

# SLOW WALKS, WELLNESS AND WONDER AT KING'S CROSS

## EDGES

- 1 Smooth
- 2 Toothed
- 3 Lobed

## VEINS

- 4 Netlike
- 5 Parallel
- 6 Netlike

## SHAPES

- 7 Hand
- 8 Heart
- 9 Spear
- 10 Needle
- 11 Round

## ARRANGEMENT ON THE STEM

- 12 Simple
- 13 Alternate
- 14 Opposite
- 15 Compound
- 16 Whorled

### HOW MANY CAN YOU FIND?



#### 01 BAGLEY WALK GARDENS

Full of bold and graphic plants. The startling seed pods, branching forms, stems and colourful flowers are an inspiration for creativity. Try drawing a botanical sketch or taking a close up photo.

#### 02 HANDYSIDE GARDENS

The design is inspired by the flora found along railway embankments. Look out for river birch, hornbeam and purple willow. It's a great place for sketching - see how many different textures you can find. It's also a good place for a bug hunt and to watch the birds living in the hedges.

#### 03 ST PANCRAS CHURCHYARD

An ancient burial ground, overshadowed by large trees. Look out for the Hardy Tree, a great Ash with headstones at its base. The wild edges of the green space are filled with brambles, nettles and burdock, and the lawns covered with daisies, chicory and plantain. It's the perfect spot for tree hugging or forest bathing.

#### 04 TOWPATH

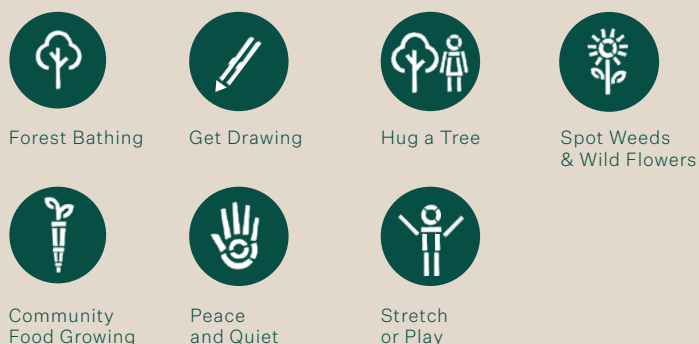
Look out for the wild and wayward weeds that have self seeded in cracks and hollows. They include Pellitory-of-the-Wall, Dandelion and Canadian Fleabane. Some of these plants like Buddleia have arrived via global transport links. Originally from China, it thrives on walls and railway tracks in the dry, alkaline conditions.

#### 05 STORY GARDEN

A growing community garden with produce grown by local people. Plants from all over the world are grown here, reflecting how people and plants travel and put down roots.

#### 06 ST GEORGE'S GARDENS

As well as ancient monuments and mature, shady trees, the gardens have one of the finest groups of ferns to be found in central London, mainly on the shady west wall.

