

## Monday Morning Meanders

Walks start at 10am and last up to 2 hours.  
No need to book, and the walks are free.



### 7 Jan Longham Lakes

Car park off A348, just past Kings Arms (BH22 9AA)

### 14 Jan Littledown and Kings Park

Steps in Littledown Centre car park (BH7 7DX)

### 21 Jan Iford Meadows

Playing fields car park, off Iford Lane (BH6 5NF)

### 28 Jan Stanpit Marsh

In car park in Stanpit (road) (BH23 3ND)

### 4 Feb Millhams Mead

St. Andrew's Church car park, Millhams Road (BH10 7LN)

### 11 Feb The Chines

Southern entrance to Alum Chine, Alumhurst Rd (BH4 8HS)

### 18 Feb Hengistbury Head

Solent Meads golf course car park, Rolls Drive (BH6 4NA)

### 25 Feb Stour Valley (Wilderness Way)

Granby Road car park, off Muscliff Lane (BH9 3NZ)

### 4 Mar Southbourne Overcliff

Fisherman's Walk cliff lift (BH6 3TD)

### 11 Mar Redhill Park and Common

Redhill Park car park, off Redhill Drive (BH9 2SW)

### 18 Mar Sheepwash

Entrance opposite Iford Bridge pub (BH6 5RG)

### 25 Mar Kinson Common

By play area on Common, off Poole Lane (BH11 9DP)

### 1 Apr Riverlands and Wick

Wick Lane car park (BH6 4LF)

### 8 Apr Bournemouth Gardens

Coy Pond, Coy Pond Road (BH12 1JU)

### 15 Apr Throop

Throop Mill car park, Throop Road (BH8 0DH)

### 22 Apr Strouden Woods

Side of Homebase, Castle Lane Retail Park (BH8 9PE)

### 29 Apr Boscombe Chine Gardens

Gravel car park off East Overcliff Drive (BH1 3HP)

## Would you like to volunteer?

We are always looking for volunteers at Hengistbury Head Visitor Centre and Kingfisher Barn Centre. Roles include welcoming visitors, serving customers, assisting with events, looking after stock and much more. We are very flexible, and our volunteers decide when and for how long they are going to volunteer - which is great if you have other commitments.

To find out more email [richard.hesketh@bournemouth.gov.uk](mailto:richard.hesketh@bournemouth.gov.uk); phone 01202 451618; or call in to speak to someone at Hengistbury Head or Kingfisher Barn.



## Contact us



Join us on social media for the latest news and events.

### Hengistbury Head Visitor Centre/Ranger Team

Phone: 01202 451618

E-mail: [hengistbury.head@bournemouth.gov.uk](mailto:hengistbury.head@bournemouth.gov.uk)

Address: Hengistbury Head Visitor Centre  
Broadway, Bournemouth BH6 4EN

Website: [www.visithengistburyhead.co.uk](http://www.visithengistburyhead.co.uk)

### Kingfisher Barn/Stour Valley Ranger Team

Phone: 01202 451548

E-mail: [stour.valley@bournemouth.gov.uk](mailto:stour.valley@bournemouth.gov.uk)

Address: Kingfisher Barn, Stour Acres, Granby Road,  
Muscliff, Bournemouth BH9 3NZ

Website: [www.visitstourvalley.co.uk](http://www.visitstourvalley.co.uk)

## Working in partnership



# Guided Walks and Events

January to April 2019

Bournemouth Parks



PARKS

<b>Key</b>	<b>HHE</b>	Hengistbury Head Event Meet at the Visitor Centre (BH6 4EN) Tel: 01202 451618
	<b>KBE</b>	Kingfisher Barn Event Meet at Kingfisher Barn (BH9 3NZ) Tel: 01202 451548
	<b>BE</b>	Booking essential
	<b>NNTB</b>	No need to book
	<b>SD</b>	Suggested donation

**JANUARY EVENTS**

**Fri 4, 11, 18, 25 Jan** 11.30am-2.30pm  
**Discovery Trail**  
KBE - Follow the self-led trail and discover the Stour. £1 per person. **NNTB**

**Sat 5 Jan** 4-6pm  
**A Year In the Life of a Hengistbury Head Ranger**  
HHE - Illustrated talk about the management of the nature reserve. £3 adults, £1 u-16s. **BE**

**Sun 6, 13, 20, 27 Jan** 11.30am-2.30pm  
**Trivia Trail**  
KBE - Follow the trail to find out all about nature. Family event. £1 per person - **NNTB**

