



# Continuing on your Green Pathway

Your guide to  
green spaces in + around  
Peterborough



Enjoyed being outdoors with FrogLife?  
Want to re-visit a green space?  
Keen to find new places to explore?  
Then this guide is for you!

**Your outdoor adventures don't have to stop  
just because you're not with us!**

Why not show your family what you've been doing, search for the animals you've learnt about, or return to a green space as a volunteer?

In this booklet you'll find the answers to the following questions:

- ★ What is volunteering?
- ★ Where did I visit and how can I get back?
- ★ Where else can I go?
- ★ When can I go?
- ★ What activities could I do there?
- ★ How can the outdoors help me?
- ★ Where can I find out more?





# Volunteering



What is Volunteering?

Volunteering is giving your time and talent to help out a cause.

Why should I try Volunteering?

- ★ It's a great way to stay healthy and active.
- ★ You can inspire other people to be wildlife-friendly.
- ★ It is an opportunity to learn new skills, whilst sharing your own.
- ★ It will make your CV stand out from the crowd!
- ★ You can help to improve green spaces for wildlife and people.
- ★ You can meet people and develop hobbies and skills.

Who can volunteer?

Anyone can volunteer! It doesn't matter how much time you have to donate, or what skills you have, there is a green space that will truly benefit from your time.

- ★ Many green organisations are looking for volunteers to help onsite and in their offices - there is something for everyone.
- ★ Age is just a number! It doesn't matter what age you are, there are skills you can offer. There might be restrictions but don't be afraid to ask!





# Green Spaces



There are many green spaces around Peterborough - why not go and explore them? You could build a den from dead **wood on the ground (don't cut any branches off trees)** or make a natural art picture from things you collect on your walk. Just remember not to trespass on private land, and to leave the area as you found it - take your litter home if **you can't find a bin!**

Follow the Countryside Code: Respect. Protect. Enjoy.

Here is a selection of sites to get you started. You may have visited some of these places before, and others may be completely new to you!

Use the 'Travel' websites at the back of this booklet to help you plan how to get to each site.

Before you go, make sure you check when the site is open:

- ◆ = open to the public at all times
- ◆ = open to the public at specific times (see website)
- ◆ = permit required (see website)
- ◆ = volunteering only (contact the warden - see website)



◆ Hampton Nature Reserve  
(no public access - volunteering only)

Help manage and improve habitats for great crested newts and other wildlife at this old brick works.

Check the website and contact the warden to find out more:

[bit.ly/hamptonvolunteering](http://bit.ly/hamptonvolunteering)



◆ Boardwalks and Thorpe Meadows

The boardwalk path and grassy tracks wind through different habitats including ponds, meadow, marsh, trees, scrub and the river. Keep quiet and you might see a kingfisher!

*Walking directions:* Starting from Rivergate (Asda), get to the river, turn right and walk along the path beside it. You should arrive at the nature reserve after about 15 minutes' walk - see what you can spot as you walk next to the River Nene!

You can also access the reserve next to the Boathouse pub - just carry on over the bridge and walk straight on, into the nature reserve.

*Location:* Next to Thorpe Meadows, PE3 6GA

*Bus routes:* citi2, 9, 23, 47, B, X4

*Website:* [bit.ly/boardwalksNR](http://bit.ly/boardwalksNR)



## ◆ The Green Backyard

This easily accessible community garden, close to the city centre, is open to everyone and run by volunteers. Join a volunteer day, visit an event, or go to a workshop and learn a new skill!

*Walking directions:* The Green Backyard is just across London Road from the POSH football ground, the entrance is next door to the tall tower block called 'The Apex' just around the corner, on Oundle Road. Go in and introduce yourself!

