

BEE WALK

 40
minutes

Path-based trail with multiple benches along the way, starting and finishing at the Espresso Bar cafe and toilets.

POINTS OF INTEREST

- 1 Allotment
- 2 Queen Mary's Rose Garden
- 3 Boardwalk
- 4 Deadwood
- 5 Native hedgerow
- 6 Reedbed view
- 7 Waterfowl platform
- 8 Wildflower meadow
- 9 Bee bank
- 10 Hedgehog haven



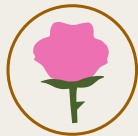
Buzz through The Regent's Park and immerse yourself in the world of invertebrates with this trail.

POINTS OF INTEREST



1. Allotment

Pollinating insects such as bees and hoverflies are essential for the production of many food crops. From apples to beans, we have them to thank! Plant waste is recycled in our compost bins. Detritivores such as worms break down this organic material to form rich compost to help grow more crops.



2. Queen Mary's Rose Garden

The rose garden houses London's largest collection of roses, with around 12,000! Most cultivars are bred for their beauty and scent, but wild roses and some cultivars produce pollen and nectar, helping pollinators. Keep an eye out for bee-friendly varieties for your garden!



3. Boardwalk

On a warm day you may spot a flash of blue as a female emperor dragonfly searches for a place to lay her eggs in the water. These hatch into ferocious larvae, with extendable jaws that can catch even small fish! After two years, the larvae emerge from the water and metamorphose into the flying adult.



4. Deadwood

Deadwood habitats, such as this loggery made from partially buried logs, support a wide range of species, from fungi, to woodlice and stag beetle larvae. These detritivores break down the deadwood and release nutrients back into the soil, helping more plants and trees grow.



5. Native hedgerow

Hedgerows create a dense, sheltered spot for invertebrates and other wildlife to create nests and rest. The flowers of hedgerow trees such as blackthorn and hawthorn provide much needed nectar for pollinators in spring.



6. Reedbed view

These reedbeds provide quiet refuges for birds such as reed warblers. They also improve the water quality, helping our waterbodies support a wider range of invertebrates, which are important food sources for the birds.



7. Waterfowl platform

Over 200 species of bird have been recorded in the park, from kestrels to kingfishers. Many of the waterfowl species you can see here form part of a collection first established in the 1930s. Can you spot them 'dabbling' for food – upending themselves to search for food under the water?



8. Wildflower meadow

During the summer months this meadow is buzzing with pollinators, including bees, butterflies and day-flying moths. Can you spot any wasp spiders?



9. Bee bank

Not all bees live in hives. In fact, most are solitary, such as the ash mining bee that you may spot burrowing a hole in this mound to create a nesting chamber. This 'bee bank' has been created to provide a site for nesting bees.



10. Hedgehog haven

The Regent's Park is home to central London's only breeding population of hedgehogs! This area provides shelter for hedgehogs to nest, hibernate and forage for food.

FUN FACT

The park is named after Prince Regent, sometimes known as the playboy prince, who later became King George IV (1762-1830).

In 2017, 84 citizen scientists carried out a study to find out where hedgehogs go to find food in the park. In total they volunteered 889.5 hours of their time to collect this valuable data to help safeguard the hedgehogs of Regent's Park.

We would love to see photographs of your walks
Tag us on Instagram – @TheRoyalParks / #MoreThanBugs