



Lee Valley Birdwatching & Wildlife Fair 2007

17-18 February 2007, 9:30am-4:30pm
Waltham Abbey, Essex



07 SHOWS
GUIDE

You can run,
but you can't hide.



Mark Hamblin, David Tipling (rspb-images.com)

The ptarmigan is a remarkable bird. It has adapted to life in the Scottish Highlands by changing colour in winter from brown to white to camouflage itself against the snowy slopes – but there is a problem. The UK is losing snow and alpine conditions on the tops of mountain ranges such as the Cairngorms due to climate change. As a result this puts birds such as the ptarmigan under threat – once their habitat has disappeared they will have nowhere to go – in fact, nowhere to hide!

Climate change is a serious issue and its negative effects do not stop with ptarmigans. Up to one third of the world's land-based species could be committed to extinction by 2050 as a result of climate change. This is why we are campaigning for a climate change bill to limit greenhouse gases. We are also taking positive actions on our nature reserves to allow wildlife to adapt to some of the inevitable changes that will occur.



STOP CLIMATE CHAOS

The RSPB is a founding member of the Stop Climate Chaos coalition, whose '1 Count' campaign is creating massive political pressure for real action on climate change.



We can stop climate chaos

You can campaign and get information on
climate change by joining us today at:

www.rspb.org.uk/join or telephone 01767 680551



Registered charity no 207076.

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The Lee Valley Birdwatching & Wildlife Fair 2007 is supported by:



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FORUM



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EPPING FOREST
FIELD CENTRE





foreword

This year's Lee Valley Birdwatching and Wildlife Fair has a special focus as it will contribute to a year long 40th Anniversary celebration of the Lee Valley Regional Park Authority (The Authority).

The Authority was formally established in January 1967 under the Lee Valley Regional Park Act with a remit that embraces just about every conceivable aspect of leisure, sport and recreation including nature conservation and protecting and enhancing the natural environment.

The last forty years have seen the whole of the Lee Valley Regional Park (Regional Park) area transformed into an array of country parks and nature reserves with centres of sporting excellence throughout the valley. This includes eight Sites of Special Scientific Interest (SSSI's) and a SPA site recognising the internationally significant bird populations and the importance of the Regional Park's water bodies as a winter feeding ground and breeding area.

The Regional Park is also home to the Regional Centre of Excellence for ice skating, the only leisure industry accredited Equestrian Centre in the country and the recently opened £16 million Lee Valley Athletics Centre. This centre will provide first class training facilities for athletes working towards the 2008 and 2012 Olympic and Paralympic Games, as well as much needed sports provision for clubs, community groups and schools.

Looking forward, the Authority is embracing the arrival of the 2012 Olympic and Paralympic Games which will bring significant opportunities for the

whole region. It is working to deliver a sustainable and viable legacy for the Lee Valley and the aspiration of a high quality urban park at the heart of the Lower Lee Valley. It has also committed to fund and manage two major legacy facilities, the VeloPark, which will become a regional centre comprising all elements of cycling, and the White Water Canoe Slalom Course as a regional centre for canoeing.

We are very proud of the Birdwatching and Wildlife Fair which continues to grow each year attracting large numbers of bird and wildlife enthusiasts. This year we have expanded the number of guided walks and children's activities to encourage younger visitors to get involved in nature and learn about their environment, as well as an opportunity to see bird ringing and visit a number of our bird hides to see some of our nationally recognised wintering wildfowl.

We have a variety of exhibitors and are delighted that TV personality and nature cameraman Simon King is attending as one of a distinguished line up of speakers in our lecture programme.

The event demonstrates all the best aspects of partnership working. The dedication of the Authority staff and the volunteers who give up their time make it a success year after year. I hope that you enjoy the event and will help us celebrate forty years of success.

Shaun Dawson

Chief Executive, Lee Valley Regional Park Authority

"The last forty years has seen the whole of the Lee Valley Regional Park area transformed into an array of country parks and nature reserves with centres of sporting excellence throughout the valley."