*Location:* Oundle Road, PE2 8AT

*Bus routes:* citi1, 24, 206

*Website:* [www.thegreenbackyard.com](http://www.thegreenbackyard.com)



## ◆ Railworld

The Wildlife Haven at Railworld has a wide range of plants and animals, and it needs volunteers to look after it! (Non-volunteers pay to enter)

*Location:* Entrance through Pleasure Fair Meadow Car Park (opposite The Green Backyard), Oundle Road, PE2 9NR

*Bus routes:* citi1, 24, 206

*Website:* [www.railworld.org.uk](http://www.railworld.org.uk)





## ◆ Olive Branch Community Gardens

Run by volunteers and open to everyone, this community garden in Dogsthorpe has spaces to grow, play, relax and watch frogs!

*Location:* Between 5 and 7 Olive Road, Dogsthorpe, PE1 4LN

*Bus route:* citi5

*Website:* There is a closed Facebook group which you can join once you become a regular visitor to this site.

## ◆ King's Dyke Nature Reserve

(apply for a free membership permit before visiting this site)

There are bird hides, walks and a fossil hunting area to explore at this old brick pit. With your membership permit you will receive lots of information about all the things you could find!

*Location:* 222 Peterborough Rd, Whittlesey, PE7 1PD

*Bus routes:* 31, 33, 701

*Website:* [www.kingsdykenaturereserve.com](http://www.kingsdykenaturereserve.com)



## ◆ Central Park

Located close to the city centre, there is lots of space to play, several sports areas and a café for when you need a break. Events are often held here.

*Location:* Park Crescent, PE1 4DX

*Bus routes:* citi2, 36, 37, 71, 306,

*Website:* [bit.ly/peterboroughcentralpark](http://bit.ly/peterboroughcentralpark)



## ◆ Itter Park

Green space with a play area and sports pitches.

*Location:* Fulbridge Road, Paston, PE4 6SP

*Bus routes:* citi2, 22, 71

*Website:* [bit.ly/itterpark](http://bit.ly/itterpark)



## ◆ Woodfield Park, Dogsthorpe

A recreation park with areas of wetland and meadow for wildlife.

*Location:* Parking off Normanton Road, PE1 4XE

*Bus route:* citi5, 36

*Website:* [bit.ly/woodfieldpark](http://bit.ly/woodfieldpark)





## ◆The Embankment

Running alongside the River Nene and part of the Green Wheel cycle network, this area close to the city centre is often used for events. Why not take a walk along the willow tree-lined footpath or run around on the playing fields.

*Location:* Paths along the river, parking near the Lido Pool and Key Theatre, PE1 1EF

*Bus routes:* citi4

*Website:* [bit.ly/peterboroughembankment](http://bit.ly/peterboroughembankment)



## ◆Bretton Park

A large green open space with a variety of sports pitches and play equipment.

*Location:* Paths from most streets off the northern part of Bretton Way, PE3 8JD

*Bus routes:* citi3

*Website:* [bit.ly/brettonpark](http://bit.ly/brettonpark)



Information on other play areas can be found here:

[bit.ly/peterboroughparks](http://bit.ly/peterboroughparks)



## ◆Bretton Woods

There are several areas of woodland to explore in Bretton. Grimeshaw Wood is the largest, and is sometimes managed by volunteers - maybe you could help them?

*Location:* Grimeshaw Wood: around Essendyke, Barnstock, Eyrescroft and Westhawe, on both sides of Bretton Way, PE3 8BA

*Bus routes:* citi3

*Website:* Search for 'Bretton Community Woodland Peterborough' to find the most recent information about this site.

## ◆Cuckoo's Hollow

A lake surrounded by paths, bridges and grassy areas between Werrington and Gunthorpe, home to birds, bats and newts.

*Location:* Near Werrington Centre, between Welbourne, Canwell and Lakeside, PE4 6QZ

*Bus routes:* citi1, citi2, 22, 71

*Website:* [bit.ly/cuckooshollow](http://bit.ly/cuckooshollow)



## ◆Westwood & Ravensthorpe Community Gardens

Set up in 2016 and run by volunteers - if you're local why not join in!

*Location:* Behind Ravensthorpe Primary, off Hartwell Way, PE3 7LX

*Bus route:* citi3

*Website:* Search for 'WestRaven Peterborough' to find the most recent information about this site.