**Mon 7, 14, 21, 28 Jan** 10-11.30am  
**New Leaf Health Walk**  
KBE - Get active in nature with this weekly walk.  
**Free - NNTB**

**Mon 7 Jan** 10am-1.30pm  
**A Fresh Start Walk**  
KBE - A 7-mile loop of the River Stour, with soup and a roll.  
**SD £5. BE**

**Tue 8, 15, 22, 29 Jan** 10.30-11.30am  
**Nature Tots**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Tue 8, 15, 22, 29 Jan** 10.30am-12pm  
**Pottery Club for Adults**  
HHE - Explore hand-building techniques. All material and tuition provided. £11 per session. **BE**

**Tue 8 Jan** 2-4pm  
**Hengistbury Writers**  
HHE - For writers of all abilities. **NNTB.** **SD £3**

**Wed 9 Jan** 10.30-11.30am  
**Stour Valley Guided Dog Walk**  
KBE - Bring your four-legged friends for a river walk.  
**Free. BE**

**Thu 10, 17, 24, 31 Jan** 10.30-11.30am  
**Nature Club**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Fri 11 Jan**  
**Discovery Trail**  
KBE - See 4 Jan

**Sun 13 Jan** 10.30am-12.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Sun 13 Jan**  
**Trivia Trail**  
KBE - See 6 Jan

**Mon 14 Jan**  
**N. L. Health Walk**  
KBE - See 7 Jan

**Tue 15 Jan** 9.30am-1pm  
**Hedgelaying**  
KBE - Learn this ancient skill.  
**Free - NNTB**

**Tue 15 Jan**  
**Nature Tots**  
KBE - See 8 Jan

**Tue 15 Jan**  
**Pottery Club**  
HHE - See 8 Jan

**Wed 16 Jan** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along the Stour. **Free. BE** - 01202 451548

**Thu 17 Jan**  
**Nature Club**  
KBE - See 10 Jan

**Fri 18 Jan**  
**Discovery Trail**  
KBE - See 4 Jan

**FEBRUARY EVENTS**

**Fri 1, 8, 15, 22 Feb** 11.30am-2.30pm  
**Discovery Trail**  
KBE - Follow the self-led trail and discover the Stour. £1 per person. **NNTB**

**Sun 3, 10, 17, 24 Feb** 11.30am-2.30pm  
**Trivia Trail**  
KBE - Follow the trail to find out all about nature. Family event. £1 per person. **NNTB**

**Mon 4, 11, 18, 25 Feb** 10-11.30am  
**New Leaf Health Walk**  
KBE - Get active in nature with this weekly walk.  
**Free. NNTB**

**Mon 4 Feb** 10am-12.30pm  
**Working With Hazel**  
KBE - Learn how to make a traditional fence from coppiced hazel. £2.50 per person. **BE**

**Tue 5, 19, 26 Feb** 10.30am-12pm  
**Pottery Club for Adults**  
HHE - Explore hand-building techniques. All material and tuition provided. £11 per session. **BE**

**Tue 5, 12, 19, 26 Feb** 10.30-11.30am  
**Nature Tots**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Tue 5 Feb** 2-4pm  
**Hengistbury Writers**  
HHE - For writers of all abilities. **NNTB.** **SD £3**

**Thu 7 Feb** 10.30-11.30am  
**Nature Club**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Fri 8 Feb**  
**Discovery Trail**  
KBE - See 1 Feb

**Sat 9 Feb** 9am-11am  
**Meet Hengistbury's Shetlanders**  
HHE - A talk about the conservation grazing of the Head, followed by a chance to meet the animals. £3 adults, £1 u-16s. **BE**

**Sun 10 Feb** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along

**Thu 14 Feb**  
**Nature Club**  
KBE - See 7 Feb

**Fri 15 Feb**  
**Discovery Trail**  
KBE - See 1 Feb

**Sat 16 Feb** 1-3pm  
**Illuminate the Stour: Lantern Making**  
KBE - Create a nature-themed lantern for the event on the 23rd. £2.50 per person. **NNTB**

**Sat 16 - Sun 24 Feb**  
Everyday 11am-3pm  
**Spring Trail**  
KBE - Follow the trail to spot signs of spring. £1 per person. **NNTB**

**Mon 18 Feb** 10am-2pm  
**Junior Rangers** (11-16)  
KBE - Practical conservation followed by a campfire lunch (please specify if vegetarian). £5 per person. **BE**

