



Canal &  
River Trust

# WATERSIDE QUESTS

TEN  
FUN OUTDOOR  
ACTIVITIES  
*for you &  
your family*



# LET'S GO ON A QUEST

**Whether you want to go on a duck discovery or build the fastest leaf boat ever, our canals and rivers are the perfect place to go on a Waterside Quest this spring!**

This fun-filled little book is bursting with Quests for all the family to enjoy – starting with learning about, and feeding, ducks! Don't forget to fill your new Quack Snacks pouch with healthy, tasty treats (see Quest #2).

We hope you have lots of fun exploring this spring – but please remember to stay safe near the water's edge, and make sure you don't disturb the precious wildlife!

## GOOD LUCK!



Canal &  
River Trust



**Remember to stay SAFE**

**Stay  
Away  
From the  
Edge**



## GO ON A DUCK DISCOVERY!



Ducks have webbed feet that act like paddles when they swim. Because they don't have nerves in them, ducks feet never get cold – even in icy water!



Ducks have a waterproof coat of oily feathers, which covers lots of soft and fluffy feathers underneath to keep them warm.



'A duck's quack doesn't echo' is a myth! However, as their quacks are quick, fast-fading sounds, the echoes may be difficult to hear...

**Quest complete?**  
**Draw your**  
**favourite duck here!**



# How many of these ducks can you spot on your trip to the waterside?



## Goldeneye

Males are black and white with a green head and females are a mottled brown colour.



## Mandarin

The male has orange feathers on the side of its face and bright orange 'sails' on its back.



## Pochard

This duck normally has a distinctive red head – but camouflages itself with brown feathers in the summer.



## Teal

Males have chestnut-coloured heads and broad green eye patches. Females are a smudgy brown colour.



## Tufted

A medium-sized black diving duck with white sides, a small crest and yellow eyes.



## Wigeon

A medium-sized duck with a round head and small bill, it visits the UK in winter from Iceland and Russia.

## QUEST#2

# IT'S TIME TO FEED THE DUCKS!

**Just like you, ducks need to eat healthy food! Bread is really bad for them, so make sure they eat the right food by filling your Quack Snacks bag with these tasty treats:**

Porridge oats

Rice (cooked or uncooked)

Birdseed

Grapes (cut in half)

Peas

Chopped lettuce

Chopped vegetable peel

You should avoid giving ducks bread, especially white bread – and you definitely shouldn't give them crisps, chips, crackers, chocolate or nuts. It's junk food for you – and ducks!

**Quest complete?  
Draw some Quack  
Snacks in this hand!**



# These are some of our most common waterway birds. Did you spot any of them?



## Canada Goose

This large waterfowl bird has a distinctive black head and neck, and a large white patch around its throat.



## Swan

A swan's S-shaped neck is flexible enough for it to sleep with its head tucked back under its wings.



## Female Mallard

A long bodied, heavy looking duck with mainly brown feathers and an orange bill.



## Male Mallard

A large and heavy-looking duck with a green head and long, broad bill.



## Moorhen

Moorhens are blackish with a red and yellow beak. They also have long green legs.



## Coot

The all-black cousins of the smaller moorhen – it has a small white 'shield' above its beak.

# QUEST#3



## WHO CAN FIND THE WEIRDEST BUG?

Carefully look under logs and stones to see who can spot the weirdest-looking creepy-crawly. Remember, bugs are our friends, so make sure you don't hurt any of them!



**Quest complete?  
Draw your weird  
bug here!**



# QUEST#4

## Race your own LEAF BOAT



Find a big, strong leaf and fold one end towards the centre.



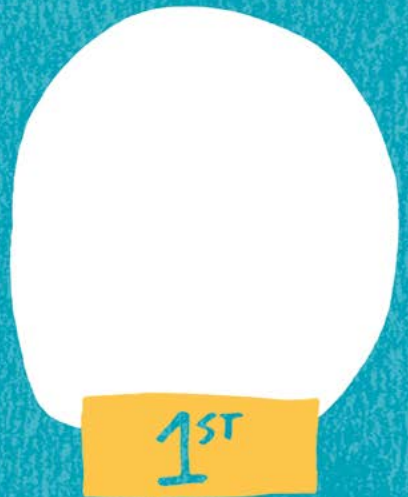
Rip the folded part into three equal sections.