The Lee Valley Regional Park

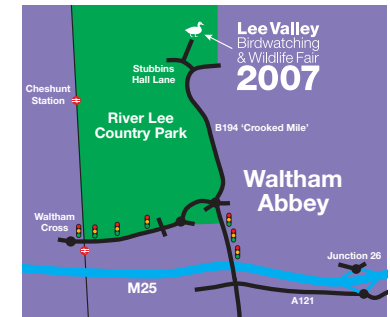
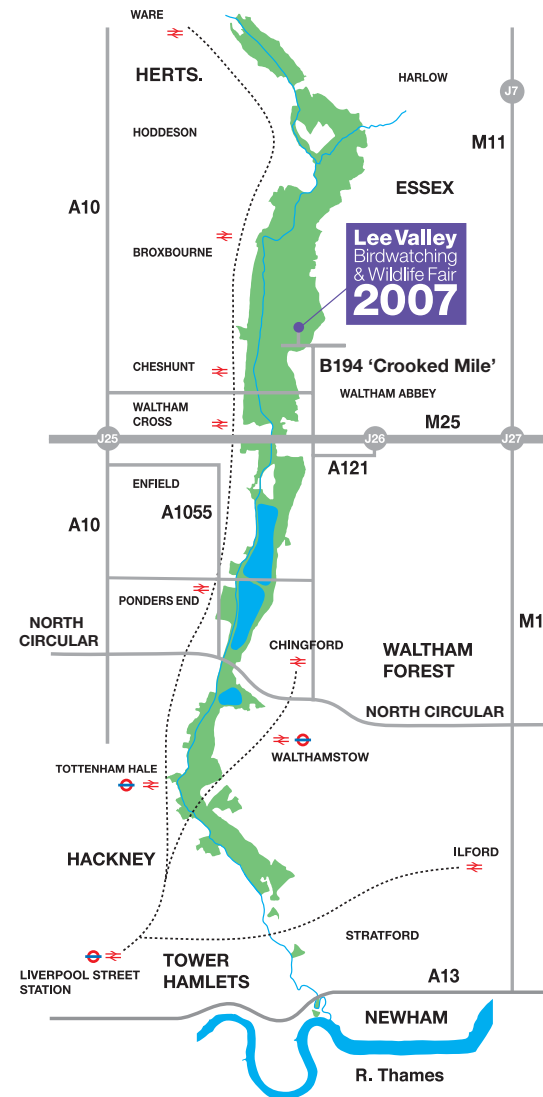
The Lee Valley Regional Park Authority is responsible for managing and developing the Lee Valley Regional Park which provides sport, leisure and recreation to suit all ages, tastes and abilities. The Regional Park stretches 26 miles along the banks of the river Lee from Ware in Hertfordshire to the Thames at East India Dock Basin. This 4,000 hectare (10,000 acre) area provides quality sports centres, urban green spaces, heritage sites, country parks, nature reserves and lake and riverside trails. So, whatever you do in your leisure time, whether it's golf, horse riding, ice skating, fishing, bird watching, camping or exploring the countryside or historic sites, you'll find it in Lee Valley Regional Park.

The Lee Valley Regional Park is well placed for public transport and is well connected by trains, tubes and buses. There are also many footpaths and cycle routes for you to get to and around the Park.



For more information about the Lee Valley Regional Park contact us at:

Lee Valley Regional Park Information Service
 Lee Valley Park Farms
 Stubbins Hall Lane
 Crooked Mile
 Waltham Abbey
 Essex EN9 2EG
 Telephone: 01992 702200
info@leevalleypark.org.uk
www.leevalleypark.org.uk



How to get here

By Road

Exit the M25 at junction 26 and join the A121 heading west. At the first roundabout take the third exit towards Waltham Abbey. Proceed through four sets of traffic lights. At the roundabout take the third exit onto the B194 'Crooked Mile'. Follow the B194. As it bends sharply to the right turn left into Stubbins Hall Lane. Follow the signs to the Bird Fair.

Admission Prices

Adults £7
 Children (under 16) FREE

Saturday 17 February

11:00-12:00**From Gravel to Grebes**

Managing old gravel pits for wildlife.

Simon Wightman - Lee Valley Regional Park Authority

12:00-13:00**Gardening for Wildlife**

Managing gardens for wildlife.

David James - Centre for Wildlife Gardening

13:00-14:00**The Return of the Osprey**

The Osprey.

Tim McKrill - Leicester & Rutland Wildlife Trust

14:00-15:00**An audience with Simon King**

Tales from filming around the world and questions and answers session.

Simon King - TV Wildlife Presenter

15:00-16:00**Northern Kites - A Kite's Tail**

Reintroduction of Red Kites in North East England.

Keith Bowey - RSPB

Sunday 18 February

11:00-12:00**The Return of Ratty**

Water Vole Conservation.

