

## Why Beetles?

The Beck Corridor is home to a range of insects, birds, mammals, trees and wildflowers. One of its most famous residents is the stag beetle, Britain's largest terrestrial beetle. Britain is a major stronghold for the stag beetle in Europe, but the species is becoming increasingly uncommon. Stag beetles are mainly distributed in south-east England, being scarce outside London, the Thames Valley, parts of East Anglia and the New Forest. Surveys show that within the London Borough of Bromley, most stag beetles are seen in the north-west of the Borough, particularly around Beckenham. Thus, it is apt that this resident is celebrated within the title and designs



associated with the Walking with Beetles initiative! You can help stag beetles in a number of ways by telling us where you see them, managing your land sensitively and creating new habitat for their larvae. Why not build a 'stag beetle loggery'? Visit the following websites to find out more about this fascinating insect and to record sightings:

[www.bromleybiodiversity.co.uk](http://www.bromleybiodiversity.co.uk),

[www.ptes.org](http://www.ptes.org) and

[www.wildlondon.org.uk](http://www.wildlondon.org.uk)



## FURTHER INFORMATION

### TIPS

Here are some tips when using the walk cards in this pack:

- ✓ Identify where you would like to start and end your walking session, the cards you'll need to take along with you and the transport networks you'll need to use.
- ✓ Make sure you give yourself enough time to complete the walk you have in mind and that you tie this in with transport timetables and park closing times (where applicable). If you're new to walking, why not first test your pace – how long does it take you to walk a short, fixed distance outside your workplace or home? Use the information to work out how long it will take you to complete the route. Remember, whichever route you choose, your time will vary according to ground conditions, your energy levels and whether you stop to take a look at wildlife and other features on the way.



✓ Some sections of the walks can be muddy and uneven, particularly through woodland areas, so watch your step! Each walk card gives details on accessibility.

✓ Wear shoes that are comfortable, provide good support and don't cause blisters. Casual shoes or good running shoes with heavy rubber soles or some of the lighter walking boots are fine. Your footwear should have arch supports, should elevate the heel slightly and provide enough room for your toes. Uppers should be made of materials that 'breathe' such as nylon mesh or leather.

✓ When walking, keep your body straight and let your arms and legs do the work. To create a rolling motion, ideally strike the ground first with your heel, roll through the step from heel to toe and push off with your toe. If increasing your speed, rather than lengthening your stride, take more small steps.

✓ Wear loose fitting garments that allow you to move freely. Wear thin layers rather than heavy, chunky clothing. Don't forget to take waterproofs if needed!

✓ Take a bottle of water (especially if it's a warm day) and, if it's sunny, wear a hat and put on sun cream.

✓ Take litter home and respect wildlife.

✓ Cross at accepted crossing points and use the Green Cross Code

✓ Try and tell someone where you're going and if possible take a mobile phone in case of emergencies.

✓ If for medical reasons you're not sure what walking distances might be acceptable as part of an exercise plan, consult your GP or chartered physiotherapist.



## Walking with Beetles Publications

'Explore the Beck Corridor' is one of a series of publications produced as part of the 'Walking with Beetles' initiative created by the London Borough of Bromley. The initiative, supported by Transport for London and the EU LIFE Environment Programme, through the SUN Project, has helped enhance the natural environment around 'The Beck Corridor' and promote its enjoyment through walking and the use of sustainable transport.



Schools and libraries have received a limited number of printed copies of the following publications. You may access downloadable versions of these, as well as 'Explore the Beck Corridor', at [www.bromleybiodiversity.co.uk](http://www.bromleybiodiversity.co.uk). Printed copies of the walk to school pack and walk chart are available from **01689 862815**.

### Walking with Beetles... to School!

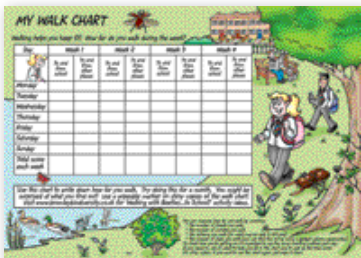
'Walking with Beetles... to School!' is designed for young people between the ages of 7 and 11 and includes activities that promote the observation of nature whilst walking to and from school. It includes: 'Why Walk with Beetles?' (information for parents, carers and Walking Bus leaders); 'Come and Walk with Beetles!' (an introductory card for young people) and 9 activity cards for young people. Each card has a theme and includes an activity for walkers of 7-9 years of age on one side, and an activity for walkers of 10-11 years of age on the other.



It is a worrying trend that some young people find walking boring or too much of an effort, only to be taken as a last resort. It is hoped that 'Walking with Beetles... to School' will go some way towards enriching the walking experience, whilst also getting young people to focus on the wealth of biodiversity around them. Please consider using these activity ideas if you are walking with children on 'Explore the Beck Corridor' routes too!