**Mon 18 Feb**  
**N. L. Health Walk**  
KBE - See 4 Feb

**Tue 19 Feb**  
**Nature Tots**  
KBE - See 5 Feb

**Tue 19 Feb** 1-3pm  
**Seashore Safari & Beach Clean**  
HHE - Discover Dorset's coastal treasures, and protect this beautiful landscape. Pushchairs not advised due to terrain. £2 per person; free for under-5s. **NNTB**

**Tue 19 Feb** 1-3pm  
**Illuminate the Stour: Lantern Making**  
KBE - See 16 Feb

**Sat 23 Feb** 1-3pm  
**Build a Stone Age Hut**  
HHE - Build a replica Stone Age Hut like the ones that would once have been on the Head. Suitable for ages 5+. £7 per person. **BE**

**MARCH EVENTS**

**Fri 1, 8, 15, 22, 29 Mar** 11.30am-2.30pm  
**Discovery Trail**  
KBE - Follow the self-led trail and discover the Stour. £1 per person. **NNTB**

**Sun 3, 10, 17, 24, 31 Mar** 11.30am-2.30pm  
**Trivia Trail**  
KBE - Follow the trail to find out all about nature. Family event. £1 per person - **NNTB**

**Mon 4 Mar** 10-11.30am  
**New Leaf Health Walk**  
KBE - Get active in nature with this weekly walk.  
**Free. NNTB**

**Mon 4 Mar** 10am-13.30pm  
**Willow Weaving**  
KBE - Learn how to weave willow using traditional methods. Make a basket. £10 per person. **BE**

**Tue 5 Mar** 9.30am-1pm  
**Coppicing**  
KBE - Learn all about the practice of coppicing. **Free. NNTB.**

**Tue 5, 12, 19, 26 Mar** 10.30-11.30am  
**Nature Tots**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Tue 5, 12, 19, 26 Mar** 10.30am-12pm  
**Pottery Club for Adults**  
HHE - Explore hand-building techniques. All material and tuition provided. £11 per session. **BE**

**Tue 5 Mar** 2-4pm  
**Hengistbury Writers**  
HHE - For writers of all abilities. **NNTB.** **SD £3**

**Thu 7, 14, 21, 28 Mar** 10.30-11.30am  
**Nature Club**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Thu 14 Mar**  
**Nature Club**  
KBE - See 7 Mar

**Fri 15 Mar**  
**Discovery Trail**  
KBE - See 1 Mar

**Sun 17 Mar**  
**Trivia Trail**  
KBE - See 3 Mar

**Wed 20 Feb** 10.30am-12.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Wed 20 Feb** 11am-3pm  
**Build a Bug Hotel**  
KBE - Create a home for creepy crawlies. £5 per person. Suitable for ages 5+. Set times and limited spaces. **BE**

**Thu 21 Feb**  
**Nature Club**  
KBE - See 7 Feb

**Thu 21 Feb** 1.30-3.30pm  
**Pendant Making**  
HHE - Make your own archaeology-themed pendant using natural materials. For ages 5+. £7 per person. **BE**

**Fri 22 Feb** 10-11.30am & 1-2.30pm  
**Family Pond Dipping**  
HHE - Get up close with pond creatures. £3 per child. Suitable for ages 5+. **BE**

**Fri 22 Feb**  
**Discovery Trail**  
KBE - See 1 Feb

**Sat 23 Feb** 1-3pm  
**Illuminate the Stour: Lantern Making**  
KBE - See 16 Feb

**Sat 23 Feb** 1.30-3.30pm  
**Build a Stone Age Hut**  
HHE - Build a replica Stone Age Hut like the ones that would once have been on the Head. Suitable for ages 5+. £7 per person. **BE**

**Fri 8 Mar**  
**Discovery Trail**  
KBE - See 1 Mar

**Sat 9 Mar** 11am-1pm  
**Leave Only Footprints**  
**Southbourne**  
Join the L.O.F team on a seafront and parks litter pick. Meet at Southbourne crossroads car park. **Free event - NNTB.** For details, phone 01202 451618.

