around the reservoir, which are there to keep everyone safe. For example, I should not swim or paddle in the reservoir.
- I should remember the ranger team are there to help if I need them and I can contact them by calling 01332865081.
- I can find more information on accessibility at Foremark Water on the website:

<https://www.stwater.co.uk/wonderful-on-tap/our-visitor-sites/come-visit-us/foremark-reservoir/>



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# Severn Trent Foremark Water

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Discover wonderful days out at Foremark Water

No swimming, paddling or inflatables.

No BBQs.

[stwater.co.uk/daysout](http://stwater.co.uk/daysout)