Tuck the two outer sections tightly inside the longer, middle section.

Have a race to see who can build the fastest boat. Make sure a grown-up launches your leaf boat into the water!

**Quest complete?**  
**Draw a trophy for the winning leaf boat here!**



# QUEST#5

## MAKE TRUMPETS & CATAPULTS!

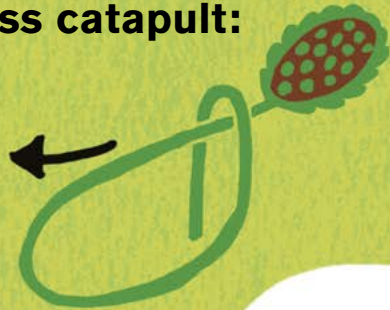
### How to make a grass trumpet:

Find a big blade of grass and make a hole down the middle. Put your thumbs on either side of the piece of grass and press them together. Then, take the biggest breath you can, and blow in between your thumbs. Did it make a noise?



### How to make a reed-grass catapult:

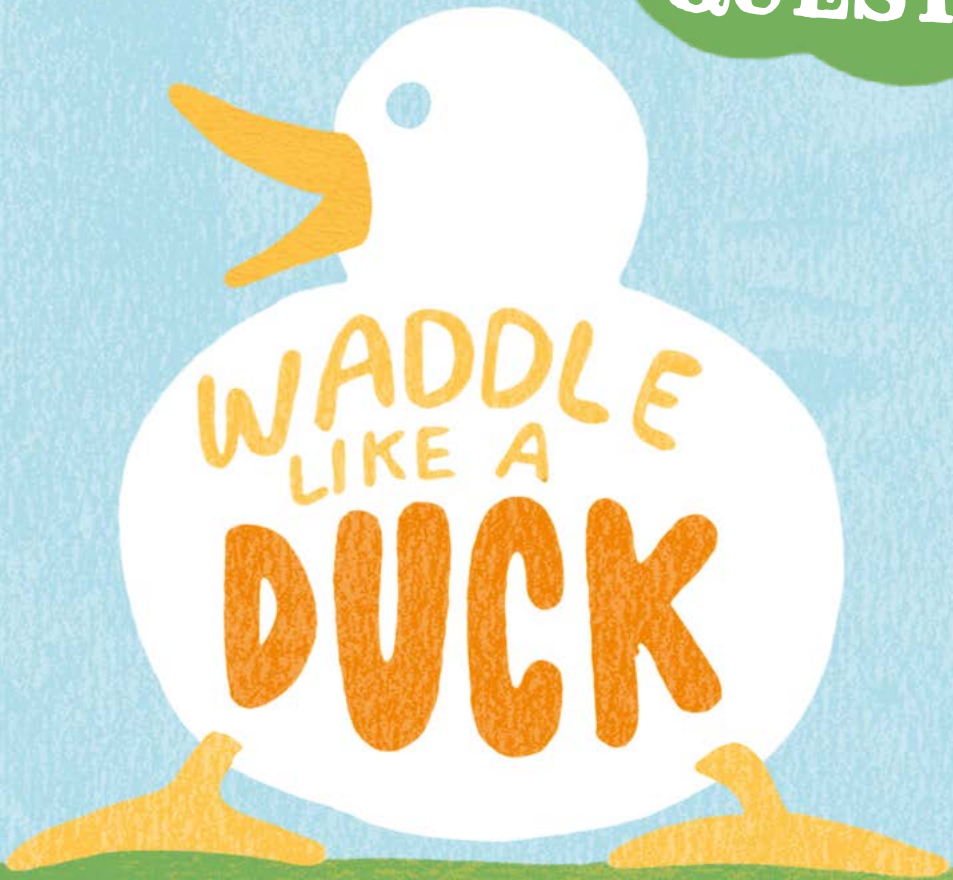
Find a long piece of reed grass and wrap the stem over in a loop (like in the picture). Point the reed grass away from you and pull the stem back through the loop – the top of the reed grass should pop off!



