

PARKLANDS AND WILDLIFE

A pocket guide

QueenElizabethOlympicPark.co.uk



DISCOVER THE LIFE OF THE PARK

THERE'S SOMETHING FOR EVERYONE from the highly designed environment of gardens and promenades in the south, to the wilder spaces in the north. With almost 10,000 woodland shrubs and 120,000 flowers and plants across 102 acres, the Park is packed with life. Every waterway, meadow, wetland and pond in the Park has been designed not only to appeal to our human senses, but also to create a haven for plants, animals and insects.

If you want to look up any of the wildlife and plants mentioned in this leaflet, you can find them all in our helpful guide at the back.



In the Park at dusk? Keep a look out for **bats** swooping in and out of 150 bat boxes or hunting along the River Lea under the bridges.



Find out more about the Park on our **information boards**. Look out for them as you explore.

Discover all sorts of birds who make their homes in the Park's 525 bird boxes, including **goldfinches, reed buntings, starlings, house sparrows, long-tailed tits, blue tits** and **chaffinches**.



Take a walk through the 6.5km of **waterways**, from the canal to the wet woodlands and wetland bowl.



Enjoy the **flowers** on the slope by Tumbling Bay playground, which were planted by our Park Champion volunteers.

Puzzled by stony sections in the meadows and on bridges? These are **toadflax strips**, created for the **caterpillars** of the **toadflax brocade moth**.

Spot **herons** flying low over the wetland bowl, and **dragonflies** and **damselflies** in spring and summer.

Explore fields of colour across 23 hectares of **wildflower meadows**. They provide food for **birds, bees** and **butterflies**.



Enjoying strolling through nearly 100 **trees** illuminated at night by 57 giant 'disco ball' globes.

Explore plants from around the world in the 2012 Gardens and see birds like **goldfinches, dunnocks** and **pied wagtails** make a flying visit.

Spot 30 kinds of native **reeds, sedges, grasses, wildflowers** and **irises**.



How many creatures can you spot in the pond in the Great British Gardens? **Tadpoles** like to make their homes here.

Want to know more? The Park has its own Biodiversity Action Plan that you can download from the website.

Look out for colourful **kingfishers** and quiet **sand martins** making their homes in the four nesting banks among the wet woodland.

EXPLORE GARDENS AND PROMENADES

Explore the lively, dramatic landscapes in the south of the Park. Designed to be great for wildlife, fun to explore and beautiful to look at, you can travel the world along with the bees in a single stretch of garden, or relax in the bronze, silver and gold planting amongst two of the Olympic oak trees. Keep your eyes open for all sorts of insects, reptiles and birds among the plants and grasses.



Look out for information boards in the 2012 Gardens and Great British Garden to find out more.

RELAX IN MEADOWS, WETLANDS AND WATERWAYS

Get up close to the rivers and waterways, chase butterflies in the wildflower meadows, or look out for **ducks, coots** and **kingfishers** among the wetlands. The north of the Park bursts with colour and life. Pick a pathway, turn a corner, take a seat by the river or meander through grasslands and meadows, and enjoy layers of wildness in the city.



Look out for information boards in the wetland bowl and wet woodland to find out more.



1



4



2



3

- 1 Watch out for quiet creeping **dunnocks** and flocks of **goldfinches** among the colourful plants in the 2012 Gardens, especially in the North America (above) and Europe Gardens.
- 2 In spring and early summer, spot the purple flowers of the **camassia** in the Great British Garden, a member of the asparagus family.
- 3 Seek out the pond in the Great British Garden: a brilliant place to spot loads of **dragonflies**, including the emperor and common darter.



5



6

- 4 See how many **creatures** you can find in the wonderful world of waterways and wetlands, reed beds and rivers.
- 5 Spot **pied wagtails** in the grasslands. They tend to bob up and down as they fly, flashing their black and white bottoms!
- 6 See if you can find the unusually-named **field scabious** (also called the 'pincushion flower') or smell the honey-scented **lady's bedstraw** in the north park meadows.

ENJOY THE BEAUTY OF THE PARK AS IT TRANSFORMS ALL YEAR ROUND

As you explore the Park, look out for wonderful and unusual changes from season to season. Here are some ideas to get you going.



SPRING

Look out for the bright orange of the **Californian poppy meadows** (left) on the banks of Carpenters Lock. In the Great British Garden, sniff out the strong smell of a **wild tulip**. And down by the river, you might spot **ducklings, cygnets, little grebes or baby coots** from the pontoons.

SUMMER

As the colour meadows flourish, look out for different types of **wildflower**, including **knapweed** (right) and **devil's bit scabious** - apparently a treatment for plague! **Butterflies** are also at their best in July: see them in the 2012 Gardens or along the river banks.



AUTUMN

Discover the beautiful changing colours of the **liquidambar** and oak trees (left) in the south of the Park, and the **field maples** in the wet woodlands. On your way, spot the **apples in the orchard** at Mandeville Place. These apples are a variety called 'Paradise Gold', created and named especially for the Park. You can find out more about this special apple on our website under Mandeville Place.

WINTER

Seek out the wood piles in the wetland bowl ponds. Known as **hibernacula**, they provide shelter for creatures that hibernate over winter. Look up and keep quiet, and you might spot a **kestrel** (right) hunting for its dinner! And if it gets too cold, why not go up the **ArcelorMittal Orbit** and explore the patterns of the **Park's paths and gardens** from above?



*All the plants and wildlife referred to in these pages can be found at the back of this leaflet.

