

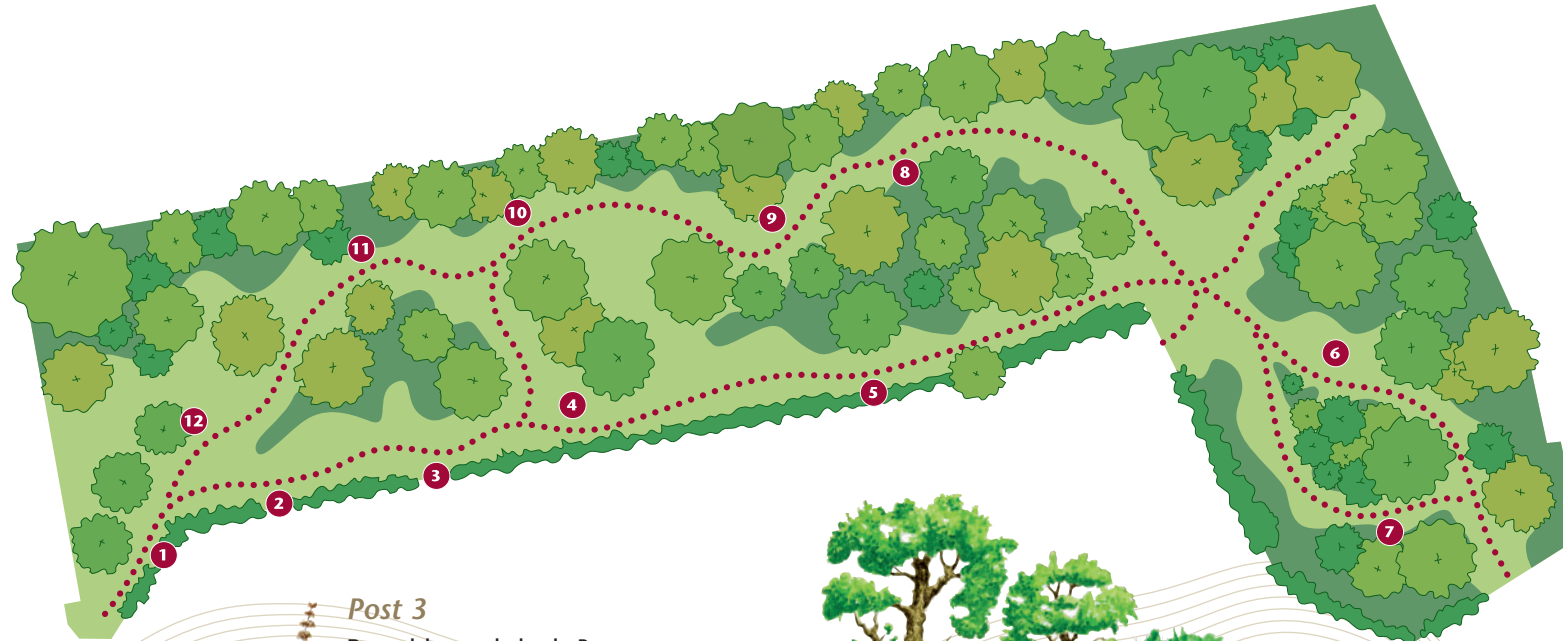
WEAVERS FIELDS

Woodland Walk

Self-guided nature trail

Weavers Fields covers an area of just over 6 hectares and was once a network of housing and roadways that linked Bethnal Green with Whitechapel. Now owned and managed by the London Borough of Tower Hamlets, the name commemorates the area's rich silk weaving history which is also reflected in the sculptures found in the park.

The trees and shrubs of the Woodland Walk were planted in the late 1980s and the natural regeneration that has taken place since then has further enhanced its biodiversity interest.



Post 1

Hedgerows provide a particularly rich habitat for wildlife and good cover for mammals. 23 species of birds regularly nest in well-managed hedgerows. These include the Bullfinch *Pyrrhula pyrrhula*, Greenfinch

Carduelis chloris and Song Thrush *Turdus philomelos*. The native hedgerow along the boundary of the woodland was planted by local children in 2002.

Post 2

Red Dead-nettle *Lamium purpureum* can be found on the woodland floor. With non-stinging heart-shaped leaves and purplish pink flowers from March to October, the seeds provide a valuable food source for birds such as the Goldfinch *Carduelis carduelis*.



Post 3

Broad-leaved dock *Rumex obtusifolius* has been used over the centuries for various medicinal purposes. Herbalists used dock seeds to treat tuberculosis and stomach complaints. It is also a well known antidote to nettle stings. Before paper was in common use, the

broad leaves were used to wrap up butter and cheese for market.



