

Narnia at Wrest Park

Sensory Guide



Our Sensory Guide helps visitors with sensory needs know what to expect when exploring our magical winter house displays. Use our tips to plan ahead and make your visit as comfortable and accessible as possible.

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Step through the wardrobe...

When you visit Wrest Park this Christmas, the house and gardens will be brought to life with magical displays inspired by C.S Lewis' 'The Lion, The Witch, And The Wardrobe'. If you've been here before, you'll notice the house looks quite different from usual. Expect lights, beautiful props, and even snow to help you feel like you've stepped into the land of Narnia.

Outside, you can continue your adventure by following our trail of life-sized characters from the story.

On weekends and selected dates, you will find a fairground, and places to eat and drink by the Orangery too.



While this experience is designed to be exciting, we understand that some parts may feel a little overwhelming, especially if you have sensory sensitivities.

But don't worry! We want you to feel as comfortable as possible so we've created this guide to help you know what to expect.

Some people find parts of The Lion, The Witch and The Wardrobe a bit scary; however, our displays don't cover the entire story, and the character of the White Witch will not appear inside the house. You will encounter Aslan the lion, who will be shown alive and well, just as he is at the story's end.

There are no moving parts, animatronics, or sudden loud noises.

There are parts of the displays that you can touch, and fabrics or foliage you may need to brush past. These are intended to help you feel like you're in a snowy forest, or climbing through the wardrobe. No real furs are used.

If you need assistance at any time, or are unsure if you can touch something or not, our staff will be available to help and advise.



Sensory Suggestions

Think about bringing ear defenders and sunglasses

If you are sensitive to loud sounds or bright lights, we recommend bringing ear defenders or tinted glasses. The house will be lit by natural daylight, with lighting levels changing throughout the day. Festive lights and uplighters are used in the displays; most will remain static, but some may flicker or twinkle.

You might hear music inside the house to help create a festive atmosphere, and there will be the voices of other people exploring the displays. Outside, you may hear sounds from the fairground, including music, excited voices, and noises from the rides.

Think about having something you like to smell

Parts of Wrest Park may smell of food, particularly near the fairground.

If you are sensitive to or dislike these smells, we suggest bringing a scent you prefer. You could put a few drops of your favourite perfume, essential oil, or even vapour rub on a tissue to sniff.



Think about feeling ready to explore the house

Some areas of the house displays may get busy, and some paths through the rooms are narrow. You might also need to queue during your visit. Moving and stretching your body before visiting the house displays could help you feel more comfortable.

You could play hopscotch using the shapes on the terrace floor, or challenge yourself to move from square to square without stepping on any cracks or lines. Our playground is available for climbing and swinging, or you can enjoy a walk or run in the grounds. Bringing a favourite fidget toy or soft toy with you might also help you feel calm and safe.

Think about planning ahead

Before your visit, you can check our sensory guide, which explains what to expect in each room of the house. You can also use the "My Visit" plan in this guide to help create a schedule for your day. Knowing what to expect ahead of time can help make your visit smoother, calmer, and easier to anticipate.



Don't forget: Our team is here to help

If you need assistance at any time, don't hesitate to ask one of our friendly staff or volunteers – they are always happy to support you. Just look for the friendly faces in English Heritage uniforms and badges.



Improving Sensory Accessibility for All

We hope our Sensory Guide has been useful. If you would like to make any comments or suggestions about this guide, or request this kind of resource for other sites and events then please email:

Access@english-heritage.org.uk

Have a truly magical time at Wrest Park.



Accessibility at Wrest Park

During our Narnia at Wrest Park season, there are a few changes to note, especially if you have mobility access needs. We hope these adjustments will make your visit easier and more enjoyable.

Upon arrival at Wrest Park, you'll begin at our Visitor Centre, where staff will check your tickets and admission. The Visitor Centre is equipped with accessible toilets, as well as a café and shop. When you're ready to explore the house, please follow the signposted route. Access to the house will be provided via a ramp instead of our wheelchair lift, allowing all visitors to follow the same route through the displays.



You may need to wait and queue at the entrance to the house, where our staff will check tickets and pace entry to ensure the house isn't too crowded.

If it's busy, you might wish to explore other areas of our grounds and return when it's quieter; afternoons may be less busy. You can visit the house at any time during your day.

You can take buggies into the house, including special needs buggies.