Louise Wells - London Wildlife Trust

12:00-13:00**The Great Fen Project**

Creating a new wetland landscape in East Anglia.

Chris Gerrard - Great Fen Project

13:00-14:00**Swifts - It's Now or Never!**

Conservation of Swifts.

Edward Mayer - London Swifts

14:00-15:00**The Importance of WeBS: Monitoring Waterbirds through the Wetland Bird Survey**

Monitoring wetland birds in the UK - the Wetland Birds Survey (WeBS).

Mark Collier - BTO

15:00-16:00**A Photographer's Tale**

Wildlife photography.

Dave Cottridge

Avian Experiences**Stand 003**

Avian Experiences is your guide to birding and wildlife experiences, specialising in New Zealand and stopover locations. Information, customised itineraries, books, DVDs, CDs and bookings for the best guides and tours. We help you to make your trip the birding and wildlife experience of a lifetime.

**Oosterwoldseweg 44, 8433 PW,
Houlerwilk, The Netherlands**
Tel: 0031 516 423515
www.avionexp.com

Birds Birds Birds**Stand 013**

Birds Birds Birds is the UK's only specialised bird gallery showing original paintings, limited edition and open edition prints all from quality wildlife artists. Prints can be reproduced on canvas or paper published by Birds Birds Birds. Also available is a range of cards and gifts.

**4 Limes Place, Preston St,
Fauersham, Kent**
Tel: 01795 532370
www.birdsbirdsbirds.co.uk

British Trust for Ornithology (BTO)**Stand 036**

The BTO is a partnership of birdwatchers and professional ornithologists, all keen to understand what is happening to birds within the UK. Supporters contribute to BTO surveys and collect information on bird populations. For more information visit www.bto.org or write to:

**BTO, The Nunnery, Thetford
Norfolk IP24 2PU**
Tel: 01842 750050
www.bto.org

Carl Zeiss Ltd**Stand OP01**

Carl Zeiss Ltd is the world renowned manufacturer of high quality optical products. The company provides innovative products including victory FL range of binoculars and spotting scopes as well as the revolutionary DC4, the world's first camera/eyepiece for digiscoping.

**PO Box 78, Woodfield Rd,
Welwyn Garden City, Herts, AL7 1LU**
Tel: 01707 871350
www.zeiss.co.uk

Essex County Council**Stand 010**

Public rights of way from Essex County Council are at the show for the first time. Come and view our publications which are offered for sale including the Essex Way Walk. We have free leaflets to give away and are on hand to discuss general rights of way questions.

**Public Rights of Way, County Hall,
Chelmsford, CM1 1QH
Tel: 01245 437649
www.essexcc.gov.uk**

London Natural History Society**Stand 008**

The society welcomes new members, both beginners and experts. Its recording area lies within a 32-kilometer radius of St. Paul's Cathedral. It covers ornithology, botany, entomology and all other aspects of natural history. Expert help is always available whether on field trips, coach trips, or at indoor meetings.

**20 Eleven Acre Rise, Loughton,
Essex, IG10 1AN
Tel: 020 8508 2932
www.lnhs.org.uk**

Leica Camera Limited**Stand OP03**

Leica has been world renowned for the highest possible quality in optical and mechanical design since their first camera was introduced in 1925. Leica now produces the finest range of binoculars and spotting scopes on the market today, which are the first choice of the most famous wildlife experts and television presenters.

**Davy Avenue, Knowlhill, Milton Keynes, MK5 8LB
Tel: 01908 256400
www.leica-camera.co.uk**

Myddelton House Gardens**Stand 039**

The beautiful historic gardens at Myddelton House are a haven for wildlife. 60 species of birds have been logged either in the gardens or flying overhead. Weasels are often seen around the grounds, grass snakes breed here and there are plenty of small mammals as well as fox and muntjac deer.

**Bulls Cross, Enfield
Middlesex, EN2 9HG
Tel: 01992 717711
www.leevalleypark.org.uk**

NewPro UK Ltd & Minox

Stand 004

NewPro UK features 'Minox' binoculars and telescopes which include the best selling 'BLs' and now the exciting and new 'HG's'. 'Optech' straps for binoculars and tripods are well known to birders as are 'Cullam' tripods and the best selling high quality 'Hide Clamp'.