Post 4

Here is a Cherry copse. Wild cherry *Prunus avium* is a common garden or park tree. White flowers appear along shoots from April to May and fruits ripen in summer turning from green to dark red.



Post 5

Notice the contrast between the grass area and Weavers Fields Wood. The short grass provides an easy hunting ground for the Carrion crow *Corvus corone corone*, Woodpigeon *Columba palumbus* and Starling *Sturnus vulgaris*. The longer grass and woodland edge on the right provides shelter for ground and tree nesting birds. If left unmanaged the mown grassland would develop into scrub and woodland over time.



Post 6

Willow *Salix sp* has tough, light and supple white wood which has many traditional uses such as hurdle, fence and basket making. It is commonly used for making charcoal and the catkins can be used to fill cushions and pillows.



Post 7

Weavers Fields Wood is a mixture of sunny glades and scrub. The glades act as heat traps attracting insects, especially butterflies such as Speckled Wood *Pararge aegeria*. This butterfly can often be seen in spiral territorial battles over the ownership of these sunny areas.



Post 8

The English Oak *Quercus robur* is one of the most familiar British trees and some can live for 500 years or more. Oak trees play host to a huge variety of insects, including 200 different kinds of moths, butterflies aphids and various bugs and beetles. Together these make up the staple diet for many insect eating birds and carnivorous invertebrates.



Post 9

Aspen's latin name is *Populus tremula*, the "tremula" refers to the trembling habit of its leaves which flutter and rustle in the wind. This means that in dense woodland Aspens can often be heard before they are seen.



Post 10

Dog's Mercury *Mercurialis perennis* is a common woodland plant with upright stems and spear-shaped leaves. It is found mostly on chalk soils and relies on the wind rather than insects for the pollination of its dull flowers.



Post 11

Next to the wall grows Buddleja or Butterfly Bush.

This garden shrub has spikes of purple flowers that appear from June to September. Originally from China and introduced to this country in 1890, Buddleja is a popular food source for butterflies, such as the Red Admiral *Vanessa atalanta* and the Peacock *Inachis io*.



Post 12

Ash *Fraxinus excelsior* was often used in Britain to predict the weather using the rhyme:

*"Oak before Ash, only a splash
Ash before Oak, in for a soak"*

The seeds consist of flat 'wings' hanging from long stalks and are often called keys as they were likened to bunches of Medieval lock-keys. They have also been nicknamed 'spinners' because when they fall they spin in the air, helping the seed float away from the shade of the parent tree.



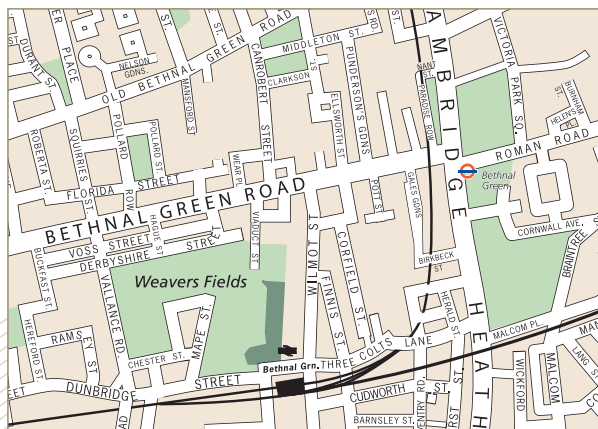
Travel information

By bus: numbers 8, 106, 254, D3 and D6

By underground: Bethnal Green (Central line), Whitechapel Station (Hammersmith & City line, District line and East London line)

By rail: Bethnal Green Station

Car parking: Limited pay and display parking is available nearby.



Notice for dog walkers

This park is patrolled by the Dog Wardens. You are required to clean up immediately after your dog (maximum penalty £1000). Please use the dog bins provided. Your cooperation is appreciated.

Contact details

London Borough of Tower Hamlets
Parks & Open Spaces 020 7364 5000
The Community Ranger's Office is located in
Bethnal Green Gardens 020 8983 0560
Dog Wardens 020 7364 6839
Arts & Events 020 7264 7900

The Green Friends of Weavers Fields is the local park user group. They can be contacted c/o Parks & Open Spaces on 020 7364 5000.

Monday - Friday
9.00am - 5.00pm



THWW/08/18

English	For free translation phone
Bengali/Sylheti	বিনাখরচে অনুবাদের জন্য টেলিফোন করুন
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Also available in audio, large print or braille, phone

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www.towerhamlets.gov.uk

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