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Rye Meads RSPB Nature Reserve

Rye Meads Reserve is a great place to get close up on wetland wildlife and see and learn about the special habitats so important for breeding and wintering wildfowl. The Reserve is designated a Site of Special Scientific Interest and is part of the Lea Valley European Special Protection Area and RAMSAR site. Reedbeds, deep water lagoons, wader scrapes and ancient water meadows all combine to create a place of unique value.

The Reserve boasts an impressive visitor centre from where trails lead to a number of large, comfortable and fully accessible Birdwatching hides. A large colony of nesting Common Terns is one of the star attractions, but the reserve is most famed for its breeding Kingfishers which nest in a specially created artificial bank viewed from one of the hides. In winter hundreds of wintering wildfowl include Gadwall, Shoveler and Tufted Ducks and in the summer warblers abound along with Cuckoos and Swallows and Martins.

Rye Meads Nature Reserve is a shining example of partnership in conservation action. It is supported by the Heritage Lottery Fund and six partners, including; Herts and Middlesex Wildlife Trust, Environment Agency, RSPB, Thames Water, Lee Valley Regional Park Authority and the Rye Meads Ringing Group.

Rye Meads Visitor Centre, Rye Road, Stanstead Abbotts, Herts, SG12 8JS

Call the RSPB centre on 01992 708 381 for more information.

River Lee Country Park

Covering over 400 hectares between Broxbourne and Waltham Abbey the Country Park is an area of flooded gravel pits which has been transformed into unique patchwork of lakes, waterways, woodlands and meadows by St Albans Sand and Gravel company and the Lee Valley Park. Gravel has been extracted since the 1930's and although the landscape is less than 100 years old the wildlife value is so high that much of the site has been designated a Site of Special Scientific Interest.

Home to the National Bittern Watchpoint and more than 7000 wintering wildfowl including internationally important numbers of two species (Gadwall and Shoveler) the Park's value is now so significant that it has been further designated as part of the Lea Valley European Special Protection Area and a RAMSAR wetland of international importance.

Meadows of orchids provide a blaze of colour during the summer and the Cornmill Meadows in the south of the Country Park are home to almost half the total number of British breeding dragonfly species.

Selected walks and trails help you discover all the different aspects of wildlife through the seasons and specially constructed bird-watching hides and viewing areas give visitors the opportunity to get close up views of the Park's unique birdlife. In all, more than 10km of paths are accessible and this includes dedicated shared use paths and a section of Route 1 of the National Cycle Network. There are numerous picnic areas and cafes at both the Lee Valley Park Farm and the Lee Valley Village YHA.

Tel: +44 (0)1992 702 200

The WaterWorks Nature Reserve and Golf Centre and Walthamstow Marsh

Situated in the heart of East London is a quite remarkable complex of nature reserves. The WaterWorks Nature Reserve is situated on the old Essex and Middlesex Filter Beds which is home to over 300 plant species and more than 500 species of invertebrate.

25 species of birds have bred, including the declining Tree Sparrow and reed Bunting and year round the beautiful flash of colour from a Kingfisher can be seen and majestic Grey Herons idle away many hours.

There are colonies of Water Voles, and Grass Snakes and Smooth Newts breed in the disused water filled beds. Thanks to London's largest bird hide all this can be experienced in close up without disturbing a thing.

Just across the road is Walthamstow Marsh which is without doubt one of the most valuable wildlife sites in the region. The untouched ancient Lammas Meadows are being carefully managed to recreate their historic management regime for growing crops and grazing cattle which dates back over a thousand years.

Rich in botanic value the Marsh is home to many rare and declining plants including Adder's Tongue Fern and the exceptionally rare Creeping Marshwort. The ditches are home to one of the best colonies of Water Voles in the area and a variety of dragonflies provide a colourful spectacle in the summer.

