



NORTH LONDON HERB WALKS 2011

with Christopher Hedley AHG

Explore the parks and byways of our city. Get back in touch with the nature flourishing all around us.

Learn the stories of the plants, their medicinal virtues and how to identify them.

Bring a notebook for notes and selotape to stick samples into your note book.

Wear weather responsive clothes as the walks will be conducted whatever the weather.

A wild flower book and a 10x magnifying glass will be useful.

All walks start at 11.00 am and last for at least 2 hours. If late, don't worry, we won't be far away.

Cost ; £9 - £11 [non-refundable]

To make sure of your place booking is advisable.

GREAT DEAL !!! Book all 7 in advance for £50

Minimum numbers 2. Maximum numbers 20.

Children free and welcome. Most walks are suitable for wheelchairs and buggies, please ring or email to check.

SATURDAY 9th APRIL - KENWOOD

Shrubs, trees and wild flowers, Fritillaries, Cherry Laurel, Gingko, Hawthorn, Lords and Ladies and a Mulberry tree. Will there be any Pignuts? Make the day of it and visit the art collection at Kenwood House.

Meet at the cafe of Kenwood House, Hampstead Lane. We will be walking East, towards the kitchen garden. Bus 210 from Archway or Golders Green tube stations.

SATURDAY 30th APRIL - PRIMROSE HILL

Fairy Hill, park land shrubs, trees and wild flowers, Oregon Mountain Grape and Sheep's Sorrel. Will we find a St George's Mushroom? A good day to pick Dandelion flowers.

Meet at the junction of Regents Park Road and Primrose Hill Road. Tube Chalk Farm.

SUNDAY 22nd MAY - REGENTS PARK NORTH

Parkland trees and wild flower planting, Silver Limes, Ox Eye Daisy and Wild Carrot. Will the St John's wort be in flower for mid summer?

Meet at the Primrose Hill Gate on the Outer Circle - by the North West corner of the zoo. Tube Camden Town, walk up Parkway and through Gloucester Gate to the Outer Circle turn right and walk to the far end of the zoo. Bus 274 from Marble Arch or Camden Town.

If you are late we will be walking south, down the side of the zoo.

SATURDAY 11th JUNE - REGENTS CANAL TOW PATH WEST

Waterside and wayside herbs, wild flower planting, Water Figwort, White Comfrey, Wood Sorrel and Hart's Tongue Fern. Will the Skullcap be out? Will the Marsh Woundwort reappear?

Meet at the Gloucester Avenue entrance. Tube Chalk Farm or walk along the tow path from Camden Town. We will be walking west - towards the zoo.

SUNDAY 10th JULY - HAMPSTEAD HEATH SOUTH

Hedgerow and woodland plants, Crow Garlic, Walking Willows, Cats Ears and the Lonesome Pine. A prize for the first person to find Hart's Horn Plantain.

Meet at Hampstead Heath Railway station (North London Line/ London Overground), South End Green. We will be walking North, into the Heath. Tube Belsize Park. Buses 24, 168 & 46.

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SUNDAY 24th JULY – REGENTS PARK CENTRAL

Parkland planting, trees and weeds, Lemon Balm, Barberry, Wormwood, Ginkgo trees, Sea Holly. Will we find the Greater Celandine this year?

Meet at the Cafe by the open air theatre, Inner Circle.

Tube Baker Street, walk up Baker Street to the top, across the junction, through Clarence Gate, across the bridge and then turn left and follow the path to the Inner Circle.

SATURDAY 27th AUGUST - REGENTS CANAL TOW PATH EAST

Quite different from the walk west - Water dropwort, Bladder Senna, Eastern Rocket, Wall Rocket, Gypsywort. Will we catch a glimpse of the wild terrapins?

Meet at the Kentish Town Road entrance (at the back of Camden Sainsburys). Tube Camden Town (wheelchair access from Camden Lock).

A FUNGI WALK WILL BE ARRANGED LATER - time depending on the weather.

WALKS CAN BE ARRANGED OUTSIDE THIS AREA FOR GROUPS OF 20. Contact us for details.

CONTACT INFORMATION

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LONDON NW1 8JD (please note that emails are only checked & answered once a week)

Non Shaw and Christopher Hedley are Weeds in Situ

WEEKEND WORKSHOPS -MAY 13th-15th and OCTOBER 7th-9th

Christopher will also be conducting 2 weekend workshops at Trill Farm near Axminster.

We will look around the farm at what is growing and collect herbs for food and for making medicines.

There will be good, organic food, comfortable accommodation, plenty of walking and practical medicine making. See www.trillfarm.co.uk for more details.