

**Hello everyone!**

Welcome to our new series: Hidden Lewisham.

Our borough has some real treasures including ancient woodlands, streams and rivers. As lockdown measures ease some of us are finding ourselves a bit bored with our local area so we wanted to share some of our favourite hidden spots across the borough with you. We've also made a fun nature treasure hunt for each place so you and your children can look for the treasures of nature.

All of our Hidden Lewisham sites are free to visit and close to transport links and make a great day or few hours out with your family.

We hope that you enjoy visiting them and it would be great if you could share a photo of you and your family enjoying your visit at the hashtag #lcfchiddenlewisham.



## Riverview walk & River Pool Linear Park

### About the park

Tucked away behind Wickes in Catford and meandering down to Sainsbury's in Sydenham and then onto Beckenham, Sydenham River Pool Linear Park is a real hidden gem. It's a gentle walk of approximately 3 miles or 5K. The river Pool is one of the three main branches of the River Ravensbourne, and is a tributary of the Thames via Deptford Creek. It has a mixture of woodland and fields and makes it's way past Bellingham Play Park which is great for a stop-off and play. It also has a claim to fame as in 2009, the then Mayor of London, Boris Johnson fell into the river whilst promoting volunteering to clean up the river.



### What can I see

You can see the river, and a variety of native trees, shrubs, herbaceous and wetland planting oak, ash, hornbeam and elderflower. It's also a great place to pick blackberries! A wide variety of birds can be seen and heard, especially in the river. Look out for coots, ducks, geese, majestic herons and kingfishers along with the usual garden birds.



### How do I get there

#### Buses:

Catford entrance: 181, 202, 124, 284, 185, 75



**SEE OUR NATURE  
TREASURE HUNT  
OVERLEAF**

(can you see what we did there?)

**Stay & Play**  
activities to try @the park



# Riverview Walk Pool River Treasure Hunt

How many can you find?

Ladybird



Bumblebee



Wood Louse



Oak Leaf



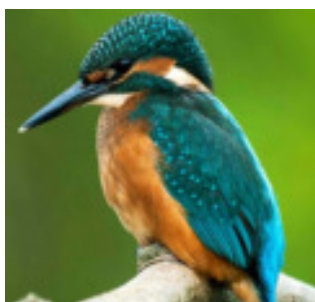
Ash Leaf



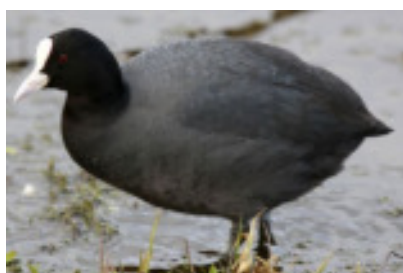
Hornbeam Leaf



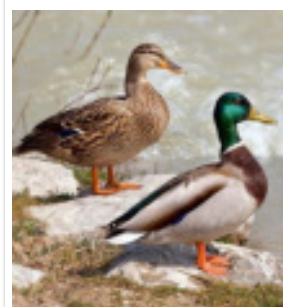
Kingfisher



Coot



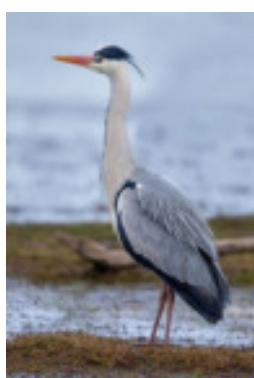
Duck



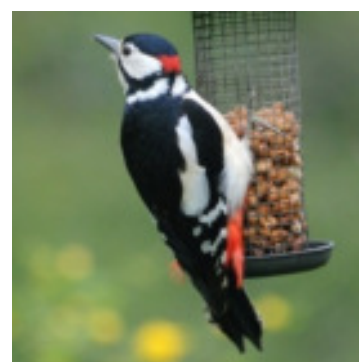
Squirrel



Heron



Woodpecker



## Downham Woodland Walk Activities

How many will you try?

### Leaf Rubbing



Collect some leaves and bring them home. Use paper, crayons see their different patterns.

### Go on a bug hunt



Lift small stones and logs, to see who's living there. Remember to put them back gently and wash your hands,

### Listen to the birds



Find a quiet spot and listen to the birds how many are different songs can you hear? Which bird is singing?

### Nature smells?



What can you smell in different areas of the park? Smell the trees, flowers and see if they are different.

### Teddy bears picnic



It's well known fact that teddy bears love the park. Bring them with you and a snack and a drink and show them what you can see.

### Make daisy Chains



Daisy chains are easy and fun to make. Ask your grown-up – I bet they still remember how to make one!

### Bring a ball



A ball is a great way to have fun at the park. Bring a big ball for football or a small one for practicing catch or playing cricket.

### Make a picture



Bring some paper and pencils and draw a picture of a flower or something that you like. Or make one at home.

### Take some photos



Taking photos of your trips are a great way to remember what you've seen that day. Remember to tag us at #lcfchiddentreasures

### Other places to look for activities

[https://www.youtube.com/watch?v=k-Ax5KWcw0k&feature=emb\\_title](https://www.youtube.com/watch?v=k-Ax5KWcw0k&feature=emb_title)

[https://www.youtube.com/watch?time\\_continue=2&v=Ccc79C8gW8M&feature=emb\\_title](https://www.youtube.com/watch?time_continue=2&v=Ccc79C8gW8M&feature=emb_title)

<https://www.youtube.com/watch?v=0mG1NM-il4g>

<https://www.woodlandtrust.org.uk/blog/2020/06/nature-activities-for-kids-to-do-at-home-part-8/>



## Woodland Walks in Lewisham Get Moving

How many can you do?

How many steps  
did you do today?

---

How many hops?

---

How many skips?

---

How many jumps?

---

How many throws?

---

How many catches?

---

How many star  
jumps?

---

How many  
bunnyhops?

---

How many  
kicks?

---

### Other activities

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

