



Native bluebell
Hyacinthoides non-scripta.
A member of the lily family found in woods and hedge-banks in April.









The seeds or nuts of the Sweet Chestnut are well protected in spiny cupules that require a warm climate to fully mature.



Sweet Chestnut -
Castanea sativa (spanish chestnut) The bole or trunk of an older tree turns grey with age and the surface cracks into deep fissures. The bark develops a characteristic spiral twist.



	Trail route		Car park/start point
	Short cut		Refreshments
	The Temple Forest Centre		The Grotto
	Entrance		

Start Car park at the end of Warren Road.

Terrain This circular route follows the main tracks in the Park with some sections across open grassland. It is mostly flat with a few gentle inclines.

Time Approximately 2 hours.

Distance Approximately 3.25 miles/5.2 km.

Botanical illustrations by Katherine Poluck katherinep.art@hotmail.co.uk

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