

Nature Walk for West Park Meadows Nature Reserve

Improve your physical and mental health with this gentle walk around West Park Meadows. The nature reserve forms a major part of the Green Wedge into Derby City between Spondon and Chaddesden.

Nature to be seen include

(Wildlife to be seen will depend on seasons and weather)

Birds: Yellowhammer, skylark, blue tits, robins, wrens.

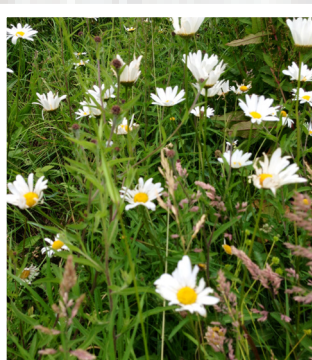
Trees and flowers: Ash, sycamore, oak, hawthorn, elder, red campion, knapweed, selfheal, lords and ladies, wood avens and lesser celandine.

Animals: Peacock butterflies, broad bodied chaser dragonflies, frogs, squirrels.

Let us know the wildlife you see on your walk

Follow us on Twitter @DerbyCC - use #derbywalk or email parks@derby.gov.uk

We will update our website with nature seen at each park. Visit www.derby.gov.uk/parks



Walk key	<ul style="list-style-type: none">• Surface graded B = Quite smooth, with some uneven ground• Slope Gentle = up to a 1 in 20 gradient• Access = not suitable for wheelchair and pushchairs. There is a cycle path to the top of the nature reserve, which provides easy access and excellent views.• Family walk
Estimated time	1km (0.62miles), 30 minutes at a steady pace
Facilities	There are no facilities on the reserve, the nearest toilets are at ASDA.
How to get there	By bus from Derby City Centre, Trent Barton Spondon Flyer By road Sat Nav: DE21 7AB, park on West Road, Park Road or Oregon Way.

Walk route



1. Start the walk on West Road. There are a number of posts along the route which correspond with the numbers on the map above. When you enter into the reserve at point 1, you will see open far land to the right. Listen here for birds, like the yellowhammer and skylark.

2. Walk along the tarmac footpath. The grassland to the left is now managed as a wildlife meadow allowing interesting species such as knapweed, yorkshire fog, self heal and bush vetch to flourish.

Look at the uneven surface which shows the remnants of the old ridge and furrow farming system, dating back to Medieval times.

3. As you continue along the tarmac path you will reach a hedgerow. Beyond it bear slightly to the left, across open grassland. Avoid tracks through dense bushes.

Here are oak, sycamore, english elm and wych elm. Also see bushes like hawthorn, blackthorn, bramble and rose. These are home to birds, mammals and insects.



- 4.** Continue on, bearing left through bushes, until you reach another open area of grassland.

This has bent grass, spear thistle and meadow buttercup.

- 5.** Continue on until you reach a belt of large trees. Just before entering this woodland, look across to the right. Here on the southern edge of the reserve see the fantastic view of the River Derwent Valley.



- 6.** Follow the path into the wood, keeping to your right. This strip of woodland contains many large oak trees and a few Ash and Sycamore. Oaks provide food and shelter to many birds and insects. You may see squirrels and blue tits in the trees.

Look to the ground and see bramble and ivy. Keep your eye out for pink campion.



- 7.** Continue onto the pond, which has been here since Medieval times and was dredged and restored in 1995. Approach it quietly and slowly, looking out for

wildlife such as frogs, and in the summer you may see dragonflies. Be careful near the water.





8. Walk around the pond, then turn left along the Eastern edge of the reserve, close to the school playing fields and towards the woodland in the centre.

This wood has a good mix of trees, a healthy shrub and ground cover. It provides a variety of habitats for birds such as blue tits, robins and wrens.

Shrub layer includes hawthorn and elder and ground flora includes bramble, lords and ladies, wood avens and lesser celandine.

You will now come to a path, continue along here passing between woodland and hedgerow. Our walk completes back at where the route started, on West Road.

Don't forget to tell us about the wildlife you have seen on your walk, by following us on Twitter @DerbyCC - use #derbywalk or email: parks@derby.gov.uk

* Also available is a West Park Meadows history leaflet, available to download at www.derby.gov.uk/parks

Produced in Partnership with Derbyshire Mind - Enjoying Derby and Derby City Council

For information about Derby's Local Nature Reserves please call Derby Parks on 01332 293111, Minicom 01332 640666, email parks@derby.gov.uk or visit www.derby.gov.uk/parks