**Old Sawmills Rd, Faringdon,
Oxon, SN7 7DS**
Tel: 01367 242411
www.newprouk.co.uk

Friends of Paradise Wildlife Park

Stand 044

Paradise Wildlife Park is unique in offering exciting experience packages which really allow visitors to get involved with the animals. Meet the Meerkats, shadow the Big Cat keeper or adoption of your favourite are all options available from our website. Exciting additions for 2007 are White Lions and Humboldt Penguins.

White Stubbs Lane, Broxbourne, Herts, EN10 7QA
01992 470490
www.pwpark.com

Royal Gunpowder Mills

Stand 038

Exciting science, nature and history set in 175 acres of parkland. One of our most secret locations manufacturing explosives for 300 years, now an SSI and heritage centre. Follow our self-guided walk that takes you into our heronry viewing station and spot these beautiful birds alongside many other species.

**Beaulieu Drive, Waltham Abbey,
Essex EN9 1JY**
Tel: 01992 707370
www.royalgunpowdermills.com

SRB-Griturn

Stand 011

SRB-Griturn is a firm of engineers specialising in the design and manufacture of photographic accessories and mountings. Part of the extensive product range is devoted to mounts and accessories for digiscoping. Engineers will be on hand during the show to measure your equipment to assess the best mounting solution.

286 Leagrave Rd, Luton, Beds, LU3 1RB
Tel: 01582 572471
www.srb-griturn.com

Lee Valley Birdwatching and Wildlife Fair
Exhibitor Floorplan



Please see pages 18 and 19 for Exhibitor listings.
Exhibitors floorplan correct at time of going to press.

- 041 **Alan Harris** Wildlife Artist
- 012 **Art Decoy** Carved Wooden Birds
- 003 **Avian Experiences** Guide to Birding and Wildlife Experiences
- 013 **Birds Birds Birds & Faversham Fudge**
Original bird paintings, prints and gifts and fudge
- OP02 **Birdnet Optics** Optical and Book Retailer
- 036 **British Trust for Ornithology** Bird Conservation
- OP01 **Carl Zeiss** High Quality Optical Products
- 017 **Coopart** Hand Carved Birds
- 032 **Country Innovations** Outdoor Clothing Specialists
- 018 **David Cottridge** Wildlife Photography
- 042 **East London Birders Forum** Birders Forum
- 015 **Essex Birdwatching Society** Birdwatching Charity
- 010 **Essex County Council** Public Rights of Way
- 028 **Essex Wildlife Trust** Wildlife Organisation
- 044 **Friends of Paradise Wildlife Park** Leisure and Wildlife Park
- 046 **Friends of Paxton Pits Nature Reserve**
Nature Reserve
- 045 **Friends of the Earth** Environmental Group
- 019 **Friends of Tottenham Marshes**
Local Community Group
- 034 **Grant Demar Books** Book Retailer
- 021 **Hertfordshire Bird Club** Wildlife Group
- 035 **Hertfordshire & Middlesex Wildlife Trust**
Wildlife Organisation
- 021 **Hertfordshire Natural History Society** Wildlife Group
- 024 OP06 **In-Focus** Optical Retailer

- 026 **Lee Valley Nature Photographers** Wildlife Photography
- 042 **Lee Valley Regional Park**
The Lee Valley Regional Park is the only Regional Park serving London, Hertfordshire and Essex. It is a strategic link, providing green spaces, leisure and sports facilities for the region
- OP03 **Leica Camera Limited** Binoculars and Spotting Scopes
- 008 **London Natural History Society** Information on London's Natural History
- 023 **London Wildlife Trust** Wildlife Organisation
- 039 **Myddelton House Gardens** Beautiful historic gardens at Myddelton House, home to many species of birds and wildlife
- 001 **Nature Image** Wildlife and Landscape Photography
- 004 **Newpro** Binoculars and Telescopes
- 024 OP06 **Nikon UK** Optical Retailer
(in conjunction with In-Focus)
- 009 **Our Wild Life** Nature Photography
- 038 **Royal Gunpowder Mills** Visitor Attraction, Museum
- 048 **RSPB** UK charity working to secure a healthy environment for birds and other wildlife
- E1 **Rye Meads Ringing Group** Bird Ringing Group
- 002 **Second Nature** Book Retailer
- 011 **SRB Griturn** Digiscoping Equipment
- 020 OP04 **Swarovski Ltd** Optical Retailer
- 027 **Wild About India** Holiday Tours
- 006 **Wildlife Art UK** Wildlife Artist
- 047 TBC

Exhibitor Marquees
sponsored by:



Birdwatching in the Lee Valley Regional Park

The Lee Valley Regional Park is a key destination for birds and birdwatchers alike with over 200 species of birds having been recorded here in recent years.