## ◆ Ferry Meadows Country Park

This site is great for walking, cycling and playing - you can even try out some water sports if you're feeling adventurous! The Nene Park Trust run events, activities and guided walks throughout the year and have lots of opportunities for volunteering - visit their website for more information.

*Location:* Ham Lane, PE2 5UU

*Bus routes:* citi1, 23, 24, 206, X4

*Website:* [bit.ly/ferrymeadows](http://bit.ly/ferrymeadows)



## ◆ Crown Lakes Country Park

Part of Peterborough's Green Wheel cycle network, this large area of parkland is managed for both people and wildlife to enjoy, with lakes, trees and plenty of grass for picnics or playing games.

*Location:* Haddon Way, Farcet, PE7 3BA

*Bus routes:* citi5, citi6, 46, B

*Website:* [bit.ly/crownlakes](http://bit.ly/crownlakes)



## ◆Orton Longueville woods

This spectacular avenue of tall Redwood trees contains two ponds, home to great crested newts. Look out for the beautiful snowdrops flowering from January to March.

*Location:* Paths from the Herlington Centre, Nene Park Academy and The Village, Orton Longueville, PE2 7DN

*Bus routes:* citi1, 23, 24, 206, X4

*Website:* [bit.ly/ortonlonguevillewoods](http://bit.ly/ortonlonguevillewoods)



## ◆Stanground Wood

A small wood on the edge of the Fens, right next to the Green Wheel cycle network. If you're lucky you might spot a deer amongst the trees.

*Location:* Access via Wessex Close, Stanground, PE2 8HZ

*Bus routes:* citi3, citi5, 20, 31, 33, 701

*Website:* [bit.ly/stangroundwood](http://bit.ly/stangroundwood)



## ◆ Stanground Wash

Across the footbridge from Stanground Wood, this wetland reserve is good for birdwatching if you stay quiet!

*Location:* Access via Wessex Close, Stanground, PE2 8HZ

*Bus routes:* citi3, citi5, 20, 31, 33, 701

*Website:* [bit.ly/stangroundwash](http://bit.ly/stangroundwash)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**

## ◆ Stanground Newt Ponds

The remains of a wet meadow and pond system, where great crested and smooth newts live, in the middle of a housing estate.

*Location:* Hoylake Drive, Farcet, PE7 3BD

*Bus routes:* citi5, 20, 31, 33, 701

*Website:* [bit.ly/stangroundponds](http://bit.ly/stangroundponds)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**

## ◆ Woodston Ponds

These riverside ponds and reedbeds are home to lots of wildlife!

*Location:* Park on Wharf Road, PE2 9NZ. Walk over the railway and follow the path to Woodston Ponds

*Bus routes:* citi1, 24, 206

*Website:* [bit.ly/woodstonponds](http://bit.ly/woodstonponds)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**





## ◆ Thorpe Wood

This ancient woodland has both large mature and traditionally coppiced trees. You can see beautiful carpets of bluebells in Spring.

*Location:* Holywell Way, PE3 6SZ

*Bus routes:* citi2

*Website:* [bit.ly/thorpewood](http://bit.ly/thorpewood)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**



## ◆ Holywell Ponds

Seven medieval fish ponds in wildflower meadows and grassland. Paths connect this reserve to Thorpe Wood, 15mins walk away.

*Location:* Next to Larklands, Longthorpe, PE3 6LL

*Bus routes:* citi2

*Website:* [bit.ly/holywellponds](http://bit.ly/holywellponds)





## ◆ Dogsthorpe Star Pit

An old brick pit, now a nature reserve with lakes, reedbeds and grassland. Little Wood is across the road to the east.

*Location:* Hodney Road, off White Post Road, Eye, PE6 7YJ

*Bus routes:* 36, 37, 38, 390

*Website:* [bit.ly/starpit](http://bit.ly/starpit)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**

## ◆ Eye Green Brick Pit

A former brickworks, turned nature reserve with lakes, reedbeds, grassland and woods, great for all sorts of wildlife!

