



BEDFORD
BOROUGH COUNCIL

Hill Rise

LOCAL NATURE RESERVE



Trail Booklet

Name

School

Date

Welcome to Hill Rise

Dogs

Hill Rise is an important nature reserve and dogs are **not allowed** in to the nature reserve unless they are guide/hearing dogs who visit to assist their owners. Dogs will disturb any wildlife such as ground nesting birds and foxes.

Access for All

Access for wheelchair users and pushchairs is available but assistance may be required due to the steep slopes and uneven terrain. There are also some steep paths and uneven ground. Whilst the paths are maintained regularly to maintain safety please take care on your visit.

The time of year and the weather will determine what you will see on your visit.

Guidelines

Please enjoy your visit and help us look after the area, so remember...

- Keep to the path
- Not to trample the vegetation
- Leave the pond area undisturbed
- Pick nothing
- Go quietly
- Use your eyes and ears
- Leave nothing behind
- Take away pleasant memories

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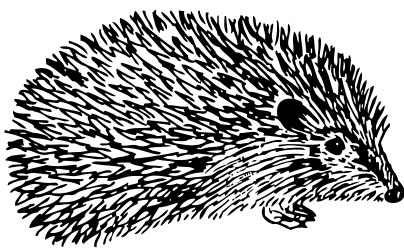
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Map



Mammals

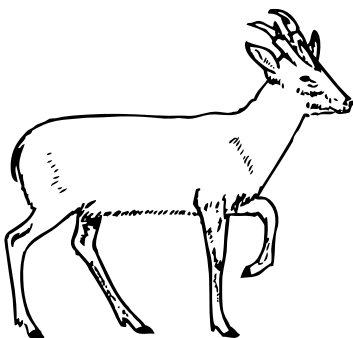
Large mammals rest up on this site during the day. If you are very quiet you might see them. Look very carefully at the Oval Pond's water edge, there could be footprints left on the mud. Tick any animals and foot prints you see. Also look out for tunnels in the hedging.



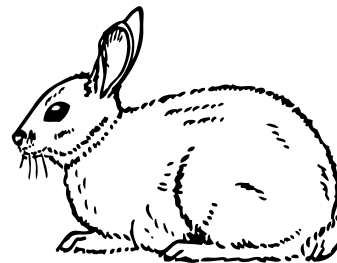
1. Hedgehog ☐



2. Fox ☐



3. Muntjac Deer ☐



4. Rabbit ☐



1. Hedgehog ☐

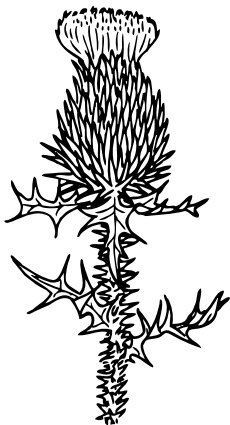
2. Fox ☐

3. Muntjac Deer ☐

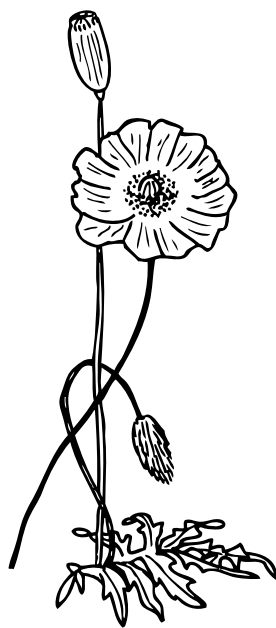
4. Rabbit ☐

Meadowland

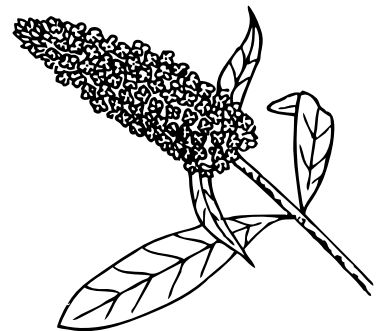
As you are walking along the path alongside the meadow, look for these plants. Tick the ones you see.



1. Spear Thistle ☐



3. Long Headed Poppy ☐



2. Buddleia ☐



4. Wild Carrot ☐

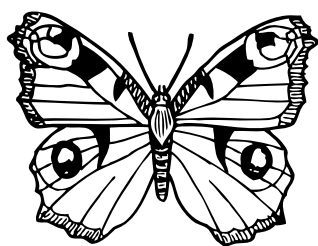


5. False Oat Grass ☐

Are all the grasses the same? Yes ☐ No ☐

Butterflies

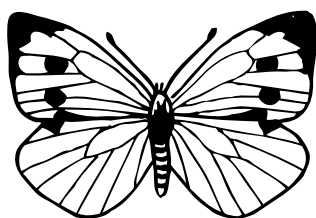
How many of these can you see? Tick any you see.



