

CROYDON WALKS

January to July 2020



walking
for health
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Delivering for Croydon

CROYDON
www.croydon.gov.uk

January

Saturday 11 January

Nature Walk through Hutchinson's Bank

11am-1pm. Meet the London Wildlife Trust at the Pathfinders Octagon Building, New Addington by the tram stop, for this family walk. brilliantbutterflies@wildlondon.org.uk

Saturday 11 January

Winter tree walk in Beaulieu Heights

Meet the Great North Wood Team at 2pm by the entrance on South Norwood Hill for a 1 ½ hour walk.

greatnorthwood@wildlondon.org.uk



Sunday 26 January

Happy Valley and Chaldon Winter Ramble

Join the Countryside Warden for a longer walk, 7 miles over 3 to 4 hours. Paths will be muddy. Dogs on leads welcome. Meet at 11am at the Farthing Downs car park, Ditches Lane, Coulsdon. Nearest Bus: 60, 404, nearest train: Coulsdon South – for both walk 1mile up Ditches Lane

February

Saturday 8 February

Explore the Great North Wood

Streatham Common to Crystal Palace Park via Biggin Wood, Spa Wood, Grangewood Park and Stambourne Woodland Walk. Meet the London Wildlife Trust at 11am for this 4 hour walk outside the Rookery Café on Streatham Common.

greatnorthwood@wildlondon.org.uk

Sunday 9 February

Go Orienteering in Lloyd Park

Join the Friends and local scouts as they repair and open up the popular orienteering trail in the park. Meet at 10am by the Park Life café, tools provided, bring a packed lunch, we aim to finish by 3pm.

lloydparkfriends@gmail.com

Sunday 16 February

Animal Tracks and signs on the Sanderstead Common

Go track hunting with the Countryside Warden. Was it a dog or badger? Find out and make a plaster cast to take home. Booking essential. Please call the warden on [07771-715-812](tel:07771-715-812)

Tuesday 18 February

Bushcraft session for all the family

Den building and animal tracking, with the Brilliant Butterfly Team from 11am-3pm. Drop in for families at Frylands Wood Scout Centre, Featherbed Lane, Croydon CR0 9AA.

brilliantbutterflies@wildlondon.org.uk



Thursday 20 February

Woodpecker Walk in Biggin Wood

Meet the Great North Wood team at 10am by the tennis courts in Biggin Hill for a tour of the wood.

greatnorthwood@wildlondon.org.uk

Sunday 23 February

Volunteer for the Great British Hedgerow Survey

Join the Countryside Warden to help survey Happy Valley's hedgerows as part of the Great British Hedgerow Survey. Take a closer look and learn more about these green highways of the countryside. Meet at 12noon at the Farthing Downs car park, Ditches Lane, Coulsdon. Nearest Bus: 60, 404, nearest train: Coulsdon South – for both walk 1mile up Ditches Lane.



Saturday 29 February

Spring Nature Walk through Dollypers Hill Nature Reserve

Meet the Brilliant Butterfly Team at 11am at the Caterham Drive, entrance to the nature reserve, for this community nature walk in search of signs of Spring. Coulsdon CR5 1JD

brilliantbutterflies@wildlondon.org.uk

March

Saturday 7 March

Family Woodland Springtime Walk, Selsdon Wood

Meet Croydon's Community Partnership Officer, at 2pm by the wooden bear in the car park, for a stroll in search of signs of Spring –the first flower, chirpy birds, nests, and fresh green everywhere. Event suitable for families with children aged 5+.

biodiversity@croydon.gov.uk

Sunday 15 March

Woodland meditation and wellbeing event


Take a deep breath and soak in the beauty of nature as it awakens from its winter slumber. Book a place at this event from 1-5pm with Heartwood Forest School, adults only. Places are limited and booking essential, cost is £28/place

info@heartwoodforestschool.com
or call [07984205989](tel:07984205989)

Sunday 15 March

What lives and grows on the Sanderstead to Whyteleafe Countryside Area?