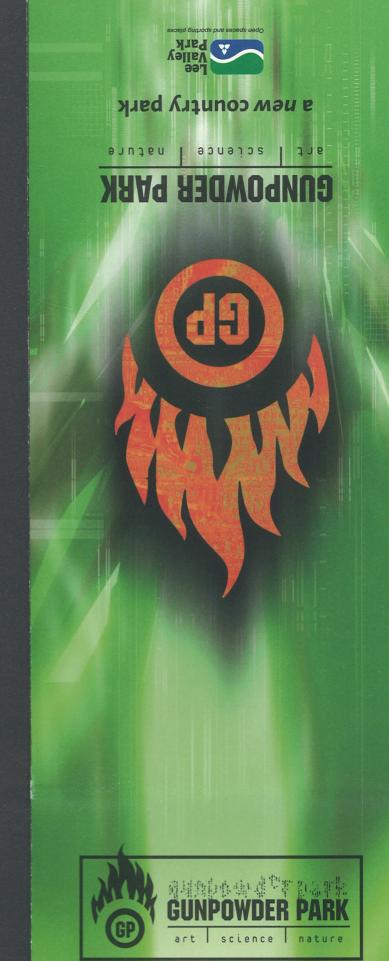
As you walk around Horseshoe Thicket you can hear the songs of migrant warblers, including Chiffchaffs and Blackcaps, and spot the Speckled Wood butterflies in the sunny glades.

The WaterWorks, Nature Reserve and Golf Centre, Lammas Road off Lea Bridge Road, Leyton, London E10 7NU. Tel: +44 (0) 20 8988 7566



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Gunpowder Park is located at the top of Greater London just south of historic Waltham Abbey and the M25 (between junctions 25 and 26). The main entrance is on the Sewardstone Road (A112) south of the roundabout junction with the A121. There are pedestrian access points along each border.

Nearest rail stations: Waltham Cross, Enfield Lock, then walk approx 30 mins, bus or taxi. Chingford, then bus or taxi.

> Traveline: 0870 608 2608 www.traveline.org.uk

Gunpowder Park

The Field Station Sewardstone Road Waltham Abbey Essex EN9 3GP

Tel: +44 (0)1992 762 128 Fax: +44 (0)1992 765 748

info@gunpowderpark.org www.gunpowderpark.org

Lee Valley Regional Park Information Service: Tel: +44 (0) 1992 702 200 www.leevalleypark.com



An introduction to

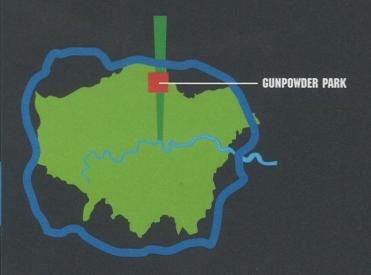
Lee Valley Regional Park





From Ware in Hertfordshire to the River Thames at East India Dock Basin, the Lee Valley Regional Park provides leisure activities which suit all ages, tastes and abilities. Stretching 26 miles on both sides of the River Lee, the unique natural features of this 10,000 acre area have been shaped to provide a mosaic of countryside areas, urban green spaces, heritage sites, country parks, nature reserves and lake and riverside trails, plus sports and recreation centres.

River Lee Country Park, Rye Meads and The WaterWorks are only three of the many facilities and activities available throughout the Lee Valley Regional Park. Information on all of the Park's amenities are available through leaflets at each site and on the website.

