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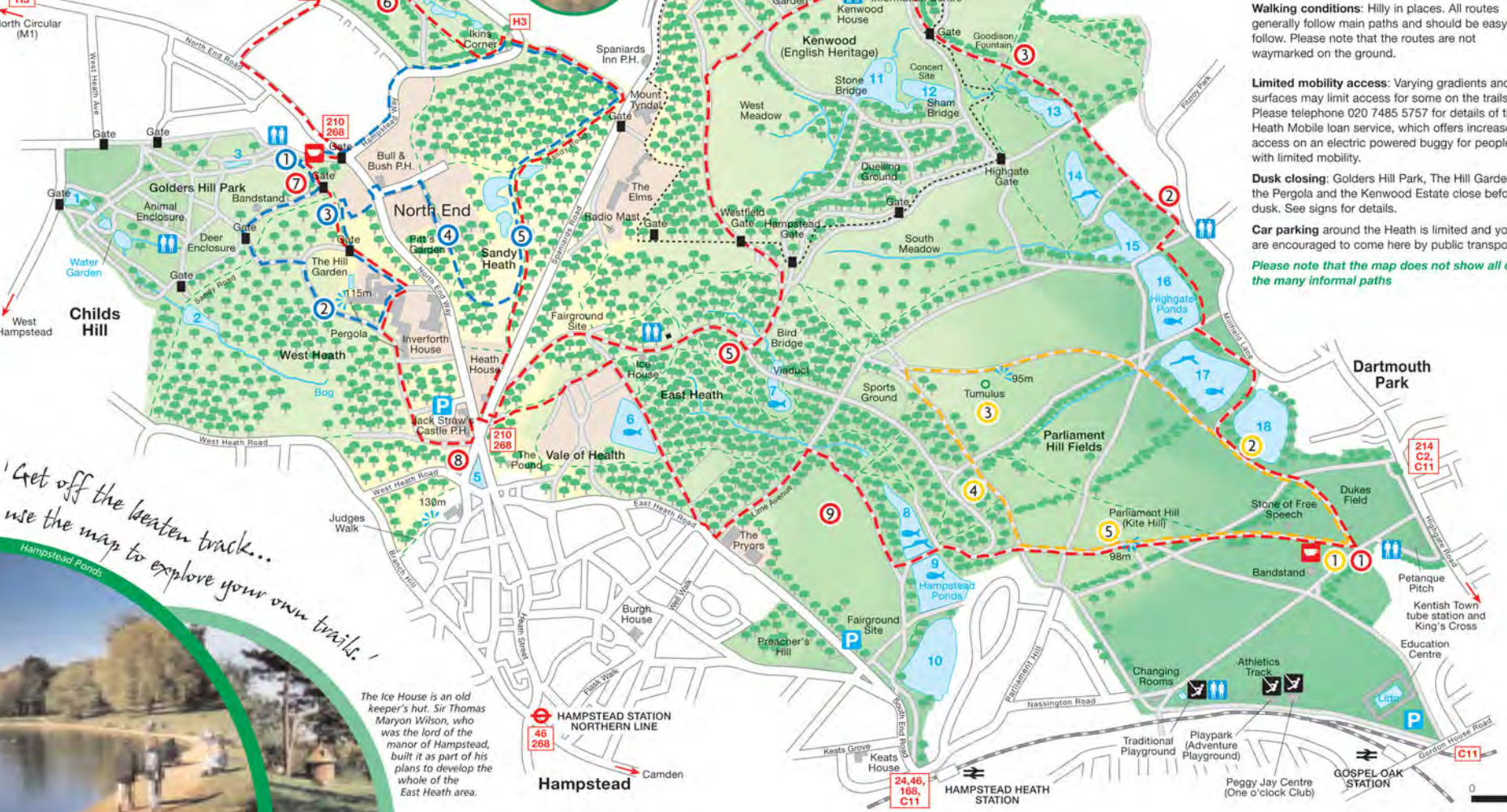
Hampstead Heath is a wonderfully varied collection of natural habitats, historical features and beautiful views and landscapes. This leaflet provides three trails that will allow you to explore some of the Heath's very best places.

The information overleaf accompanies the marked trails on this map and gives you a flavour of the Heath's considerable historic and wildlife interest. To find out more phone the Education Centre on 020 7482 7073.

Hampstead Heath Trails



210 268 H3
GOLDERS GREEN STATION
NORTHERN LINE



Get off the beaten track... use the map to explore your own trails!



The Stone of Free Speech acted as a focus for political and religious meetings 200 years ago.

*"As often upon Hampstead Heath,
Have seen a felon long since put to death,
Hang crackling in the sun his parchment skin,
Which to his ear had shrivell'd up his chin."*
A poem from 1691 about the infamous Gibbet Elms **Trail 3**

*"What is the Bay of Naples, with its bitter,
relentless gentian blue overhead, and its sun-scorched,
dusty and grassless ground beneath,
compared to this view from Hampstead Heath?
Where else can you find such satisfying beauty?"*
The Contemporary Review, July 1894



Gorse is a typical Heathland plant. In the last century it was used by washewomen to hang out their washing.

The Ice House is an old keeper's hut. Sir Thomas Maryon Wilson, who was the lord of the manor of Hampstead, built it as part of his plans to develop the whole of the East Heath area.

- Trail 1** **Parliament Hill and the Tumulus**
Starts and finishes at Parliament Hill café.
2.5km, 1.5 miles
- Trail 2** **Heath Circuit**
Starts and finishes at Parliament Hill café.
9.7km, 6 miles
- Trail 3** **Sandy Heath and the Pergola**
Starts and finishes at Golders Hill Park café.
2.7km, 1.7 miles

Walking conditions: Hilly in places. All routes generally follow main paths and should be easy to follow. Please note that the routes are not waymarked on the ground.

Limited mobility access: Varying gradients and surfaces may limit access for some on the trails. Please telephone 020 7485 5757 for details of the Heath Mobile loan service, which offers increased access on an electric powered buggy for people with limited mobility.

Dusk closing: Golders Hill Park, The Hill Garden, the Pergola and the Kenwood Estate close before dusk. See signs for details.

Car parking around the Heath is limited and you are encouraged to come here by public transport.

Please note that the map does not show all of the many informal paths

- Car park
- Refreshments
- Toilet, including toilet for the disabled
- Outstanding views
- Buses serving this point
- Railway station
- London Underground station
- Woodland and scrub
- Hedgerow / thin belt of trees or shrubs
- Made footpaths
- Unmade footpaths
- English Heritage area
- Fishing ponds
- 1 Swan pond
- 2 Leg of Mutton pond
- 3 Lily pond
- 4 Seven Sisters ponds
- 5 Whitestone pond
- 6 Vale of Health pond
- 7 Viaduct pond
- 8 Mixed bathing pond (No 3)
- 9 Hampstead No 2 pond
- 10 Hampstead No 1 pond
- 11 Wood pond
- 12 Concert pond
- 13 Stock pond
- 14 Kenwood ladies' bathing pond
- 15 Bird Sanctuary pond
- 16 Model boating pond
- 17 Highgate men's bathing pond
- 18 Highgate No 1 pond