Throughout its 26 mile length there is a huge diversity of habitats, but it is the wetlands which make the Regional Park so important, attracting over 10,000 wintering wildfowl and a variety of scarce species like Bittern, Black-necked Grebe and Smew to spend the winter. In fact these wetlands are recognised as being globally important with numbers of Gadwall and Shoveler reaching international significance and the Regional Park being designated a European Special Protection Area (SPA).

Even in the summer, birdwatching is exciting with an ever growing population of Nightingales, colonies of Common Terns on specially provided rafts, scarce Little Ringed Plovers breeding on the shallow scrapes and electric blue Kingfishers attracted to nest in artificial sand banks.



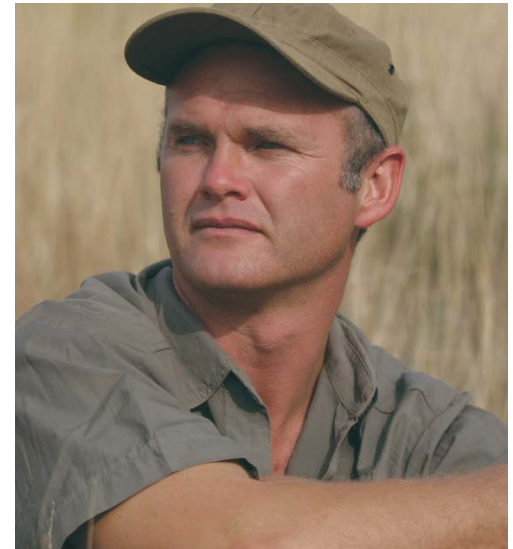
Along with the Lee Valley Regional Park Authority, the RSPB, Herts and Middlesex Wildlife Trust and Thames Water provide a host of birdwatching opportunities along the full length of the Regional Park. These include birdwatching hides, special viewpoints and feeding stations and carefully managed sites designed to maximise the number of birds and birdwatching opportunities.

For up-to-date sightings,
please visit our website:
www.leevalleypark.org.uk

Simon King

Simon King is perhaps best known for his work in front of the camera presenting series such as Big Cat Week, Springwatch and Autumnwatch. But his professional life extends to all areas of film making from specialist camera work to production. He was a principle photographer for the Blue Planet series (for which he won an EMMY award for outstanding cinematography), with sequences such as the killer whales catching sea lions to his credit. Much of the recently aired Planet Earth was also shot by him including the Great White Sharks and Arctic Wolves. Other recent projects include The Natural World (Cheetahs, Meerkats), and contributions to many of the David Attenborough series (Life of Mammals, Life in the Freezer).

Simon will be presenting an informal question and answer session at the Fair, where you will have the opportunity to ask him about any aspect of his travels and enormously varied professional life.



To find out more about
Simon King and his work visit:
www.simonkingwildlife.com

Wildlife in the Lee Valley Regional Park

One of the first things you will notice as a visitor to the Lee Valley Regional Park is the amount of water. Although always this way, what was once a naturally functioning floodplain, with a gently meandering river passing through marsh and woodland, now looks quite different.

Large expanses of open water are a new feature, formed as a result of gravel quarrying over the last half century. The reservoirs and many of the gravel pits are designated as SSSIs in recognition of their importance to wildfowl. The Lee Valley Special Protection Area (SPA) was designated because the valley is internationally important for birds such as Gadwall, Shoveler and wintering Bittern.

Wintering flocks of wildfowl form an impressive spectacle. The sheer numbers of Coot and Tufted Duck can be breathtaking with every chance of also spotting Goosander and Smew. However, it's not all about what you see - sometimes it's the sounds, such as Lapwing flocks wheeling in to land, Wigeon

whistling to each other as they prepare to move out onto the meadows to graze and the hum of a Starling roost gathering, which can sum up a winters day at many Lee Valley sites.

The Lee Valley remains one of the most reliable places in Britain to see wintering Bittern. The extensive programme of reed planting carried out through the EU funded LIFE programme means that these birds have much more choice about where they spend their time. Last year the Bitterns in the valley were distributed between 70 Acres Lake, North Met Pit and Amwell Quarry, and they were still present into April. With the quantity and quality of reedbed increasing as a result of work by organisations such as Lee Valley Regional Park



Authority, Herts and Middlesex Wildlife Trust and RSPB, there is every chance to hear the distinctive booming call of a courting male one early spring morning very soon.

