

Take your rubbish home!

Water Pollution
Litter
Wild Fires
Fly-Tipping
Falling Wildlife Numbers

We must work together to prevent

- Site of Metropolitan Importance for Nature Conservation
- Local Nature Reserve & a Site of Special Scientific Interest
The Welsh Harp is protected by law as a:

The ecosystems are delicate & must be protected.
from sunnier climates.
Rare species of wild birds and bats have made their homes here and migrating birds stop off on their way to and Built in the 1830s, this man-made lake now brims with wildlife. The Welsh Harp Reservoir is a waterfront oasis in the heart of Brent, a busy London borough.

About The Welsh Harp

Connect with nature at the Welsh Harp
The world of trees has always been an essential part of human life. It is in our DNA to be part of the ecosystem of forests and fields.
It is not always easy to connect to the natural world but by taking a little time out and using our tips, you can have a mindful walk today and reconnect with nature.

HOW TO GET THERE:

Get to the Welsh Harp by:
Bus: 32, 83, 112, 182, 245, 297, 302
Train: Hendon (Thameslink)
Underground: Neasden & Wembley Park
Plus 15-20 mins to walk from bus/train

Find out more about the history of the Welsh Harp, plus more trails and tours on our website & on social media
[@brentheritagetours](#)
[@sharedcity](#)



www.brent-heritage.co.uk
www.sharedcity.co.uk

THE TRAIL:

Start at the Welsh Harp car park
Go to the information boards
Follow the path along the water's edge
Turn right at the first signboard
At the water's edge find the Bomb Crater Pond
Return to the main path
Follow the path through the woods
Pass a big fallen tree on your right
Turn left at the junction
Return to the car park



- [] Warbler
- [] Kestrel
- [] Goldfinch
- [] Moorhen
- [] Grey Heron
- [] Pochard
- [] Tufted Duck
- [] Great Crested Grebe
- [] Common Tern
- [] Mute Swan
- [] Shoveler
- Birds**
- [] Fox
- [] Common Puffball
- [] Other
- [] Mouse
- [] Vole
- [] Rat
- [] Squirrel
- [] Burdock
- [] Nettle
- [] Fern
- [] Hawthorn
- [] Blackthorn
- [] Silver Birch
- [] Oak
- [] Willow
- [] London Plane
- Trees**
- [] Blossom
- [] Buds
- [] Butterflies
- [] Dragonfly
- [] Jelly Ear
- [] Velvet Shank
- [] Yellow Brain
- [] Fungi
- [] Bats
- [] Flowers
- [] Bullrushes

Keep your eyes open & tick off what you see:



Discover An Enchanted Forest



at The Welsh Harp Reservoir

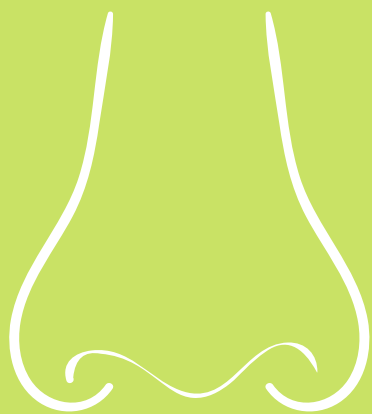
Take A Mindful Walk To Connect With Nature



A Mindful walk

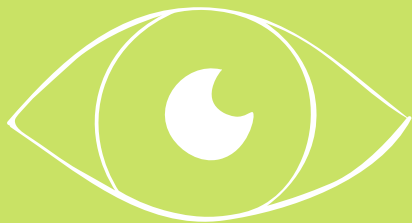
With each step slow down & tune into natural sounds around you & enjoy a short mindful walk - letting nature help you achieve a more peaceful state of mind

CONNECT WITH NATURE USING THE MAGIC OF YOUR FIVE SENSES



SMELL

Breathe in deeply through your nose - notice how your nostrils flare & your belly rises and falls. Breathe out like a lion roaring! Observe what scents are in the air - where might they come from? Investigate with your nose to see if you are correct!



SIGHT

Try these two exercises for a very different perspective on how you see the space around you

Imagine you are a bird looking down from the sky - what can you see?

Imagine you are a tiny ant looking up - how big do the blades of grass look?



TOUCH

Use your sense of touch to find an object in nature that is:

- spiky
- smooth
- shiny
- sticky

Observe how it feels in your hand. Why do you think it is this shape or texture?



TASTE

Lick your lips slowly, do they taste sweet or salty? Think about different tastes you like - where does the food you like come from?

Nature provides edible berries and leaves - depending on the season you can find nettles for soup or pesto, rosehips or Watermint for tea, or blackberries for making jam



SOUND

Did you know if you close your eyes you can hear far better than with your eyes open? Try it!

Close your eyes and listen hard. What noises can you hear? Birdsong, insects, footsteps, rustling leaves or squelching mud? What else?