**Sun 10 Mar**  
**Trivia Trail**  
KBE - See 3 Mar

**Sun 10 Mar** 1.30-3.30pm  
**Pendant Making**  
HHE - Make your own archaeology-themed pendant using natural materials. For ages 5+. £7 per person. **BE**

**Mon 11 Mar**  
**N. L. Health Walk**  
KBE - See 4 Mar

**Mon 11 Mar** 10am-13.30pm  
**Winter Trees Identification**  
KBE - A five-mile walk along the Stour Valley Nature Reserve to identify trees. Followed by cake and a hot drink. £5 per person. **BE**

**Tue 12 Mar**  
**Nature Tots**  
KBE - See 5 Mar

**Tue 12 Mar**  
**Pottery Club**  
HHE - See 5 Mar

**Wed 13 Mar** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along the Stour. **Free. BE**

**Thu 14 Mar**  
**Nature Club**  
KBE - See 7 Mar

**Fri 15 Mar**  
**Discovery Trail**  
KBE - See 1 Mar

**Sun 17 Mar**  
**Trivia Trail**  
KBE - See 3 Mar

**Sat 23 Feb** 6-9pm  
**Illuminate the Stour**  
KBE - Bring your home-made lantern and join a candlelight lantern walk along the river (weather dependent). Includes soup and a roll. £5 per person. **BE**

**Sun 24 Feb**  
**Trivia Trail**  
KBE - See 3 Feb

**Sun 24 Feb** 1.30-3.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Mon 25 Feb**  
**N. L. Health Walk**  
KBE - See 4 Feb

**Tue 26 Feb**  
**Coppicing**  
KBE - See 12 Feb

**Tue 26 Feb**  
**Nature Tots**  
KBE - See 5 Feb

**Tue 26 Feb**  
**Pottery Club**  
HHE - See 5 Feb

**Wed 27 Feb**  
**Stour Valley Guided Dog Walk**  
KBE - Bring your four-legged friends for a river walk. **Free. BE** - 01202 451548

**Thu 28 Feb**  
**Nature Club**  
KBE - See 7 Feb

**Sun 17 Mar** 1.30-3.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Mon 18 Mar**  
**N. L. Health Walk**  
KBE - See 4 Mar

**Tue 19 Mar** 9.30am-1pm  
**Coppicing**  
KBE - See 5 Mar

**Tue 19 Mar**  
**Nature Tots**  
KBE - See 5 Mar

**Tue 19 Mar**  
**Pottery Club**  
HHE - See 5 Mar

**Thu 21 Mar**  
**Nature Club**  
KBE - See 7 Mar

**Fri 22 Mar**  
**Discovery Trail**  
KBE - See 1 Mar

**Sun 24 Mar**  
**Trivia Trail**  
KBE - See 3 Mar

**Mon 25 Mar**  
**N. L. Health Walk**  
KBE - See 4 Mar

**Tue 26 Mar**  
**Pottery Club**  
HHE - See 5 Mar

**Wed 27 Mar** 10.30-11.30am  
**Stour Valley Guided Dog Walk**  
KBE - Bring your four-legged friends for a river walk. **Free. BE**

**Wed 27 Mar** 11am-12.30pm  
**Springwatch Walk**  
KBE - A walk along the river looking for wildlife. **Free. NNTB**

**Thu 28 Mar**  
**Nature Club**  
KBE - See 7 Mar

**Fri 29 Mar**  
**Discovery Trail**  
KBE - See 1 Mar

**Sun 31 Mar**  
**Trivia Trail**  
KBE - See 3 Mar

**APRIL EVENTS**

**Mon 1, 8, 15, 22, 29 Apr** 10-11.30am  
**New Leaf Health Walk**  
KBE - Get active in nature with this weekly walk.  
**Free - NNTB**

**Tue 2 Apr** 10.30-11.30am  
**Nature Tots**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Tue 2 Apr** 10.30am-12pm  
**Pottery Club for Adults**  
HHE - Explore hand-building techniques. All material and tuition provided. £11 per session. **BE**

**Tue 2 Apr** 2-4pm  
**Hengistbury Writers**  
HHE - For writers of all abilities. **NNTB.** **SD £3**

**Thu 4 Apr**  
**Nature Club**  
KBE - Nature activities for 2-4 year-olds. **SD £2.50.** Free hot drink for adults. **NNTB**

**Tue 16 Apr**  
**Nature Tots**  
KBE - See 2 Apr

**Tue 16 Apr** 11.30am-12.30pm  
**Children's Poetry Along the Stour**  
KBE - Let your little ones connect with nature and the river through poetry. Listen to poems, and try and create your own. **NNTB**

**Sat 6 - Sun 21 Apr**  
**Everyday** 11am-3pm  
**Easter Trail**  
KBE - Solve the clues to find the Easter Bunny's hiding place, and then collect a prize (suitable for ages 3+). £2.50 per person. **NNTB**