**Quest complete?**  
**Draw different**  
**types of grass here!**



# QUEST#6



**Why don't you try to copy a duck's funny little waddle? You should flap your arms and keep your feet flat. You're not allowed to bend your knees! Get your whole family to try it and see who is the best at being a duck!**

**Quest complete?  
Draw some yellow  
duck feet here!**



# QUEST#7

## Make your own BINOCULARS!

1. Save two cardboard toilet-roll tubes from your recycling.
2. Glue the side of one tube and stick them together.
3. Make a hole in each side of the binoculars.
4. Tie ribbon or string through the holes to make a strap.
5. If you like, you could paint your binoculars your favourite colour!
6. Take your binoculars to the waterside and use them to look for wildlife in the bushes and trees. What can you see?



**Quest complete? Draw what you saw through your binoculars!**

## CREATE A CANAL COLLAGE

**On your next trip to the waterways, carefully collect things you'd like to use in your picture. You could use leaves, twigs, grass, interesting stones, flower petals and moss!**

When you get home, use a big piece of paper and PVA glue to create your very own canal collage! You could try making a waterside scene or your favourite animal...

Please don't pick flowers! Make sure you only use leaves and petals that have already fallen...

**Quest complete?  
Draw or stick a  
little leaf here!**



# QUEST#9



## BE A NATURE PHOTOGRAPHER

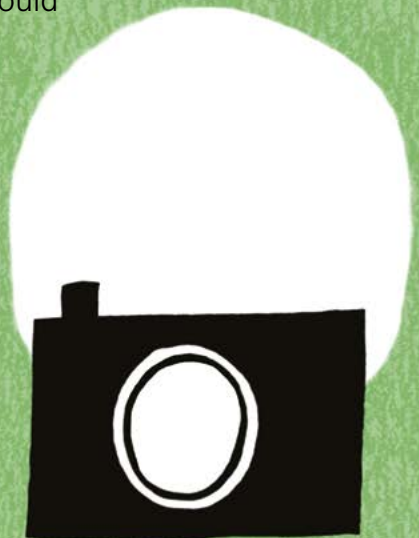
**There are so many wonderful sights to see along our waterways – why don't you try to take a photo of your favourite?**

You could try to take a photo of a duck in the water, or birds high up in the trees. Maybe you could snap a shot of some pretty flowers or weird creepy-crawlies – it's up to you!

Remember, if you're quiet and careful, you'll be able to get even better photos of waterway wildlife.

Happy snapping!

**Quest complete?  
Add a bright yellow  
flash to the camera!**





## NAME YOUR OWN CANAL BOAT

As you walk along the waterside, you'll see that all the canal boats have their own special names, given to them by their owners.

If you had your own canal boat, what would you call it? Would you name it after a pet or someone in your family? Maybe you'd give it a really silly name!

Choose a name for your canal boat and add it to the sign above...

**Quest complete?**  
**Colour in the canal boat!**



# Canal & River Trust

**From birds and butterflies, to hedgerows and otters, our historic canals are home to lots of precious wildlife. The Canal & River Trust protects 2,000 miles of waterways across England and Wales – and it's a big job!**

We wouldn't be able to look after our waterways without donations from people like you, and there are lots of ways you can help. Find out more now at [canalrivertrust.org.uk](http://canalrivertrust.org.uk)

## **DID YOU ENJOY YOUR WATERSIDE QUESTS?**

**Then join Waterside Watch today!**

For just £5 a month, you can help us protect the homes and habitats of some of our most beloved species. What's more, we'll send you stunning photos, fact files, videos and spotters' guides straight to your phone and inbox to help you explore the amazing natural world that's waiting for you on your doorstep!

Search online for **Waterside Watch** now.




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today and  
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