

It's Summer

Hampstead Heath:

Discover, enjoy, and protect its remarkable biodiversity

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This year Hampstead Heath celebrates its 150th anniversary as a protected space. It remains a piece of British countryside in the centre of a metropolis. With over ten million visitors a year, its wildlife and habitats are under pressure from increasing use, climate change and urban pollution. Help us to protect the Heath and keep it a sanctuary for nature and people.

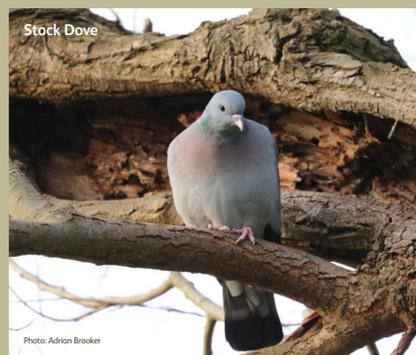
Caring for the Heath: what we all can do!

The City of London and English Heritage manage these habitats to promote biodiversity. Long grass and wildflower meadows provide homes for insects and food for birds. Help protect them by keeping your walks to mown "desire lines" and picnicking in short grass areas, leaving the long grass for the creepy crawlies.

We love to let our dogs take a dip in the ponds. But dog swimming disturbs sediments and introduces poisons from flea treatments, both of which can harm dragonflies and other species. To help our pond life, please swim dogs only in designated dog swimming areas.

Ken Wood, a Site of Special Scientific Interest

When Humphry Repton designed the landscape of Kenwood House in 1793, one of his principles was to improve the natural scenery while "making the whole appear the production of nature only". At the edge of Repton's splendid landscape lies an even more natural space, Ken Wood. This ancient woodland has trees over 400 years old. Their many holes are home to protected bats and distinctive hole-nesting birds. Listen for the repeated "hwoo" of Stock Doves in the treetops and the barks of Jackdaws, small relatives of crows, who have a colony in the Wood. Ring-necked Parakeets also breed in Ken Wood's trees.



Summer butterflies

Butterfly numbers have declined dramatically across Britain. New wildflower meadows are helping to restore and protect them on the Heath. The Common Blue lays its eggs on the yellow-flowered Birdsfoot Trefoil. It is one of more than 20 butterfly species you can see here.

Dragonflies over ponds

Our ponds support 16 species of dragonfly and damselfly. Hawkers patrol pond edges, while Darters hunt from pondside perches.

Kestrels over meadows

In Summer, watch young kestrels hover over meadows, learning to hunt mice and voles.



The Heath & Hampstead Society

Est. 1897

Registered Charity

For over a century, the Heath & Hampstead Society has fought to protect the Heath for visitors and for nature. With our partners, we celebrate the Heath's 150th year with this seasonally changing display.

For more information, visit www.heathandhampstead.org.uk/heath/biodiversity



ENGLISH HERITAGE



Hampstead Heath

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#Heath150