**Sun 7 Apr** 11.30am-2.30pm  
**Trivia Trail**  
KBE - Follow the trail to find out all about nature. Family event. £1 per person - **NNTB**

**Mon 8 Apr**  
**N. L. Health Walk**  
KBE - See 1 Apr

**Mon 8 Apr** 1.30-3.30pm  
**Make an Easter Bunny**  
HHE - Use socks and rice to make an Easter Bunny! £7 per person. **BE**

**Wed 10 Apr** 10.30am-12.30pm  
**Millhams Mead Guided Dog Walk**  
Bring your four-legged friends for a guided walk at Millhams Mead. Park at the entrance by St. Andrew's Church, BH10 7LU. **Free. BE** - 01202 451548

**Wed 10 Apr** 10.30am-12.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Wed 10 Apr** 10.30am-12.30pm  
**Springwatch Walk**  
KBE - A walk along the river looking for wildlife. **Free. NNTB**

**Thu 11 Apr**  
**Nature Club**  
KBE - See 4 Apr

**Fri 12 Apr**  
**Discovery Trail**  
KBE - See 5 Apr

**Sat 13 Apr** 1-4pm  
**Great British Spring Clean**  
HHE - Join the Leave Only Footprints team on Hengistbury Head Nature Reserve, as part of the Keep Britain Tidy campaign. **Free event. NNTB**

**Sun 14 Apr** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along the Stour. **Free. BE**

**Mon 15 Apr**  
**N. L. Health Walk**  
KBE - See 1 Apr

**Tue 16 Apr**  
**Nature Tots**  
KBE - See 2 Apr

**Tue 16 Apr** 11am-3pm  
**Leave Only Footprints Bournemouth**  
Join the L.O.F team by Bournemouth Pier for games, and a chance to learn more about the impact litter is having on our coast. **Free drop-in event. NNTB** Phone 01202 451618 for info.

**Thu 18 Apr**  
**Nature Club**  
KBE - See 4 Apr

**Fri 19 Apr**  
**Discovery Trail**  
KBE - See 5 Apr

**Sat 20/Sun 21 Apr** 10am-3.30pm  
**Easter Trail**  
HHE - Follow the trail around the reserve, collecting letters to reveal the missing word. £3 per child - **NNTB.** Prizes unsuitable for under-3s.

**Mon 22 Apr** 10am-13.30pm  
**Gulliver's Walk**  
KBE - Follow in the footsteps of the famous local smuggler, Isaac Gulliver, through seven nature reserves and green spaces. Meet on Millhams Road, just before the bridge, by the entrance to St. Andrew's Church car park (BH10 7LU). £3.50 per person. **BE** - 01202 451548

**Wed 10 Apr** 1-3pm  
**Easter Bonnets**  
KBE - Make an Easter-themed hat/bonnet to take home. £2 per person. **NNTB**

**Thu 11 Apr**  
**Nature Club**  
KBE - See 4 Apr

**Fri 12 Apr**  
**Discovery Trail**  
KBE - See 5 Apr

**Sat 13 Apr** 1-4pm  
**Great British Spring Clean**  
HHE - Join the Leave Only Footprints team on Hengistbury Head Nature Reserve, as part of the Keep Britain Tidy campaign. **Free event. NNTB**

**Sun 14 Apr** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along the Stour. **Free. BE**

**Sun 14 Apr**  
**Trivia Trail**  
KBE - See 7 Apr

**Mon 15 Apr**  
**N. L. Health Walk**  
KBE - See 1 Apr

**Tue 16 Apr**  
**Nature Tots**  
KBE - See 2 Apr

**Tue 16 Apr** 11.30am-12.30pm  
**Children's Poetry Along the Stour**  
KBE - Let your little ones connect with nature and the river through poetry. Listen to poems, and try and create your own. **NNTB**

**Sat 27 Apr** 7.45-9.45pm  
**Natterjack Toad Expedition**  
HHE - An evening walk looking and listening for one of the UK's rarest creatures. £5 per adult, £2 u-16s. **BE**

**Sun 28 Apr** 10am-3pm  
**Great Dorset Beach Clean**  
**Pool**  
Join Leave Only Footprints and Litter Free Coast and Sea to help protect our beaches. Find us at Bournemouth Beach base-camp at Bournemouth Pier Approach. **Free - NNTB.** Phone 01202 451618 for more info.