*Location:* Guilsborough Road, Eye Green, PE6 7QL

*Bus routes:* 36, 37, 38, 390

*Website:* [bit.ly/eyegreenbrickpit](http://bit.ly/eyegreenbrickpit)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**

## ◆ Lattersey

An abandoned quarry, this wetland nature reserve, on both sides of the road, has boardwalk paths through a variety of habitats.

*Location:* New Road, Whittlesey, PE7 1SZ

*Bus routes:* 33, 701

*Website:* [bit.ly/lattersey](http://bit.ly/lattersey)



**Bedfordshire  
Cambridgeshire  
Northamptonshire**



A few more green spaces which are slightly further away that you may like to visit by car:

◆ Barnack Hills + Holes

*Location:* Wittering Road, Barnack, PE9

*Website:* [bit.ly/barnack-hills-holes](http://bit.ly/barnack-hills-holes)



◆ Castor Hanglands

*Location:* National Route 63, Peterborough, PE6

*Website:* [bit.ly/castor-hanglands](http://bit.ly/castor-hanglands)



◆ Swaddywell Pit

*Location:* Next to Willow Brook Farm, Stamford Road, near Helpston, PE6 7EL

*Website:* [bit.ly/swaddywell-pit](http://bit.ly/swaddywell-pit)



◆ Southey Wood

*Location:* Langley Bush Road, near Ufford, PE6 7EN

*Website:* [bit.ly/southey-wood](http://bit.ly/southey-wood)



◆ Holme Fen

*Location:* New Long Drove, Holme, PE7 3PP

*Website:* [bit.ly/holme-fen](http://bit.ly/holme-fen)





# Wildlife Welfare



Make sure no animals are harmed by following these rules:

## **PLEASE DON'T TOUCH**

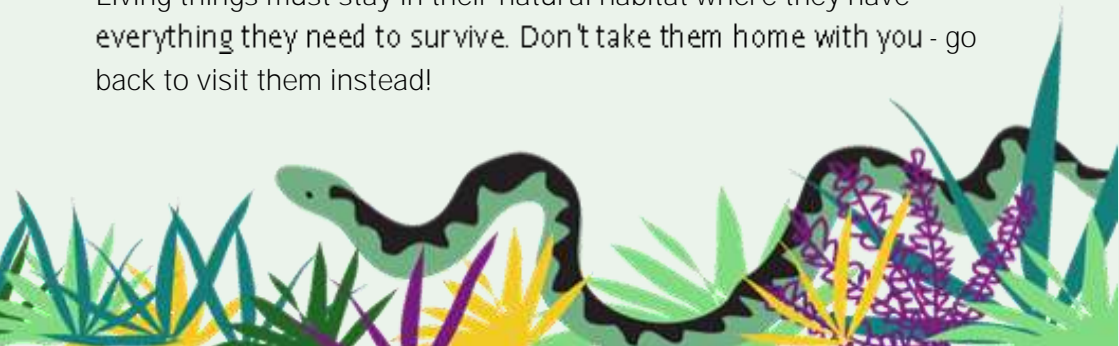
Picking up animals makes them stressed and can make them ill. Amphibians have sensitive skin which can pick up diseases, and some reptiles lose their tails if they feel threatened, so it's best just to watch and photograph them instead.



## Moving things

Please don't move frogspawn, plants or creatures out of the pond you found them in as you may spread diseases without knowing!

Living things must stay in their natural habitat where they have everything they need to survive. Don't take them home with you - go back to visit them instead!





# Keeping Safe



Follow these tips for a successful expedition outdoors!

Before you go

- ★The most important thing to remember is that you are responsible for your own safety.
- ★Make sure someone knows where you are going and what time you will be back.
- ★Some sites and volunteering opportunities may require you to be with a responsible adult; double check before you arrive to avoid being turned away.
- ★Check the weather before you set out; take water, a hat and sunscreen on hot days and extra clothes, wellies and a waterproof on wet or cold days.
- ★Bring important medication with you, such as your inhaler or epi-pen.



