



Draw these symbols on the map as you walk around.

Where would you...

- (🎵) ...hear an interesting sound?
- (👁️) ...be still to spot wildlife?
- (🕒) ...remember the past?
- (💧) ...listen to the water?

KEY					
	Water		Dense vegetation/ woodland		Viewpoint
	Tarmac/gravel		Light vegetation/ rocks		Monument (scheduled or in situ)
			Path		Car park



Hendre Lake

16 kilometres (10 miles) north-east of Cardiff | Allow 1 to 1.5 hours for trail

Hendre Lake Park, Water Avens Close, St Mellons, Cardiff CF3 0RG (ST 24732 80592). The park is managed by Cardiff City Council.

📞 0292 233 0235

🌐 outdoorcardiff.com/parks/hendre-lake

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MAP & GUIDE



Hendre Lake

A recreational space that prevents floods and encourages wildlife



Wildlife

The open water and reedy edges are home to mute swans, mallard ducks, tufted ducks, great crested grebes, black-headed gulls, moorhens and

coots. You may even spot a flash of blue as a kingfisher flies past. In the summer look for fish, dragonflies, damselflies and butterflies. Wilder areas are home to wild flowers including yellow rattle, knapweed and vetches, which the rare shrill carder bee loves to feed on.



Kingfisher

Sluice gates



Transformation

Hendre Lake used to be part of the wider Gwent Levels, where fields became wet in the winter and remained damp in the summer. When the houses were built during the 1970s the lake was built to avoid them flooding. Original water channels known as reens and ditches still flow into and out of Hendre Lake, controlled by sluice gates. They help to keep it full. The reens and wild flower areas are a Site of Special Scientific Interest, and are cared for to help the wildlife.



Meadow Brown Butterflies

How to best spot wildlife

Imagine you are a small creature. What would your reaction be to a large human walking around your home? Discuss the best way to spot wildlife without disturbing it, such as walking slowly and quietly with soft steps.

If you want to feed the ducks and swans, use wheat grain (a duck mix) from a pet shop. This is much better for them than bread.

I spy...

Great crested grebe – always diving and has a pointed beak

Mallard – a common duck that comes to food

Common reed – purple flowers and green stems in the summer and yellow-brown stems in the winter

Emperor dragonfly – large and bright green and blue (summer months)

Lake number facts

The lake is 40,000 square metres (4 hectares) in size and is up to 2 metres deep in some parts. The path around the lake is about 800 metres long and the distance to the island at the narrowest point is about 30 metres. If a sprinter ran around the lake at 3 metres per second, how long would it take them? How much longer would it take if you walked slowly at 1 metre per second?

Estimate how long it would take a swimmer to swim to the island (at 0.8 metres per second). What about a duck (at 0.5 metres per second) or a rowing boat (at 1.6 metres per second)?



Reen

World War I

The hand-carved granite memorial remembers the thousands of soldiers who lost their lives in the First World War (1914–1918); this included the 38th (Welsh) Division, who lost their lives at Mametz Wood, France, during the Battle of the Somme. The memorial shows a cut tree, symbolising the lives lost. Stands of trees planted around the park represent the regiments and their soldiers lost during this war.



Remembrance

Why is it important to remember the past? Look down on the lake; what would you like to remember about it? Make up a poem to remember your visit to the lake, including what you saw and how it made you feel.