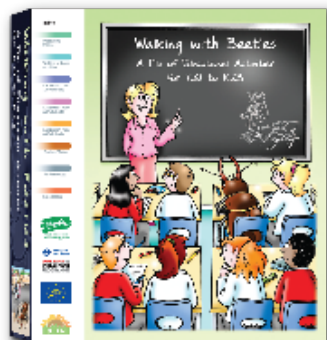
### Walking with Beetles Walk Chart

A Walk Chart has been devised to encourage children to note how far they walk each day over the period of a month, so as to promote self-awareness of physical activity and stimulate further walking. The reverse of this chart includes a simple board game featuring a journey through the Beck Corridor.



### Walking with Beetles File of Educational Activities

This File covers National Curriculum Topics at Key Stages 1-3 and aims to promote walking, sustainable transport and biodiversity. Lesson plans and worksheets have been devised and Teacher's Notes written, using the Beck Corridor as a case study. The File is particularly relevant to schools in Beckenham and the remainder of the London Borough of Bromley, but may also be of value to schools outside of the Borough.



### Beck Corridor Audio Trail

An audio trail featuring part of the Beck Corridor (covering Kelsey Park and Harvington Estate) is available to download onto mobile phones, iPods and MP3 players from [www.bromleybiodiversity.co.uk](http://www.bromleybiodiversity.co.uk) (from Summer 2008). This is one of a series of audio trails devised for 11-16 year olds in the Borough.

# USEFUL CONTACTS

### Walking the Way to Health Initiative (WHI)

This initiative by Natural England and the British Heart Foundation is for everyone with an interest in walking for health, particularly those who take little exercise or who live in areas of poor health. [www.whi.org.uk](http://www.whi.org.uk) offers information, support and encouragement to complete beginners, existing walkers and health and leisure professionals – from medical reports to tips on walking. Leaflets available from WHI, include 'Walk more – feel the difference'.  
**Tel: 01242 533258**

### Active Lifestyles

This initiative operated by Bromley Mytime and the Bromley Primary Care Trust encourages people with a defined medical condition to participate in regular physical activity. Three exercise referral schemes are in operation: *Fresh Start*, *Lite 4 Life* and *Heartsmart*. For more information visit [www.bromleymytime.org.uk](http://www.bromleymytime.org.uk) or ring **020 8323 1777**

### 'Lazy Exercise'

If you think you need to shape up before creating a green exercise plan, take a look at 'The Lazy Exercise Guide for Busy People', produced by the Chartered Society of Physiotherapy (download at [www.csp.org.uk](http://www.csp.org.uk) or ring **020 7306 6666**). This aims to offer general advice for people who need to exercise but don't know where to start, including suggestions on how to turn routine or daily activities into mini-workouts. It has been created to inspire people to take up a more physically active lifestyle.

### Transport for London (TfL)

TfL considers the walking environment to be a key aspect of the quality of life for those who visit, live and work in London. For information about where to go, updates on projects across the Capital and London's strategic walks, visit [www.tfl.gov.uk](http://www.tfl.gov.uk) or ring **020 7222 5600**.

### Enjoying Bromley's Biodiversity

The London Borough of Bromley has a richness of wildlife in both its urban and rural areas. If you would like to find out more about nature-rich places to visit, guided walks and promoted trails, visit [www.bromleybiodiversity.co.uk](http://www.bromleybiodiversity.co.uk) or ring **01689 862 815**. The website also highlights important habitats and species in the Borough and ways in which you can help biodiversity locally, including joining in with 'Friends' groups active in the Beck Corridor area.

### The SUN Project

SUN (short for 'Sustainable Urban Networks for Green Spaces') was funded by the EU LIFE Environment Programme. As one of seven partners, the London Borough of Bromley looked at ways of further engaging the public in helping wildlife or 'biodiversity'. One aspect of the project was to promote 'green corridors'. These are networks of green spaces that can provide food, shelter and homes for plants and animals naturally occurring in an area. The 'Beck Corridor' is a loosely defined area in the vicinity of 'The Beck' river, chosen to bring attention to the value of green space linkages in any locality. To find out more about the SUN Project, visit [www.bromleybiodiversity.co.uk](http://www.bromleybiodiversity.co.uk).

*(The SUN Project ended in Winter 2006).*

### Walk London

A selection of walking routes, publications and events across Greater London can be found at [www.walklondon.org.uk](http://www.walklondon.org.uk). The website is managed by The Access Company on behalf of the 'Walk London Borough Partnership', funded by Transport for London.

### Bromley Primary Care Trust

Promoting mental health in the community. Ring **020 8662 6694**.