Help the warden to survey and monitor the commons to inform how we manage the site for wildlife and nature. Help with monitoring various species, from Skylarks to lizards, bats, flowers and slow worms. To find out more either meet the Warden at Dunmail Drive at 10.30am for a walk and talk, or call

 **07771-715-812**

Sunday 15 March

Happy Valley Junior Wildlife Tracker

A family event looking for the clues that wild animals leave behind, search for tracks, burrows, droppings and toothmarks, and make your own animal track plastercasts. Please call

 **07716 224096** for further details, as pre-booking is essential.

Saturday 28 March

Explore the ponds, streams and wetlands at South Norwood Country Park

Join the Countryside Warden for a 1 ½ hour walk, some pond dipping and bird spotting. Meet at 2pm by the visitor centre, suitable for families with children 5+.

 **biodiversity@croydon.gov.uk**

April

Saturday 4 April

Springtime in Selsdon Wood

Meet the Friends at 2pm by the wooden bear in the main car park, off Old Farleigh Road.

 **www.friendsofselsdonwood.co.uk**

Sunday 5 April

Spring Woodland Detectives

Join the Warden and be a Spring time explorer in Ainsley Berry Shaw. Please meet at the far end of Tandridge Gardens at 10.30am for some nature adventure. Event suitable for families with children aged 5+.

 **07771-715-812** for more information.

Saturday 18 April

Spring flower walk in Littleheath Woods

Join the Friends of Littleheath Wood for a stroll through field and woods in search of the first spring flowers.

Meet at 10am by the entrance off the junction between Queenhill and Littleheath Roads.



Croydon Walking for Health Scheme



Why not try our weekly walks that take place in Croydon?

The Active Lifestyles team currently run a free weekly programme of health walks accredited by Walking for Health. Our aim is to help people in the community to get out in the fresh air, exploring the abundance of green space and parkland in Croydon. Added benefits include getting fit and healthy and making new friends.

Everyone is welcome and there's no need to book. Just turn up 15 minutes before the start time.














Walk Gradings:



Grade 1: Flat terrain

Grade 2: One or two gentle hills/slopes

Grade 3: A number of hills/slopes which may be steep

	Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes in length.	
	Suitable for people who are looking to increase their activity levels. They are between 30 - 60 minutes in length.	
	For people looking for more challenging walks and increasing their level of physical activity. They are generally 45 - 90 minutes in length.	
	For people who have undertaken Walking for Health Grade 3 walks and are now looking to take their next steps. These walks are more than 90 minutes in duration.	
	The terrain on this walk could be muddy or slippery and you are advised to wear suitable footwear.	
	There are toilets available on this walk.	 The walk is accessible for wheelchairs, mobility scooters and pushchairs.
	The terrain on this walk may be uneven.	 This walk may involve some hills and slopes which could be steep.
	There is the opportunity to purchase refreshments on this walk.	 There are rest stop opportunities available on this walk.
	The start and finish point of this walk is near to public transport.	 The start and finish point of this walk is near car parking facilities.

Health Walks

Please be at the starting point of the walk you are attending **15 minutes before the start** to allow registers to be taken. Some of the routes may be muddy so please remember to wear suitable footwear. Under 16's must be accompanied by a parent or guardian and we would ask that all dogs brought on the walks are kept on a lead so not to impact the enjoyment of the rest of the group. **Please note you will be exercising at your own risk on the Health Walks.**

Lloyd Park Grades 1/2/3

60 MINUTES APPROX

Monday 11:00am

Meet: Every Monday at 10:45am at Parklife Cafe, Lloyd Park.

This is a circular walk through Lloyd Park and surrounding areas. The walk will split into two or three walks of different length and terrain.

Travel: Tram - route 3



Lloyd Park Grade 3

90 MINUTES APPROX

Monday 1:00pm

Meet: Every Monday at 12:45pm at Parklife Cafe, Lloyd Park.

This is a circular walk through Lloyd Park and surrounding areas. It is on potentially hilly terrain.

