

# Wormwood Scrubs

Wormwood Scrubs is one of the largest areas of open space in Central London with seven areas designated as a Local Nature Reserve. It is a great place to explore. Follow our trail and try some of the activities or read about some of the key events at Wormwood scrubs in our timeline.

## TRAIL LOCATIONS

**1 Hedges and long grasses** are full of interesting plants and animals. Get up close to the plants and see how many different shapes you can see. Talk about the differences with your friend. Can you hear or see any insects? What is your favourite thing?

**2 Natural habitat planting** is designed to increase the biodiversity of Wormwood Scrubs and allow for different habitats to establish. Conservation organisations have been working hard to create and maintain new hedges, encourage scrubland and plant new trees and wildflower meadows which will provide food and shelter for animals, birds, bees, butterflies and other insects.



**3 Lester's Bank** is named after a local birdwatcher, Lester Holloway who won a campaign to save an area along the north boundary of Wormwood Scrubs. In 1986, aged 16, Lester campaigned and petitioned his MP and the House of Lords to prevent this area being lost to development.

**4 Take a Silent Walk** through this central copse. Move slowly, tread lightly and listen deeply to all of the sounds as you go. How many different sounds can you hear?

## 5 Watch the view.

You can see many of London's famous landmarks from here. Look NW to Wembley Arch, NE to Trellick Tower and Kensal Green Gas Works then E and SE to central London, The Shard and the London Eye. What other buildings can you see?

## 6

**Leaves and Bark** make really interesting pictures and shapes. Is the leaf round, heart shaped or oval? Does it have smooth or rough edges? How else can you describe each leaf? Make up a story about each leaf.

## 7

**Race your friend.** The running track to the south of Wormwood Scrubs is named after Linford Christie who was the first European to break the 10 second barrier in the 100m event. On one of the football pitches, challenge your friend to a race and see who gets the furthest after 10 seconds.

## 8

**Wander in the Woods** This small area of woodland is great for exploring! Look up at the sky, look down at the ground and all around you. If you look closely, you'll be surprised by what you see. Be careful not to loose each other and be careful where you step!

Stand quietly near some trees.

Can you hear the birds singing? Here are some sounds that you may hear...

**Crows** caw-caw

**Starling** twit twit twit

**Robin** pip pip pip pip

**Sparrow** cheep cheep

**Pigeons** croo croo  
croo

Original art work by children from Old Oak Primary Year 3

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# WORMWOOD SCRUBS

## Discovery Trail

Explore your local environment



Old Oak Primary School with Hammersmith & Fulham Urban Studies Centre explored Wormwood Scrubs together to make this Discovery Trail.


Look inside, follow our trail and discover more about the area. Try some fun activities as you go!







## How to get to WORMWOOD SCRUBS

 Buses: 7, 72, 220, 272, 283

 Tube: East Acton, Wood Lane, White City



## KEY

 trail location

 path

 wooded area

 grassland or scrub

 road

 railway

 canal

 buildings

## TIMELINE

Several springs existed in area to the east of Wormwood Scrubs

17th C

Wormwood Scrubs was leased to HM forces as an exercise and training ground for troops

1812

The area became an open public space following the Wormwood Scrubs Act of 21 July 1879

1879

Route for the London Olympic Marathon went across Wormwood Scrubs in the final stages of the race from Windsor Castle to the Olympic Stadium at White City

1908

Ministry of Defence tested early tanks here

1915

Lester Holloway saved an area of Wormwood Scrubs from being developed as a train depot

1986

Wormwood Scrubs declared a Local Nature Reserve by Natural England

2002

Local schools, dog walkers, sport players and others continue to enjoy visiting and learning at Wormwood Scrubs

2013

**Saxon Times & Middle Ages**

Local people used Wormwood Scrubs for grazing their cattle and pigs

1801

Paddington Branch of the Grand Union Canal was constructed

1875-1891

HM Prison Wormwood Scrubs built by convict labour

1902

Origins of Hammersmith Hospital established with a workhouse and infirmary on the site

1912-1928

Nearby Old Oak Estates constructed

1980s-90s

Current woodlands planted

1993

West London Stadium renamed 'Linford Christie Stadium' after local athlete wins 1992 Olympic Gold 100m race in Barcelona

2009

HM Prison Wormwood Scrubs listed as a Grade II building