Two wheelchairs for indoor use, and two wheelchairs for outdoor use, are available to visitors on request at the admissions tills on a first come, first served basis. Mobility scooters are available for hire, free of charge. Bookings should be made in advance by emailing **scooter.wrestpark@english-heritage.org.uk** or calling **01525 860000**, option 5.

There are defined footpaths throughout the grounds. These are suitable for buggies, wheelchairs, and mobility scooters.



My Visit to Narnia at Wrest Park.




 I  am going to  visit  Wrest  Park.









The  house  and  grounds are  beautifully  decorated to  look like  Narnia.









 Narnia is a  magical  land  from the  famous  book, "The  Lion, The

 Witch,  And  The Wardrobe."









If  I  have  visited  Wrest  Park  before, then the  house










 will  look  very different.  Different  can  be exciting!

 I  might  need to  queue +  wait for  my  turn to  visit the

 house. A  member of  staff  will  check  our  tickets, +  and then


 we  will be  ready to  explore!




 There  will be  lights and  lots of  wintery  things to  see.  I

 will  see  some  characters  from the  story.  I can  pretend  that

 I  am  visiting Narnia.

 There are  somethings inside the  house I can  touch. I can  wait for

 my  turn,  and  move  carefully to be  safe. I can  ask  for  help

 when I  need  it.

If it is  too noisy, I can  wear  ear defenders. If it is  too  bright, I can 

 wear  sunglasses. I can  bring  a  smell with  me  that I  like. 









If it is  too  busy,  that's okay. I  can do  something  different  and

 come back  later  when it's  quieter.

 Outside,  I can  visit the  character  trail.  I  will  see  different

 characters  from the  story.  I can  choose to  look  in  my own

 way,  or I can  choose to  follow the  trail  map.

 I can  plan  for  my visit  so I  know  what  to expect.

 I  am going to  have a  magical  time  visiting  Narnia  at



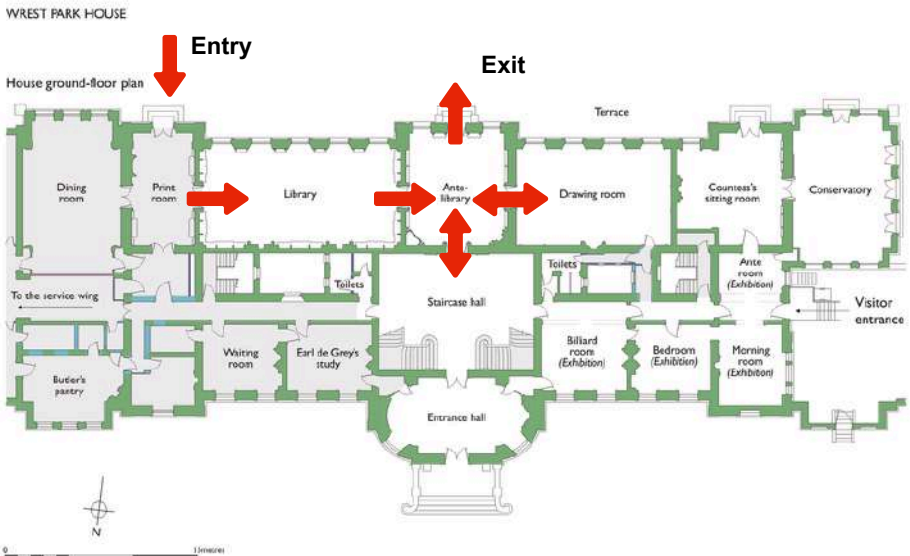
Wrest



Park!

House Map

All visitors will take the same route around the house displays, as indicated by the arrows shown below:



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After visiting the library, the route will take you into the Staircase Hall next. Then, from here, visit the Drawing Room before exiting from the Ante-Library back to the Terrace.

Room Guide

Our Room Guide uses symbols to help you quickly identify the sensory elements featured in each room display:



Sight



Touch



Wait

The Room Guide highlights intentional sensory experiences that are part of the displays. There may also be background sounds or smells from activities occurring outside, such as Afternoon Teas in the house, or other factors beyond our control.

We also include a Spotter's Guide to support Slow Looking. Slow Looking encourages visitors of all ages to take their time, moving through the Christmas displays at a gentle pace.

By slowing down, you can fully appreciate the finer details and festive atmosphere. A leisurely walk through the displays should take around 30 minutes, but feel free to go at your own pace. Look out for the hoof prints leading you through the rooms...