Travel: Tram - route 3



Hamsey Green Grade 2

60 MINUTES APPROX

Tuesday 11:00am

Meet: Every Tuesday at 10:45am at the junction of Tithepit Shaw Lane and Limpsfield Road, Hamsey Green.

There may be one or two steep hills depending on the route taken covering Riddlesdown or Kingswood.

Travel: Bus - 403



Purley Way West

Grade 1

30-60 MINUTES APPROX

Tuesday 11:00am

Meet: Every Tuesday at 10:45am at the Colonnades Bus Stop.

This is a circular walk around Purley Way West and surrounding areas across reasonably flat land.

Travel: Bus - 119, 289



South Norwood

Grade 1

30-60 MINUTES APPROX

Wednesday 11:00am

Meet: Every Wednesday at 10:45am at South Norwood Leisure Centre.

This is a circular walk around South Norwood Country Park on flat terrain. It is ideal for beginners.

Travel: Bus - 197, 312



Happy Valley

Grade 3

60-90 MINUTES APPROX

Wednesday 11:00am

Meet: Every Wednesday at 10:45am at Happy Valley car park at the end of Fox Lane (CR3 5QS), Old Coulsdon.

This is a circular walk around Happy Valley led at a fast pace with some steep inclines.

Travel: Bus - 404, 466



Macmillan Grade 1

30-60 MINUTES APPROX

Wednesday 1:00pm

Meet: Every Wednesday at 12:45pm at Macmillan Resource Centre at Croydon University Hospital.

This is a short walk in the green spaces around the hospital to support patients with Cancer.

Travel: Bus - 64, 250, 198



Gravel Hill Grade 3

75-90 MINUTES APPROX

Thursday 10:30am

Meet: Every Thursday at 10:15am at Gravel Hill tram stop.

A circular walk through Addington and Heathfield on potentially hilly terrain.

Travel: Tram - route 3
Bus -130, 466



Norbury Grade 2

60 MINUTES APPROX
Thursday 1:30pm

Meet: Every Thursday at 1:15pm at Norbury Train Station.

This is a circular walk through Norbury Park and Norwood Grove on potentially hilly terrain.

Travel: Bus - 50, 250, 255



Wandle Park Grade 1

30-60 MINUTES APPROX
Friday 11:00am

Meet: Every Friday at 10:45am at Wandle Park tram stop.

A great walk for the new walker through Wandle Park and Waddon Ponds.

Travel: Tram - Wimbledon Line



Macmillan Grade 1

30-60 MINUTES APPROX
Friday 11:00am

Meet: Every Friday at 10:45am at Macmillan Resource Centre at Croydon University Hospital.

This is a short walk in the green spaces around the hospital to support patients with their recovery.

Travel: Bus - 64, 250, 198



Selsdon Wood Grade 3

60 MINUTES (2-3 MILE) AND 120 MINUTES (4-5 MILE) APPROX
Friday 1:30pm

Meet: Every Friday at 1:15pm at Selsdon Wood car park.

This is a circular walk through the Nature Reserve and surrounding areas with one or two steep slopes. This walk splits in to two walks (if sufficient leaders are present).

Travel: Bus - 433



Lloyd Park Grade 3

60-90 MINUTES APPROX
Saturday 10:30am

Meet: Every Saturday at 10:15am at Lloyd Park tram stop.

The walk includes hills and slopes to access viewpoints through Lloyd Park and surrounding areas.

Travel: Tram - route 3



Nordic Walking

Nordic Walking is a variation of ordinary walking with the use of poles. By learning to use the poles and adopting specific nordic walking techniques you could:

- Use 90% of your skeletal muscles.
- Burn up to 46% more calories than ordinary walking.

Nordic walk training

1ST MONDAY OF EVERY MONTH
10:30am

Meet: Meet at 10:15am behind Parklife Café, Lloyd Park.

You must book a place to attend. Please phone **07796 930 295** to book your place. Training must be completed before attending Nordic Walks.

