



HAMPSTEAD HEATH



*Music at the
Parliament Hill bandstand*



Hampstead Heath *for People*

Over seven million people visit Hampstead Heath each year. The reason for their visits is many and varied.

Sports facilities here include an athletics track, tennis courts and a petanque pitch. Lifeguards oversee an outdoor swimming pool and three beautiful bathing ponds. There is a wide variety of play facilities for children, a full entertainment and events programme and even a zoo in Golders Hill Park.



Many find their own entertainment, enjoying the Heath's rich history, stunning views and significant wildlife resource.

Whatever you decide to do on the Heath, enjoy your visit.





for
Wildlife

The City of London maintains the quality habitats that plants and animals need to thrive.

Large areas of grasslands have been allowed to grow long, to the benefit of butterflies like meadow browns and wildflowers such as cowslips. Woodland and ancient tree management adds variety and provides the right conditions for all three species of woodpecker and sparrowhawks.

Well managed wetlands and new ponds support breeding kingfishers, reed warblers and good numbers of dragonflies.



Viaduct Pond is a rich wildlife habitat



Enjoy the Heath throughout the year



Please put your litter in one of our bins or take it home and recycle it.



Please keep your dog under control at all times and place dog waste in a sealed bag and put it in one of our dog waste bins.



Please cycle only on the marked cycle routes which are shared with pedestrians, who have right of way. Do not exceed the 12 mph speed limit.



Barbecues are dangerous to vulnerable Heath habitats and are not permitted.



Welcome to Hampstead Heath

The City of London wants you to have a really enjoyable visit. We hope that this leaflet and map help you to find your way around and introduce you to the special features that make Hampstead Heath one of the best-loved and most famous open spaces in the world.

picnics and puppets in the meadows



Countryside in the heart of London



Heath meadow

Hampstead Heath is one of a number of Open Spaces, Parks and Gardens in and around London owned and managed by the City of London as part of its commitment to sustaining a world class city. Each Open Space is a unique resource managed for the use and enjoyment of the public and for the conservation of wildlife and historic landscape. A full list of sites and visitor information can be found at www.cityoflondon.gov.uk/openspaces or by phoning 020 7332 3505.



Views to Highgate village

SOME IMPORTANT CONTACTS

Heath Constabulary	020 8340 5260
Superintendent's Office	020 7332 3322
Parliament Hill	020 7332 3773
Golders Hill Park	020 7332 3511
Education Centre	020 7482 7073
Heath Hands volunteers	020 8458 9102
Kenwood House and Estate	020 8348 1286
Open Spaces enquiries	020 7332 3505
Website:	www.cityoflondon.gov.uk/hampstead

Picture credits: *Comma butterfly* Rebecca Dean, *Woodpecker* Yvonne Dean, *Frog* London Wildlife Trust, *Front cover* Sonia Davda, *Cyclist* Layton Thompson

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