The Wardrobe | Print Room



At the start of your visit, you will step through the wardrobe and enter Narnia. The lighting levels in this space will remain consistent throughout the house.



You can touch fake furs, soft fabrics, and fir trees. This area may be busy.



You may need to wait here for a short time before moving into the next space.

Can you see?



A lamp post

Have you seen an old-fashioned lamp post before?



The wardrobe

Have you ever climbed inside a wardrobe?



Hoof prints

Which animal made these prints?



Fur coats

How do the furs feel? Which one is your favourite?

Mr Tumnus' Cave | The Library



The library transports you to Mr Tumnus' cave. There will be a fireplace and lots of old fashioned items to see. The lights will be in warm tones.

Can you see?



Red Scarf

What would Mr Tumnus' scarf feel like?



Umbrella

Have you ever walked in the snow with an umbrella?



Postbox

What's the best thing you've ever received in the post?



Tea Things

Do you like the smell of tea?

Sensory Extra

Mr Tumnus and Lucy have tea together. You could make your own Narnia Afternoon Tea at home. They had boiled eggs, toast and honey, and a sugar-topped cake with a big pot of tea. Delicious!

Forest | Ante-Library



The Print Room looks like the wintery forest of Narnia. There is snow on the floor and lots of snowy fir trees.



You may need to wait here for a short time before moving into the other rooms.

Can you see?



Logs

What might live under a log?



Pine cones

Have you smelled a pine cone before?



Pine trees

How many trees are there? Is anyone in your group taller than these snowy trees?



Snow

What does walking in the snow sound like?

Sensory Extra

We have lots of pine and fir trees at Wrest Park. Why not go for a stroll and 'meet' one? You may find bark and pine cones to smell, needles and branches to feel, and you can listen to how the tree sounds in the wind.

Ice Palace | Staircase Hall



This is the White Witch's icy palace. There will be a lot of white and blue colours, icy lighting, and sharp, spiky shapes.



If it is busy, you may need to wait to be able to exit this room.

Can you see?



Icicles

What does an icicle feel like?



Sweets

What could these sweets taste of?



Plates and Cutlery

Would you like to eat dinner here?



Ice Throne

Would you be comfortable sitting here?

Sensory Extra

In the story, Edmund's wish to the White Witch is to taste Turkish Delight. You could continue your adventure in Narnia at home by tasting or even making some Turkish Delight. Turkish Delight often tastes of rose petals, you could smell some rose pot pourri, bubble bath, or soap.

Throne Room | The Drawing Room



The Drawing Room shows summer returning to Narnia. It will be warm, golden, and bright. Colourful flags will be on display, and there will be a sculpture of Aslan the lion.

Can you see?



Sword and Shield

How heavy would these weapons be?



Horn

What sound would the horn make?



Healing Cordial

What would the Healing Cordial taste like?



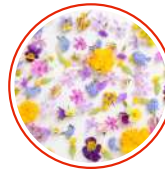
Crowns

Which crown would you most like to wear?



Aslan's Eyes

What colour are Aslan's eyes?



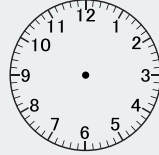
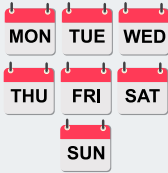
Spring Flowers

Which flowers do you like best?

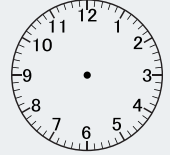
This room is the last part of your journey. From here, you can return outside and continue exploring Wrest Park.

MY VISIT TO WREST PARK

When am I visiting Wrest Park?



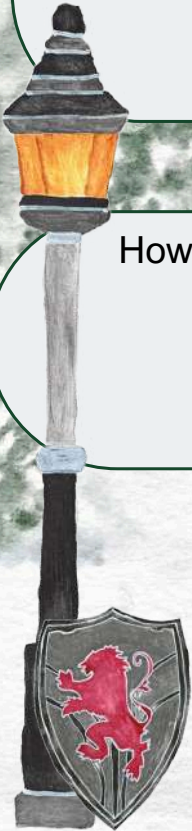
Arrive



End

Who is coming with me?

How are we travelling there?



What do I need to bring with me?

Don't forget your sensory supports and comforts...

What are we going to do at Wrest Park?

What might be tricky?

What would help me if I am finding things hard?