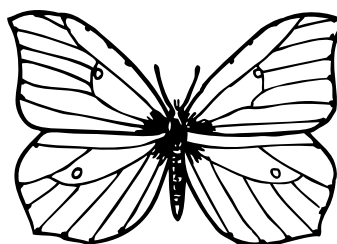
1. Peacock ☐



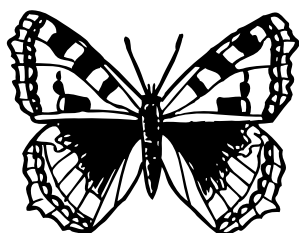
2. Red Admiral ☐



3. Large White ☐



4. Brimstone ☐



5. Small Tortoiseshell ☐



6. Orange Tip ☐

Did you see any brown or blue butterflies?

Find out the names of any others you see. Ask your teacher.

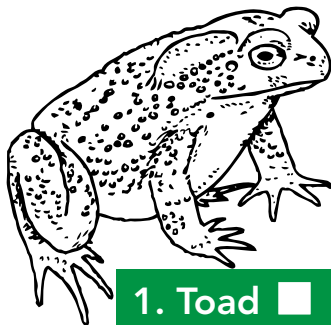
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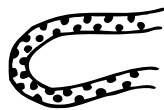
The Ponds

A. Animal Life

Can you find these? Tick any you see.



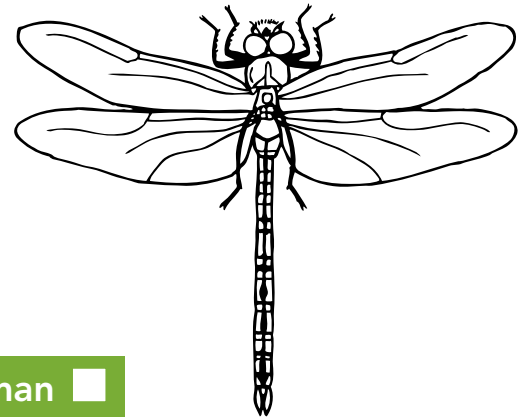
1. Toad ☐



2. Spawn ☐



3. Water Boatman ☐



4. Emperor Dragonfly ☐



5. Frog ☐



6. Spawn ☐

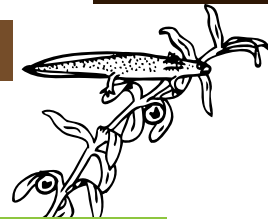


7. Tadpole ☐

9. Tadpole ☐



8. Female Newt ☐



10. Spawn ☐

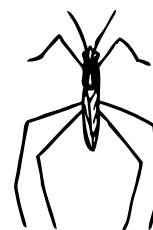


8. Male Newt ☐



1. Whirligig Beetle ☐

Some insects can walk across the water, tick any you see. Ask your teacher. Look for any flying insects, list the ones you see.



2. Pond Skater ☐

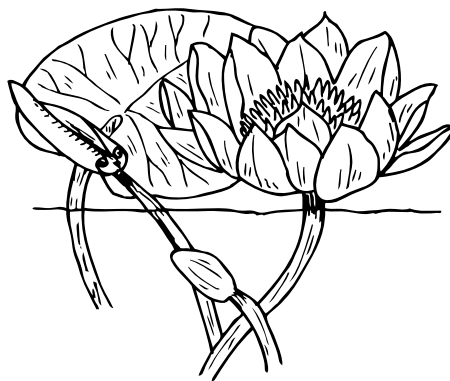
The Ponds

B. Plant Life (the Round Pond)

Can you find these? Tick any you see.



1. Yellow Flag ☐



2. White Water Lily ☐



3. Great Willow-Herb ☐

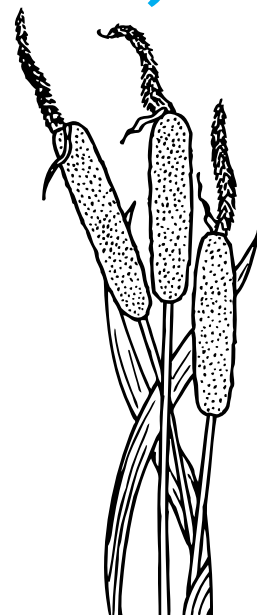
C. Plant Life (the Oval Pond)



1. Grey Willow ☐



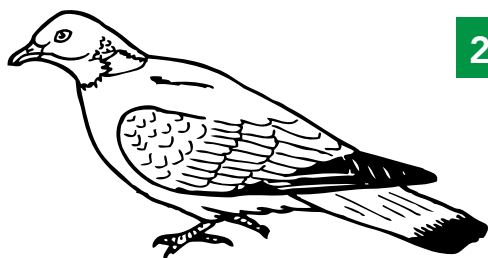
2. Duck Weed ☐



3. Bulrush (Reed Mace) ☐

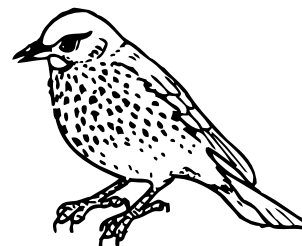
Birds

Look at the hedges. Tick any of these that you see.

