Hampstead Heath is a wonderfully varied collection of natural habitats, historical features and beautiful views and landscapes. This leaflet provides three trails that will allow you to explore some of the Heath's very best places.

The information overleaf accompanies the marked trails on this map and gives you a flavour of the Heath's considerable historic and wildlife interest. To find out more phone the Education Centre on 020 7480 2973. 

As often upon Hampstead Heath, have a feline look since put to death. Hang cracking in the sun his parchment skin, Which to his ear had shrivelled up his chin.”

A poem from 1691 about the infamous Gilbert Lime. Trail 3

“What is the bay of Naples, with its bitter, relentless giron sail overhead, and its sun-scorched, deathly and grassless ground beneath, compared to this view from Hampstead Heath? Where else can you find such satisfying beauty?”

The Contemporary Review, July 1894

Walking conditions: Hilly in places. All routes generally follow main paths and should be easy to follow. Please note that these routes are not waymarked on the ground.

Limited mobility access: Varying gradients and surfaces may limit access for some on these routes. Please telephone 020 7480 5757 for details of the Heath Mobile loan service, which offers increased access on an electric powered buggy for people with limited mobility.

Dusk closing: Goode's Hill Park, The Hill Garden, the Pergola and the Kenwood Estate close before dusk. See signs for details.

Car parking around the Heath is limited and you are encouraged to come here by public transport. Please note that the map does not show all of the many informal paths

Get off the beaten path...

The map shows the main locations and points of interest on Hampstead Heath. Use the map to explore your own trails...

Hampstead Heath stations:
- Golders Green Station
- Hampstead Heath Station
- Hampstead Village Station
- North End Station

Main points shown on the map include:
- The Old House
- The Horniman Museum
- The Pergola
- The Hill Garden
- The Vale of Health
- The Heath Extension
- Parliament Hill
- Dartmouth Park
- Hampstead Heath Fields
- Hampstead Heath Station
- Golders Green Station

Key points of interest:
- Car park
- Rail station
- Outstanding views
- Blue badge
- London Undergound station
- Woodland and scrub
- Hedgehog
- Uprooted trees
- English Heritage area

Water features:
- Swan pond
- Log of a nut
- Lily pond
- Seven Sisters pond
- White rocks pond
- Vale of health pond
- Wells pond
- Mixet bathing pond (No 3)
- Hampstead No 2 pond
- Hampstead No 1 pond
- Wood pond
- Convent pond
- Stock pond
- Kenwood tanks (bathing pond)
- Shalbury Pond
- Middle fallen pond
- Highgate No 1 pond

Other points of interest:
- The Old House
- The Horniman Museum
- The Pergola
- The Hill Garden
- The Vale of Health
- The Heath Extension
- Parliament Hill
- Dartmouth Park
- Hampstead Heath Fields
- Hampstead Heath Station
- Golders Green Station

The map is designed to help you explore the beauty of Hampstead Heath, with marked trails and key points of interest. Use the map to discover hidden gems and enjoy the natural beauty of the Heath.