Travel: Tram - route 3



Nordic walk

60 MINUTES APPROX
Monday 11:00am

Meet: Meet at 10:45am behind Parklife Café, Lloyd Park.

Travel: Tram - route 3



N.B. The Nordic Walks are not accredited by Walking for Health and are seen as a progression from the Walking for Health scheme. The Nordic Walks are suitable for those who are ready to move onto walking at a higher intensity.



Sunday 19 April

Nature Walk through Lloyd Park

Join the Friends and Jane McLaughlin from ACCS to discover the many flowering plants in the park. Meet at 11am by the Park Life café.

 lloydparkfriends@gmail.com

Friday 24 April

Bats are back at South Norwood Lake

Join us for this ever popular evening walk to see and hear bats hunting for food over the lake. Meet at 8.30pm by the main park entrance, next to the Waterside Centre. Wrap up warm and bring a torch to find your way.

 biodiversity@croydon.gov.uk



Saturday 25 April

Guided Bird Walk through Hutchinson's Bank

Meet the London Wildlife Trust at 11am by the New Addington Tram stop. For a 1 ½ hour ramble to explore this hidden nature reserve. Bring your binoculars.

 brilliantbutterflies@wildlondon.org.uk

Sunday 26 April

Springtime Splendour in Happy Valley

Join the countryside warden on a leisurely walk to discover the plants and other wildlife. Meet at 2pm in the Farthing Downs car park, Ditches Lane, Coulsdon. Please note that car parking charges may be in place at this car park. Nearest Bus: 60, 404, nearest train: Coulsdon South – for both walk 1mile up Ditches Lane

May

Friday 1 May

Bats over South Norwood Country Park

Spring is here and the bats have returned, see and hear them hunting for food over the lake and meadows. Wrap up warm and meet the Friends of the country park at 8.30pm.

 biodiversity@croydon.gov.uk

Saturday 2 May

Great North Wood walk

Join the London Wildlife Trust at 11am at the South Norwood Hill entrance to Beaulieu Heights and walk from here to Long Lane Wood via South Norwood Lakes and South Norwood Country Park, 11am – 3pm, bring a bottle and snack,

 greatnorthwood@wildlondon.org.uk

Saturday 2 May

Bluebells and Birds in Selsdon Wood

Meet the Friends at 2pm by the wooden bear in the car park, off old Farleigh Road

 www.friendsofselsdonwood.co.uk



Sunday 3 May

Dawn Chorus in South Norwood Country Park

Join the Countryside Warden for an early start at 5am by the Visitor Centre to listen to the birds welcoming another spring day. This is an amazing experience and well worth the early start. Sorry not suitable for dogs or small children – this is a quiet walk.

Saturday 9 May

Mini beast and wild things in the Country Park

Join the Countryside Warden for a wild walk, off the beaten tracks, suitable for families with children 5+. Meet at 2pm by the visitor centre.

 Biodiversity@croydon.gov.uk

Saturday 9 May

Bird spotting on Hutchinson's Bank

Join Ted Forsythe, LWT volunteer at 11am by the Farley Dean Crescent entrance to the Nature Reserve. Bring your binoculars.

Sunday 10 May

Litter pick on the Sanderstead Common

Keep Britain Tidy – Help your Countryside Warden on this annual litter pick through the Dobbin and Whyteleafe Rec. Meet at Whyteleafe Recreation Ground Car Park by the notice board at 10.30am to collect your bag and gloves.

Wednesday 13 May

Butterfly walk on Hutchinson's Bank

Join Butterfly Conservation at 11am at the Farley Dean Crescent entrance to the Nature Reserve.



Sunday 17 May

Brilliant Butterfly walk through Dollypers Hill Nature Reserve

Meet the Brilliant Butterfly Border Team and discover the many pretty butterflies on site, meet at 11am at Caterham Dr, Coulsdon CR5 1JD for this 1 ½ hour walk.