Winter is a great time to visit but we would urge any visitor to return in spring or summer and have a look at how the same sites can offer very different experiences. The quiet rustle of a winter reedbed is replaced by a cacophony of Reed and Sedge Warblers competing with each other for a share of the airwaves. You may even be lucky enough to hear a Cetti's Warbler amongst them.

Whilst you're out birding, take time to look for some other Lee Valley residents. Sites such as Cornmill Meadows support many different species of dragonfly and damselfly. The list is growing with Red-veined

Darter and Small Red-eyed Damselfly colonising in recent years. The Lee Valley Regional Park offers a stronghold for animals that have not fared well elsewhere. The Water Vole has the unfortunate distinction of being Britain's fastest declining mammal but maintains strongholds along the valley. It remains incredibly vulnerable to predation by American Mink and the historic loss of wetland habitat means that the remaining vole populations are isolated and vulnerable. Conservation of wildlife no longer needs to rely on dedicated organisations managing isolated pockets of suitable habitat. Local Biodiversity Partnerships and Biodiversity Action Plans are beginning to demonstrate how much can be achieved when landowners, conservation organisations and volunteers all work together.

If you are new to the Lee Valley and the Bird Fair we hope you will be able to join one of the walks around 70 Acres Lake which is part of a quite incredible complex of wetland habitat distributed along the valley.

Take a walk around the Lee Valley Regional Park

From Ware in Hertfordshire through part of Essex, down to the Thames at East India Dock Basin, the Lee Valley Regional Park provides access to 26 miles of traffic-free walking routes.

Stretching along the banks of the River Lee, take a walk along the whole length of the Regional Park. You can take in the sights of the future Olympic Park in Stratford, or follow one of many smaller circular walks.

Lake & Riverside Walks

On this circular walk through the heart of River Lee Country Park - the 'Park within a Park', you will see a former World War II gun emplacement; the mysterious buildings which made up the former Gunpowder Factory. Nightingale Wood is the best place to see Early Marsh Orchids in the London Region in June. You will also see two very different weirs, Kingfishers, dragonflies, the rarest native hardwood tree and the very rare and secretive Bittern can also be spotted.

The walk is 4½ miles and starts at Hooks Marsh in the heart of the River Lee Country Park. This park covers a thousand acres of former gravel pits, now transformed into a haven for wildlife and people.

Walk along Waltons Walk, with the River Lee Flood Relief Channel (Horsemill Stream) and the weir to the east. Opposite the weir you can see the expanse of Hall Marsh Scrape and its bird hides. This area of shallow water is a man-made wildlife refuge, which mimics the conditions of the river flood meadow. In spring, Little Ringed Plovers arrive from Africa to breed and raise their chicks on the shingle beaches. During the autumn, Redshanks and Lapwings feed in the wet mud. You can also see a small concrete gun emplacement used during World War II. It has been

successfully adapted to create a hibernaculum/bat house.

Further along the walk you come to Hooks Marsh Ditch, a premier dragonfly location and in 1993 the Hairy Dragonfly was first seen here. It is the rarest breeding species in the Lee Valley.

An Otter Holt (log pile) has been built on a tiny island on Seventy Acres Lake to encourage Otters which were introduced into the Regional Park in 1991. Always elusive, they are seen occasionally in this area and you might be lucky enough to spot one!

On the walk you will also see the best place in London to see Early Marsh Orchids. A spectacular pink carpet fashioned by more than 10,000 orchids, on an area the size of a football pitch. These delicate flowers are one of only a few plants able to thrive in the nutrient poor soil, created with waste ash from coal-fired power stations.

Along this stretch of the walk you will see Black Poplars. They are the Regional Park's rarest native hardwood tree. Cuttings were introduced here from a mature



tree south of Waltham Abbey.

At Fishers Green visit the Bittern Watchpoint. The Bittern Watchpoint gives you the best opportunity to watch, enjoy and learn more about these extremely rare birds. Bitterns are well camouflaged, very shy and naturally skulking, so it pays to be patient and quiet as you wait for a possible sighting. The Bittern Watchpoint is open every day free of charge.

