

**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 #lcfhiddenlewisham.



## One Tree Hill Nature Reserve

### About the park

According to legend, Queen Elizabeth I rested under an oak at the summit on her way to visit Lewisham in 1602. The current oak is the third on the site, planted in 1905.

Before the end of the eighteenth century, the East India Company built a semaphore station on the top of the hill to signal when ships were sighted in the Channel, and it was used as a beacon point by the Admiralty during the Napoleonic Wars. Adjacent to the hill is the Honor Oak Reservoir, the largest underground brick reservoir in the world when finished

in 1909, and it remains the largest in Europe.

In 1957 John Betjeman described the view from the top as "better than that from Parliament Hill".



### What can I see

The steep hill is wooded with open grassland at the top. The site has many ancient trees, but the main ones are hybrid black-poplar and London plane, the result of former landscaping. There are also Wild Service trees and Midland Hawthorns. The ground flora includes bluebells, heath grass and compact rush.

### How do I get there

**Buses:** P4 from Lewisham, Ladywell & Brockley

**Overground Train:** to Honor Oak



**SEE OUR NATURE  
TREASURE HUNT  
OVERLEAF**

(can you see what we did there?)



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

How many can you find?

Ladybird



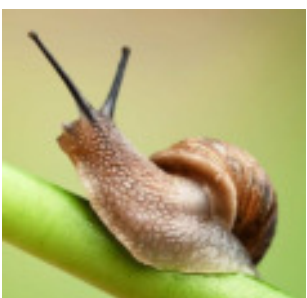
Bumblebee



Wood Louse



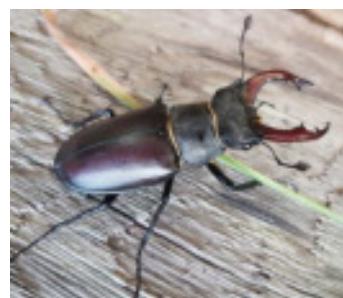
Snail



Grasshopper



Stag Beetle



oak



sycamore



ash



Squirrel



Common Blue



Small Tortoiseshell



## One Tree Hill Nature Reserve 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 #lcfchildrentreasures

### 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/>



## One Tree Hill Reserve in Lewisham Get Moving

How many can you do?

How many steps  
did you do today?

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How many hops?

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How many skips?

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How many jumps?

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How many throws?

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How many catches?

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How many star  
jumps?

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How many  
bunnyhops?

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How many  
kicks?

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### Other activities

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