WILDLIFE & PLANT GUIDE

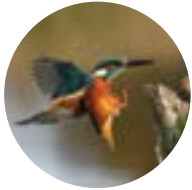
Keep your eyes open for hundreds of insects, birds, plants, flowers and trees on the Park. Use this guide to recognise the things you spot. You might find something we've never seen before!



dunnock



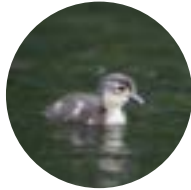
goldfinch



kingfisher



pied wagtail



duckling



emperor dragonfly



common darter dragonfly



toadflax brocade moth



red-tailed bumblebee



buff-tailed bumblebee



← reed bunting

These birds have been spotted in the Wetland Bowl



cygnet



grebe



bats



damselflies



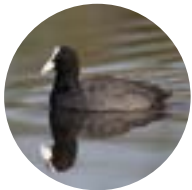
peacock butterfly



gatekeeper butterfly



smooth newt



coot



kestrel



starling



eels



frogs

→ common blue butterfly

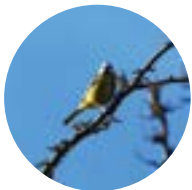
The meadows are a great place to spot these butterflies.



house sparrow



long-tailed tit



blue tit



chaffinch



sand martin



great diving beetle



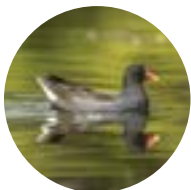
fungus beetle



otter



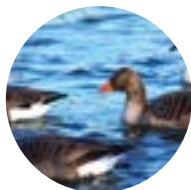
heron



moorhen



mallard



goose



cormorant



Share anything you see with us on instagram @QueenElizabethOlympicPark

DID YOU KNOW?

5,725 new trees and 120,000 flowers and plants have been planted on the Park. From bright colour meadows to weird and wonderful flowers in the 2012 Gardens, here are some of our highlights.



giant scabious



oxeye daisy



maltese cross



purple loosestrife



devil's bit scabious



silver feathergrass



wild tulip



knapweed



giant willowherb



purple iris



← compass plant

The vibrant Compass Plant got its name as its leaves tend to orientate north-to-south.



deam's coneflower



pale coneflower



liquidambar



alder tree



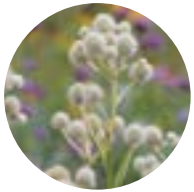
black poplar



oak tree



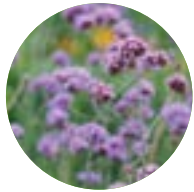
maple trees



rattlesnake master



evening primrose



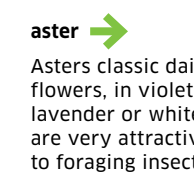
verbena



field scabious

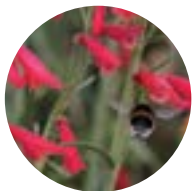


californian poppy



aster →

Asters classic daisy flowers, in violet, lavender or white, are very attractive to foraging insects.



penstemon



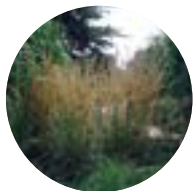
agapanthus



red hot poker



pineapple lily



feather reed grass



camassia



lady's bedstraw



angel's fishing rods



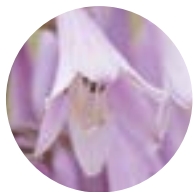
turkish sage



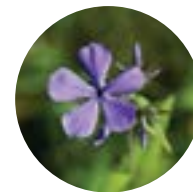
'sweet surrender' tiger lily



japanese anemone



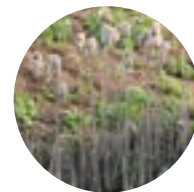
plantain lilly



wild sweet william



chicory



bulrush



echinacea



bogbean

GET INVOLVED AND FIND OUT MORE!

There's always something new to discover at the Park – and it changes every season. Enjoy a picnic in gorgeous surroundings or explore the Park in more detail with a guided walking tour. Entry is free, so you can come back as many times as you like!



IF YOU'RE A NATURE FAN and interested in our gardens, visit QueenElizabethOlympicPark.co.uk/parklands

WANT TO HAVE A GO AT GARDENING? Get your hands dirty at Mobile Garden City, our new garden and community growing space. Visit QueenElizabethOlympicPark.co.uk/mobile-garden

THESE PARKLANDS ARE A GREAT PLACE TO EXERCISE.

Look out for sport in your community via the Active People, Active Park programme, or enjoy inclusive sport via Motivate East



WANT TO SEE THE PARK FROM A NEW POINT OF VIEW?

Take a boat tour and explore the Park's waterway plants and animals up close!

FIND OUT MORE ABOUT THE PARK'S COMMITMENT TO THE ENVIRONMENT at QueenElizabethOlympicPark.co.uk/sustainability

HELP US LOOK AFTER THE PARK. Our volunteer Park Champions are recruited twice a year: QueenElizabethOlympicPark.co.uk/volunteering



WE'D LOVE TO HEAR ABOUT YOUR EXPERIENCES OF THE PARK



SHARE YOUR PICTURES with us on Instagram using [@QueenElizabethOlympicPark](https://www.instagram.com/QueenElizabethOlympicPark)

JOIN THE CONVERSATION at [facebook.com/QueenElizabethOlympicPark](https://www.facebook.com/QueenElizabethOlympicPark)

TWEET ABOUT YOUR VISIT using [@noordinarypark](https://twitter.com/noordinarypark)

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