**Sun 28 Apr** 10am-3pm  
**Great Dorset Beach Clean**  
**Pool**  
Join Leave Only Footprints and Litter Free Coast and Sea to help look after our coastline. Sandbanks Beach base-camp can be found at Sandbanks Beach Office. **Free - NNTB.** Phone 01202 451618 for more info.

**Mon 29 Apr** 10-11.30am  
**N. L. Health Walk**  
KBE - See 1 Apr

**Tue 30 Apr** 10am-1pm  
**Pond Dipping for Grown-Ups**  
HHE - For anyone with children, including educators, or for adults that have always wanted to have a go. Links between this activity and the National Curriculum are included in the session. £10 per adult. **BE**

**Tue 30 Apr**  
**Nature Tots**  
KBE - See 2 Apr

**Wed 10 Apr** 10.30am-12.30pm  
**Sand Art**  
HHE - Make a lovely picture using colourful sand. £2.50 to £6. **NNTB**

**Wed 10 Apr** 10.30am-12.30pm  
**Springwatch Walk**  
KBE - A walk along the river looking for wildlife. **Free. NNTB**

**Thu 11 Apr**  
**Nature Club**  
KBE - See 4 Apr

**Fri 12 Apr**  
**Discovery Trail**  
KBE - See 5 Apr

**Sat 13 Apr** 1-4pm  
**Great British Spring Clean**  
HHE - Join the Leave Only Footprints team on Hengistbury Head Nature Reserve, as part of the Keep Britain Tidy campaign. **Free event. NNTB**

**Sun 14 Apr** 10.30-11.30am  
**Run The Stour**  
KBE - A 4k run along the Stour. **Free. BE**

**Mon 15 Apr**  
**N. L. Health Walk**  
KBE - See 1 Apr

**Tue 16 Apr**  
**Nature Tots**  
KBE - See 2 Apr



## Leave Only Footprints

This past summer was eventful for Bournemouth and Poole as our new environmental campaign, 'Leave Only Footprints', was launched. This green initiative hopes to reduce the amount of waste littering the beaches and seafronts of both resorts.



In September the Leave Only Footprints Engagement Team joined the Hengistbury Head family, and it has been working hard to create and deliver exciting education sessions for local schools. Education is at the heart of its efforts and through connecting schools to Hengistbury's natural world it hopes to inspire a younger generation to love and protect the nature in their community.

The team has also been developing events and activities that will be open to the public over the coming months – details of several of these can be found in the listings section of this leaflet.

You can also stay up to date with events and support the campaign by following us on Social Media;

 Instagram: **Leaveonlyfootprints\_LOF**

 Facebook: **Leaveonlyfootprints\_LOF**

 Twitter: **Leaveonlyfootp2**



We want to keep our events and activities free wherever possible. In the next six months you'll see our charity, the Bournemouth Parks Foundation, installing new Tap to Give donation posts at our Visitor Centres. Please feel free to donate towards your local park and nature reserve and keep them looking beautiful for future generations to enjoy.

At Hengistbury Head we're fundraising for a new wildlife camera for the Visitor Centre. Five years on from the centre opening we have indulged ourselves in the amazing live imagery from our wildlife cameras across the nature reserve. Visitors have followed the trials and tribulations of our Herons, the egg laying, hatching and fledging of the young aloft the highest of Scots Pines swaying uncontrollably in storm force winds; and the first live images in the UK of the secretive Little Egret.



We would love to introduce more cameras and to stream these images online to those who aren't able to visit Hengistbury Head. We rely upon donations to make this happen so please join us and our charity, the Bournemouth Parks Foundation in our Wildlife Cam Campaign 2019. Donations can also be made online at [www.bournemouthparksfoundation.org.uk](http://www.bournemouthparksfoundation.org.uk)

## Bird Song for Beginners

Our popular Bird Song for Beginners course at Hengistbury Head will start in April. This four-session course is aimed at anyone who would like to learn a little more about bird song - why birds sing, when they sing, and how to identify them.

Learn the songs of resident and migrant birds, and get tips and advice on how to tell the song of one species from another. As much time as possible will be spent out on the Head and Wick Fields, listening to the birds and their songs.



So, if you, or someone you know (a place on the course would make a great gift!) would like to be able to tell the song of a Blackbird from a Blackcap, a Chiffchaff from a Chaffinch or a Robin from Wren, then this is the course for you (or them!).

The course starts on Tuesday 23rd April and runs for four consecutive Tuesday mornings. Cost £60 per person.

For more information, or to book a place, please phone **01202 451618** and ask for **Richard**.