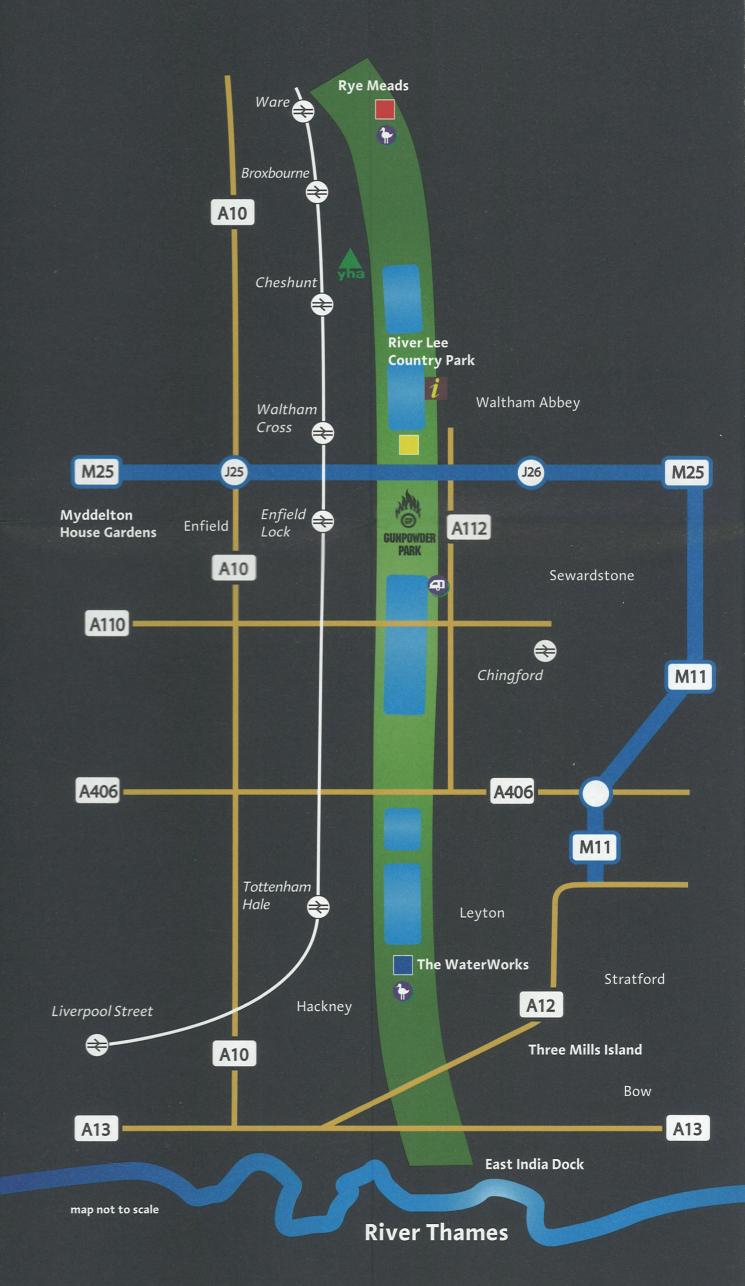


For full details of all Lee Valley Regional Park amenities and facilities contact:

Lee Valley Park Information Service Tel: +44 (0)1992 702 200

Lee Valley Park Farm, Stubbins Hall Lane Crooked Mile, Waltham Abbey Essex EN9 2EG









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GUNPOWDER PARK MAP

Gunpowder Park is 90 hectares of regenerated green space dedicated to arts-led collaborations exploring the relationships between the public and urban and rural environments.

Gunpowder Park is 90 hectares of open green space within the Lee Valley Regional Park. Through a multi million pound investment by Lee Valley Regional Park Authority, the park land has been reclaimed and regenerated from its former use as a Royal Ordnance munitions testing facility. After 100 years as a closed site, the land has been transformed into a dynamic new country park for the benefit of people and wildlife. Gunpowder Park opened to the public on June 3rd 2004 in the presence of HRH Duke of Edinburgh.

Gunpowder Park was created with a specific remit to provide an innovative programme dealing with arts, science and nature. A year round programme is produced by Landscape+Arts Network Services, in partnership with Lee Valley Regional Park Authority. The Park's heritage of experimentation informs the creative policy and explores the meaning and use of open space in our society through research, arts-led collaborations, education, events and publishing.

The Field Station, located at the main entrance, is the headquarters for the Park's year round programme of arts, science and nature and one of the office bases for Lee Valley Regional Park Rangers.

The Field Station hosts an Open Day each week and an Open Weekend each month scheduled to coincide with exhibitions, creative workshops and special events. Visitors are invited to meet the Gunpowder Park team and view the building, current exhibitions and work in progress.

Field Station Architects: Randall Shaw Billingham

Gabion Wall Artefacts and *Boom Boom* sculpture: Chris Tipping

Landscape Architects: LDA Design

Arts, Science and Nature Programme: Landscape+Arts Network Services





Gunpowder Park's dynamic landscape evokes the site's historic explosive past and provides distinctive and accessible spaces for recreation, arts, entertainment and outdoor pursuits.

The 90 hectares are shaped into four distinct bioregions with 100,000m³ of new soil, 45,000 new native species trees of British provenance, 4km of new hedgerows, 5km of unsurfaced circular bridleway and 2km of new pathways including the Sustrans National Cycle Route.









→ FIELD STATION

An environmentally friendly, state of the art building for exhibitions, workshops, seminars and special events.











→ SHOCK WAVE GALLERIES (COB FIELDS)

14 hectares of grassland, meadow, pathways and vistas.







→ BLAST MOUND PLATEAU (COB MEADOW)

21 hectares of new meadow, a massive earthwork stage with a 360° panoramic view.







→ THE SALIX (OSIER MARSH)

27 hectares of wildlife refuge and a unique wetland with a boardwalk and birdwatching hides; protected area for contemplation, observation and interaction.







→ THE ENERGY FIELDS (COB FIELD)

28 hectares of working arable farmland with wildflower planting identifying the Meridian Line which runs through the farm.