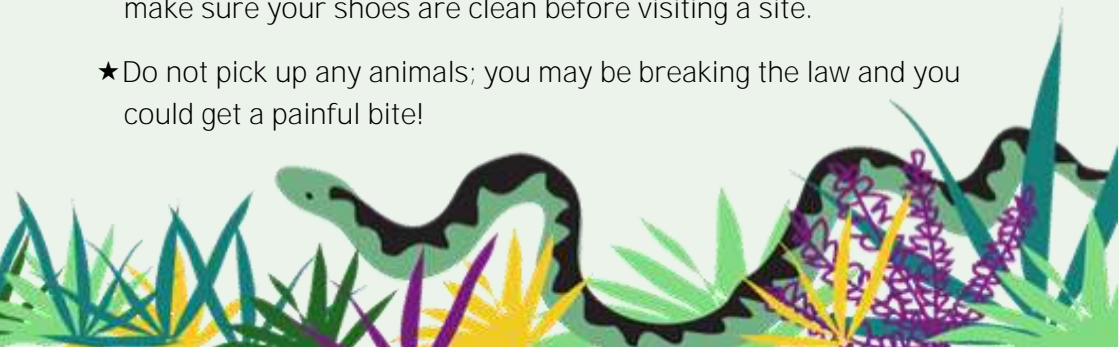
## Other site users

- ★ Ask permission from the owner before stroking any dogs.
- ★ Be polite to people you meet and most of the time, people will be polite back. If anyone makes you feel uncomfortable, be polite and walk away. Tell a responsible adult what happened.



## Other hazards

- ★ You must ask permission before having a bonfire anywhere.
- ★ Take extra care around water. You may not see the edges of ponds or rivers clearly.
- ★ Do not try to walk on frozen rivers or ponds.
- ★ If you have put your hands in mud or pond water, keep them away from your face until you have washed them.
- ★ To avoid spreading disease and unwanted seeds from place to place, make sure your shoes are clean before visiting a site.
- ★ Do not pick up any animals; you may be breaking the law and you could get a painful bite!







# Your Green Toolkit



Ideas on how the outdoors can help you to deal with:

## Feeling angry

Go for a walk and change your scenery to get away from your stressful place. Fresh air can help you to think more clearly.

Stop and listen to the sounds of nature around you - hearing birdsong, leaves rustling and running water may help you to relax.

## Feeling anxious

Challenge yourself by starting to volunteer! You could go with a friend or relative so that there is someone you know around. The person you contact will have lots of experience of working with volunteers so they will help you to feel welcome in the team.

Everything will have been risk assessed before you do an activity so you will be working in a safe environment. If you have any questions or concerns about this, the leader will be able to help.

## feeling fidgety

Get outside and burn off some energy by having a walk, cycle or run around!

Calm down before going inside by listening to the sounds around you - can you see what's making the noise you heard?





## Feeling Down

Take regular breaks outside, go for a bike ride, do some gardening, or have a wander and look for signs of nature around you.

You could walk on your own or with a group; try looking at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) for route ideas and local organised walks.

Research has shown that time spent outdoors in sunlight can help to lift your mood.

Being outside and experiencing nature can also be a useful distraction to break up a cycle of negative thoughts. You could keep a record of interesting things that you see or experience, particularly if you felt positive about something. Look back at this when you need reminding of good things that have happened recently, or want motivation to go outdoors again.