For more information on walks in the Lee Valley Regional Park please contact our information line on: 01992 702200 or visit our website: www.leevalleypark.org.uk

Bird Ringing

Rye Mead Ringing Group

Bird ringing provides information on the ecology and behaviour of birds, much of which is needed for conservation. After nearly 100 years of bird ringing in Britain and Ireland there is still more to learn about migration routes and wintering areas.



Today the main purpose of the Ringing Scheme is to monitor what is happening to populations of birds. Ringing allows the study of how many young birds leave the nest and survive to become adults each year, as well as how many adults live from year to year. Changes in birth and death rates are important as they may act as an early warning, giving evidence that a particular species is starting to decline.

The Rye Meads Ringing Group is a group of volunteer ornithologists, studying the birds of Rye Meads and also operates in the Lee Valley.

The group has been involved in the Lee Valley Birdwatching Fair every year since its inception and provides a ringing demonstration to visitors. The event allows the group to bring birds closer to the public and give an understanding of the importance of bird ringing.



Children's Activities

There are a number of activities taking place to entertain the children at the Lee Valley Birdwatching and Wildlife Fair.

The Lee Valley Youth and Schools team will be providing badge making, board games, quizzes, puzzles and craft activities, as well as 'Feathered Fun' and 'Family Birdwatching' guided walks.

There will also be 'Hook a Duck'

provided by the RSPB, dissecting owl pellets and making 'wacky bugs'

The Essex Wildlife Trust will be making bird boxes and the Epping Forest Field Centre will be Bee home making.





WORD SEARCH

Can you find the words in the grid?
They can be up, down, diagonal, forwards or backwards.

G	N	I	L	R	A	T	S	R	L	C
N	L	R	T	K	T	V	K	G	P	L
I	G	O	E	D	E	H	O	A	G	S
H	O	E	Y	T	N	O	R	L	L	E
C	C	F	L	W	S	K	T	U	E	R
T	O	I	F	A	M	D	W	A	S	R
A	T	L	N	R	E	T	T	I	B	H
W	T	D	O	B	W	I	E	L	O	R
D	E	L	G	L	L	A	W	D	A	G
R	R	I	A	E	L	O	I	R	D	B
I	R	W	R	R	D	S	O	R	R	A
B	B	A	D	G	E	R	B	D	H	R

Wildlife, Birdwatching, Park, Bittern, Smew, Bat, Owl, Vole,
Badger, Warbler, Tern, Thrush, Gadwall, Coot, Goosander,
Starling, Dragonfly, Otter

JOIN THE DOTS

Join the dots, starting at number one, to see which park visitor is hiding in this picture. Then colour the picture in.



DID YOU KNOW...

1. Today, there are about 9,000 different species of birds in the world.
2. Birds walk on their toes with their heels in the air.
3. All birds have a backbone.
4. Birds first appeared on Earth 150 million years ago.

What's on in the Lee Valley Regional Park

There are loads of things to do in the Lee Valley Regional Park! Whether you like walking, wildlife, birds, gardens, sport, kids' activities or boat trips, there's something for you. Why not get out more and explore the Lee Valley Regional Park, and attend one of our fantastic and varied events? Throughout 2007 there will be a range of events celebrating the Authority's 40th Anniversary.

Below is a selection of some of the events being held over the next few months. For more information and a full listing please visit our website www.leevalleypark.org.uk

FEBRUARY

25th - Garden Open Day

Charity open day at Myddelton House Gardens, for adults and families (12:00pm-16:00pm).

MARCH

17th - March in the Meads

Volunteer task removing scrub from site.

28th - The Road to Recovery

Volunteer task pushing back vegetation from footpath.

APRIL

Date tbc - Easter Baby Boom Week

Visit the new arrivals at the Lee Valley Park Farms.

11th - Waterworks Fun Day

Fun and games at the Waterworks Nature Reserve.

MAY

7th - Riding Centre May Show

Open horse and pony show competitions and a packed programme of activities for the whole family.

Observe and Record



Quickly. Easily. Precisely.

Welcome to the world of digiscoping! It's now possible to capture on camera unique observation experiences. The digital camera base from Swarovski Optik mounts your digital camera directly on to the telescope's eyepiece, simply converting the telescope into a telephoto lens. Photographs with astonishing pinpoint detail can be taken over long distances using your own camera. Recording the moment is simplicity itself thanks to the ability to switch between observation and photography modes in the blink of an eye.