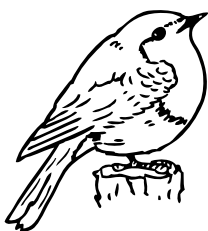


1. Wood Pigeon ☐

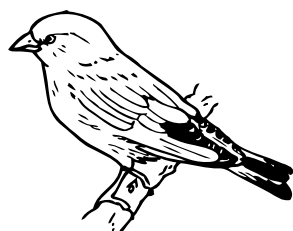
2. Crow ☐



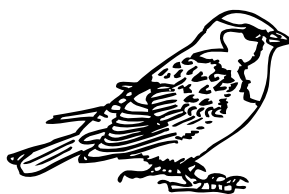
3. Song Thrush ☐



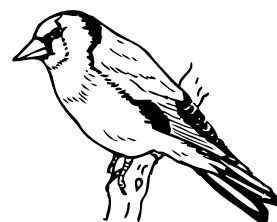
4. Robin ☐



5. Greenfinch ☐



6. Sparrow ☐

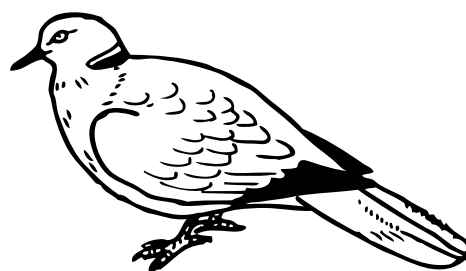
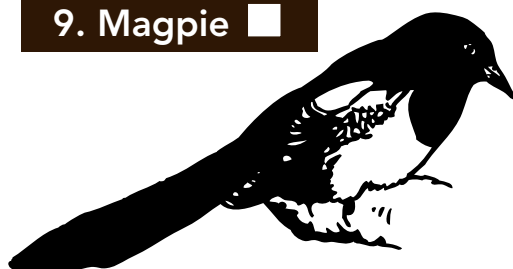


7. Goldfinch ☐



8. Blue Tit ☐

9. Magpie ☐



10. Collared Dove ☐

List any others you see.

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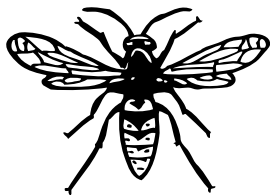
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Invertebrates

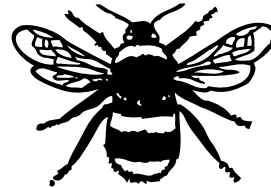
Invertebrates are animals without backbones.
Follow the path - as you walk along look for minibeasts.

Look... on the ground
 in the air
 on the leaves
 on the flowers
 up the stems

Tick any that you see. Be careful not to tread on them!



1. Wasp ☐



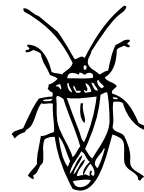
2. Bee ☐



3. Ladybird ☐



4. Grasshopper ☐



5. Shield Bug ☐

List any others you see.

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Flowers

Look for flowers further up on the site. Tick the ones you find and record their colour.



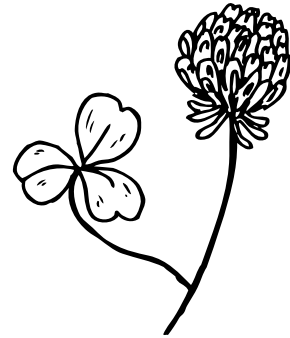
1. Creeping Buttercup ☐

Colour:



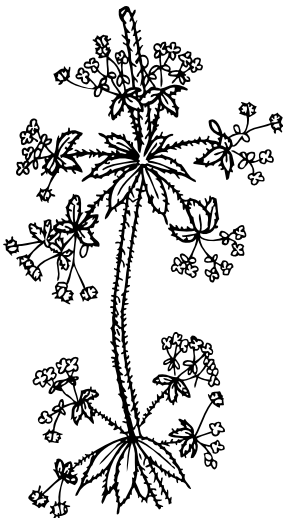
2. Policemans Helmet ☐

Colour:



3. Clover ☐

Colour:



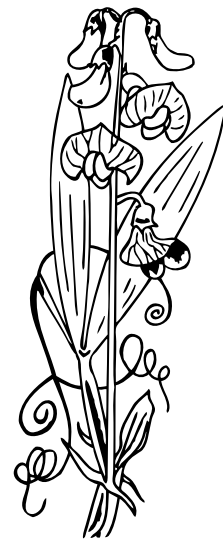
4. Cleavers ☐

Colour:



5. Bluebell ☐

Colour:



6. Everlasting Pea ☐

Colour:

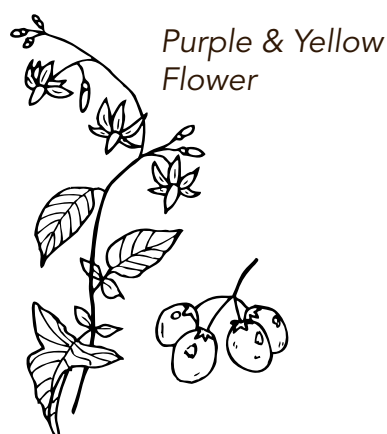
The large variety of flowers in the reserve attract a lot of insects. These in turn provide food for birds and animals. This forms a food chain.

For example: Flower - Greenfly - Bird

Berries

Staying on the path, look for berries, especially in the autumn. Birds depend on these for winter feeding.

What colour are they? Write down in the space provided.



1. Bittersweet / Woody Nightshade ■

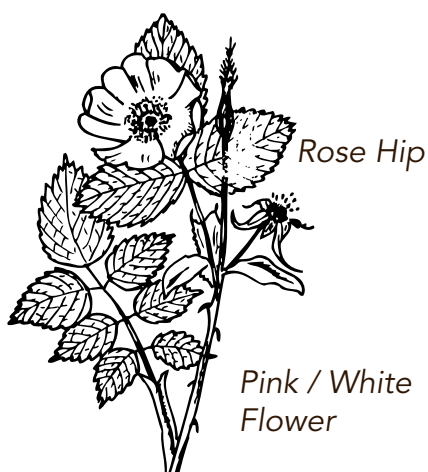
Colour:

NOT EDIBLE



2. Bramble ■

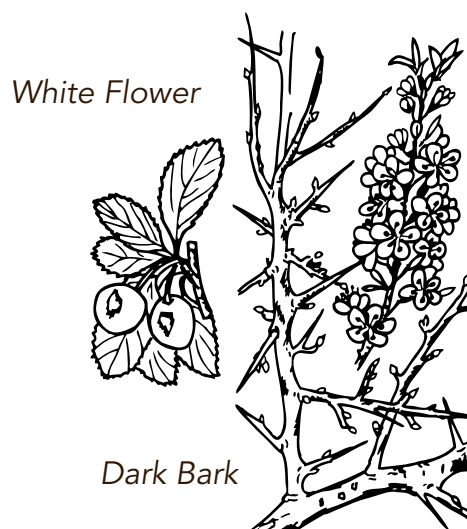
Colour:



3. Dog Rose ■

Colour:

NOT EDIBLE



4. Blackthorn ■

Colour:

NOT EDIBLE

Sounds

Go back to the pond area and stand quietly. Tick the boxes.

A. What can you hear?

Birds singing Yes ☐ No ☐

Grasshoppers Yes ☐ No ☐

Men working Yes ☐ No ☐

Talking Yes ☐ No ☐

Wind Yes ☐ No ☐

Traffic Yes ☐ No ☐

B. Can you hear any other noises?

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Weather

Tick the box under the word that best describes the day of your visit.

A. Season

| Spring | Summer | Autumn | Winter |
|--------|--------|--------|--------|
| | | | |

B. Temperature

| Hot | Warm | Cool | Cold |
|-----|------|------|------|
| | | | |

C. Climate

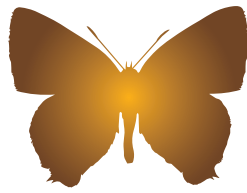
| Rainy | Misty | Dry | Sunny |
|-------|-------|-----|-------|
| | | | |

D. Wind

| Very Windy | Windy | Breezy | Calm |
|------------|-------|--------|------|
| | | | |

E. Cloud Cover

| Very Cloudy | Some Cloud | Cloudless |
|-------------|------------|-----------|
| | | |



Hill Rise

LOCAL NATURE RESERVE

Local Residents meet to carry out essential maintenance.
If you would like to find out more or become actively involved,
please contact Chris on 07970557678 or
email hi@hillrisenaturereserve.org.uk



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