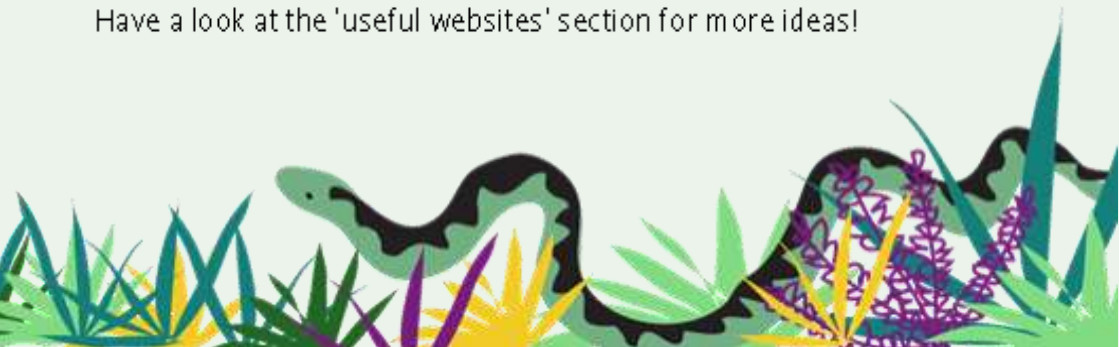
## Feeling Lonely

Volunteering can help you to connect with other people on a regular basis, and it may help you to feel part of a team or community. Find an opportunity that appeals to you, and you are likely to find other people there that share some of your interests - say 'hello!' when you arrive and it may just start a conversation!

## **Finally, always remember the importance of a good night's**

sleep and eating a healthy, balanced diet. This will give you a greater chance of feeling at your best each day.

Have a look at the 'useful websites' section for more ideas!





# Useful Websites



## Travel

Peterborough interactive street and bus route map: [travelchoicemap.peterborough.gov.uk](http://travelchoicemap.peterborough.gov.uk)

Bus journey planning: [www.traveline.info](http://www.traveline.info)

Cycle route planning: [www.cyclestreets.net](http://www.cyclestreets.net)

Peterborough Green Wheel cycle network: [bit.ly/green-wheel](http://bit.ly/green-wheel)

Walking route planning: [walkit.com](http://walkit.com)

## Conservation organisations

Froglife: [www.froglife.org](http://www.froglife.org)

Buglife: [www.buglife.org.uk](http://www.buglife.org.uk)

Nene Park Trust: [www.neneparktrust.org.uk](http://www.neneparktrust.org.uk)

Peterborough Conservation Volunteers: [www.p-c-v.co.uk](http://www.p-c-v.co.uk)

Peterborough Environment City Trust: [www.pect.org.uk](http://www.pect.org.uk)

RSPB: [www.rspb.org.uk](http://www.rspb.org.uk)

Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire: [www.wildlifebcn.org](http://www.wildlifebcn.org)

Woodland Trust: [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)



## Search for more volunteering opportunities

Do-it: [do-it.org](https://do-it.org)

### Good to know

The Countryside Code: [bit.ly/countryside-code](https://bit.ly/countryside-code)

Fire Safety Outdoors: [bit.ly/fire-safety-outdoors](https://bit.ly/fire-safety-outdoors)

### More ideas for your green toolkit

Mind: [www.mind.org.uk](https://www.mind.org.uk) (type 'ecotherapy' in the search box)

Walking for Health: [www.walkingforhealth.org.uk](https://www.walkingforhealth.org.uk)

Tips to help you sleep better: [bit.ly/sleep-home](https://bit.ly/sleep-home)

### Careers in conservation

RSPB Phoenix advice: [bit.ly/RSPB-Phoenix-careers](https://bit.ly/RSPB-Phoenix-careers)

Cambridge Conservation Forum: [bit.ly/CambridgeCF](https://bit.ly/CambridgeCF)

Environment Job: [www.environmentjob.co.uk](https://www.environmentjob.co.uk)

Conservation Jobs: [www.conservationjobs.co.uk](https://www.conservationjobs.co.uk)

CJS: [www.countryside-jobs.com](https://www.countryside-jobs.com)

Conservation Careers: [bit.ly/conservation-careers](https://bit.ly/conservation-careers)



# Continuing on your Green Pathway



Tell us which creatures you see when you're out exploring and find out more about them with Froglife's free Dragon Finder app.

Download it for free on Android and iPhone - search for 'Dragon Finder', or go to [www.froglife.org](http://www.froglife.org)



## Contact

Froglife,  
1 Loxley, Werrington, Peterborough,  
Cambridgeshire, PE4 5BW



Look at our website:

[www.froglife.org](http://www.froglife.org)

for more activities and information about how you can help reptiles and amphibians!

Froglife is a UK wildlife charity committed to the conservation of amphibians and reptiles – frogs, toads, newts, snakes and lizards – and saving the habitats they depend on.



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