📧 brilliantbutterflies@wildlondon.org.uk

Sunday 24 May

Dozing Dormice in Devilsden Wood

Come along and find out about the life of the elusive and rare dormouse. Meet at 2pm in the Farthing Downs car park, Ditches Lane, Coulsdon. Please note that parking charges will possibly be in place. Nearest Bus: 60, 404, nearest train: Coulsdon South – for both walk 1mile up Ditches Lane

**Sunday 31 May**

Foraging walk through Lloyd Park

Join the Friends of Lloyd Park and Dawn Assefa at 11am by the Park Life Café for a leisurely stroll looking for edible plants

📧 lloydparkfriends@gmail.com

June

Friday 5 June

Bat watch in Selsdon Wood

Join the Friends at 8.50pm by the wooden bear in the car park, off Old Farleigh Road, for an evening wander.

📧 www.friendsofselsdonwood.co.uk

**Saturday 6 June**

Green Spaces Event Central Library

Want to find your nearest park, learn about bees, gardening, local wildlife or volunteering? Then visit Croydon's central library for information, talks, displays and activities to help you explore the wild and green side of Croydon.

📧 biodiversity@croydon.gov.uk

Sunday 7 June

Summer Stroll over the Sanderstead to Whyteleafe Countryside Area

Join the Warden for a stroll and find out why this area is now part of the new South London Downs National Nature Reserve. Meet at the far end of Honister Heights at 10.30am for a 2 hour walk.

Sunday 7 June

Orchids on Hutchinson's Bank

Join London Wildlife Trust volunteers at 11am by the Farley Dean Crescent entrance to the Nature Reserve.

Wednesday 10 June

Evening Tree Walk

Grangewood Park

Join the team from the Great North Wood project for an evening stroll through the park to learn more about the trees on site and maybe spot a hedgehog.

 greatnorthwood@wildlondon.org.uk

Sunday 14 June

Brilliant Butterfly Walk around Hutchinson's Bank

Meet the team at 11am, by the New Addington tram stop for this 1 ½ hour walk suitable for all

 brilliantbutterflies@wildlondon.org.uk

Sunday 14 June

Summer Flowers in Selsdon Wood

Join the Friends and Malcolm Jennings, ACCS, at 11am by the wooden bear in the car park, off Old Farleigh Road for a stroll.

 www.friendsofselsdonwood.co.uk

Sunday 28 June

Family Wildlife Fun in Happy Valley

Join the Countryside Warden for an afternoon of leaf/bark rubbing, meadow collages, mini beast hunting and a chance to meet the sheep! A free event for all the family with children 5+.

 **07716 224096** to book a place and more details.



USEFUL THINGS TO KNOW

Who leads these walks?

The walks are led by Croydon's Countryside Wardens, Friends of Park Groups and the Community Partnership Officer.

Who are these walks for?

These walks are aimed at People and families who would like to find out more about local wildlife, management of Croydon's Green Open Spaces and natural play. Children must be accompanied by a parent or guardian. Dogs on leads are welcome on most events, but please check before attending. The walking pace is generally easy, but routes can be hilly in places and muddy at times.

What to bring?


Remember to wear stout footwear with a good grip, as some paths may be steep or rough in places. Weather conditions can change during a walk, so bring water proof clothing just in case. The walks tend to last 1-2 hours, longer walks are indicated. You may want to bring a drink and a snack.

What do they cost?

All listed walks are **FREE**, some events carry a small cost.

Health walks

Active Lifestyles provide regular weekly and monthly health walks. They are a great way to start exercising while enjoying Croydon's green open spaces.

 **0208726 6000**

 **walks@croydon.gov.uk**



Croydon Outdoor Explorer Network

Discover the wild side of Croydon, and reconnect children with nature. Take part in the John Muir Family Award Scheme, or workshops to learn the art of natural navigation, bush craft, forest school and nature play sessions.

 **www.croydon.gov.uk**



Further information

About guided walks, Friends of Park groups, nature play and Forest School or how to get involved in caring for Croydon's green environment contact the Community Conservation Partnership Officer, Active Lifestyles.

 **020 8726 6000**

 **biodiversity@croydon.gov.uk**