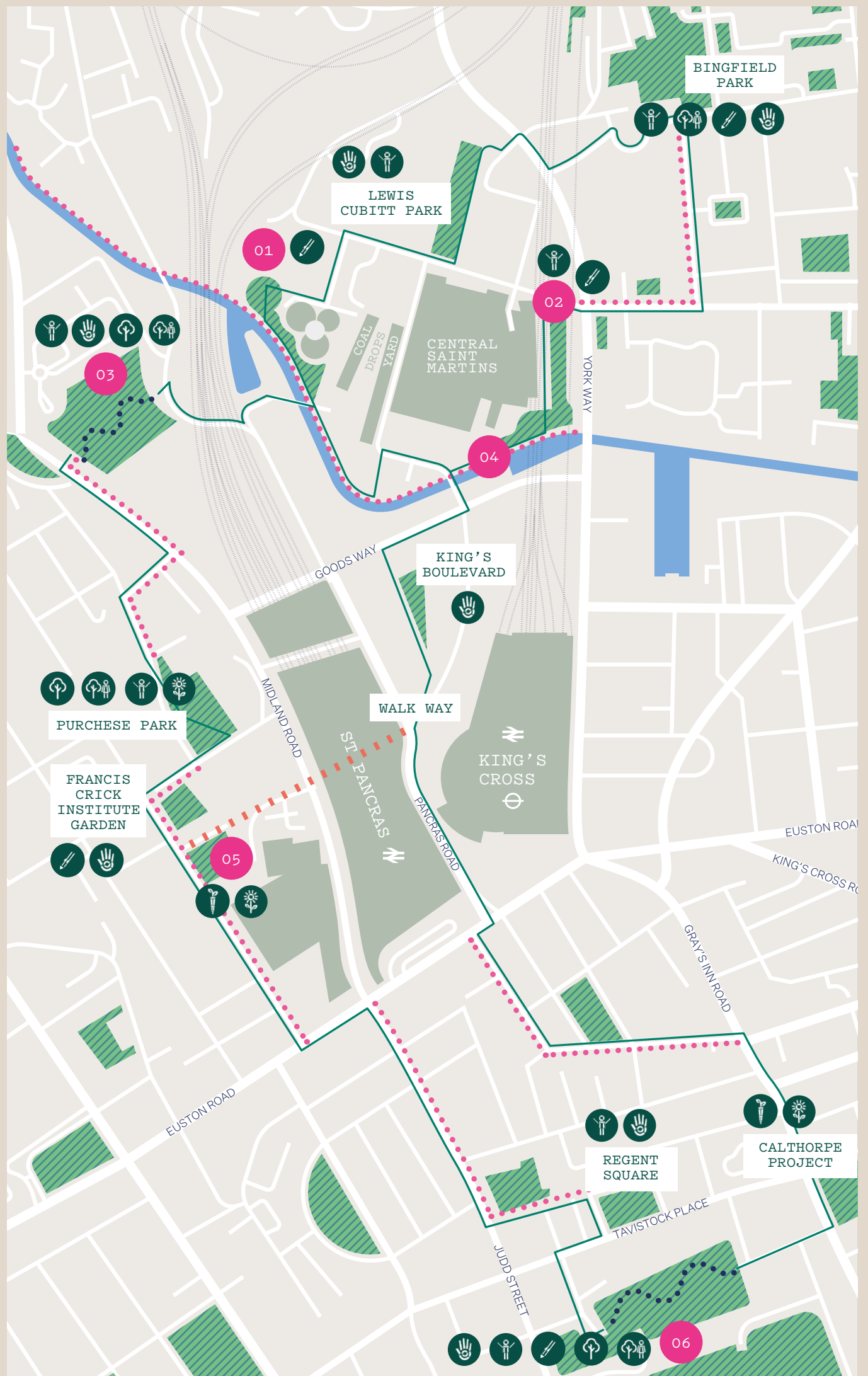


#### WEED WALK

#### PAVEMENT PROWL

#### MAIN ROUTE

LOOK OUT FOR WAYWARD, WILD & WEEDY EVENTS AT  
[WWW.KINGSCROSS.CO.UK/GREATOUTDOORS](http://WWW.KINGSCROSS.CO.UK/GREATOUTDOORS)  
[WWW.GLOBALGENERATION.ORG.UK](http://WWW.GLOBALGENERATION.ORG.UK)



# WAYWARD WILD



# AND WEEDY

Explore the wilder side of the city with King's Cross and Global Generation's wild walks and pavement prowls. Slow down, look more closely and discover nature in unlikely places.

**KINGS  
CROSS**

**GLOBAL  
GENERATION**

## WAYS TO WELLBEING

Use the five ways to wellbeing to see nature with fresh eyes

### 1 CONNECT

Can you see how people, birds and insects move around and colonise the spaces. What are they drawn to? What makes you feel a connection with the natural world?

### 2 BE ACTIVE

Walk silently and allow your senses to sharpen... what do you smell, see and hear? Hug a tree and feel its bark, listen to the leaves rustle, smell the scent of fungi and dampness in the trunk.

### 3 TAKE NOTICE

I wonder... how many times does a tree branch from twig to trunk? Why does lichen only grow on one side of the tree. What attracts an insect to a flower...

### 4 KEEP LEARNING

Be curious, and discover something new about nature. The closer you look, the more you may find!

### 5 GIVE

Can you find a way to give something back to nature?

## URBAN FOREST

Take the time to get to know our city trees.

### ASH *Fraxinus excelsior*

Yggdrasil of Norse mythology, the 'world tree' standing tall as the axis of the earth. The timber was used for making spears. With smooth twigs and black, hoof like buds, the dangling fruit are known as 'keys'.

### HAWTHORN *Crataegus monogyna*

AKA the May tree. In folklore, the tree marks the entrance to the underworld and it's bad luck to cut it when not in flower.

### OAK *Quercus robur*

The English oak, of quirky, crooked branches and shiny acorns. Host to a great diversity of insects and birds. Loved by the Jay who buries the acorns and spreads the tree.

## WEED WALK



Look down for tiny lawn weeds, stunted through mowing. You may find them growing bigger anywhere they are not cut back. Vital for pollinators and easy on the eye, it's time to value weeds and their beauty and usefulness. After all, they're just wild flowers growing in the wrong place.

### LOOK FOR



### SELFHEAL *Prunella vulgaris*

A small plant of the mint family - check for its square stem. It's also known as heal-all. Eaten as a potheb in a stew, or raw young leaves can be eaten in a salad.



### YARROW *Achillea millefolium*

Thousand leaved, with pearly white or rose tinged flowers. Carried by the ancient Greeks to treat their battle wounds, it was also called Old Man's Pepper and used to flavour beer.



### DAISY *Bellis perennis*

The day's eye, the flowers close at night. Good for making daisy chains. He / she loves me or loves me not - an old fashioned fortune telling game to test your lover.



### RIBWORT PLANTAIN *Plantago lanceolata*

Narrowleaf plantain, Lambs Tongue or Buckhorn. Birds love the seeds and if you tie the flower head in a knot and flick it, you are playing an old country game called Bishops or Cannonballs.



## PAVEMENT PROWL



Look out for the garden escapees, opportunists and pioneers who've broken out of captivity, travelled the world and have reverted to the wild. Seeds carried by the wind, birds or shoes find homes in cracks and crevices, creating islands of green in unexpected and overlooked places.

### LOOK FOR



### HERB ROBERT *Geranium robertianum*

AKA Red robin, storksbill, fox geranium, stinking Bob or squinter-pip. The leaves turn red after flowering. The smell is said to ward off mosquitos.



### GREATER PLANTAIN *Plantago major*

Other names include Broad Leaf Plantain or white mans foot. Where Europeans travelled, the plant carried on their shoes. Crushed leaves are a good remedy for insect or nettle stings.



### PELLITORY OF THE WALL *Parietaria officinalis*

Seeds are sticky and transported by insects as well as animals and people. A member of the nettle family, but without the sting, it likes the alkalinity of walls and paving.



### GALLANT SOLDIER *Galinsoga parviflora*

Was brought from Peru to Kew Gardens in 1796 and escaped into the wild. In Peru it's known as a spice herb called Guascas and used to make a dish called Ajiaco.

