



# Hampstead Heath

## The People's Park



Walk 1.5hrs (6.5km)



Total Ascent 120 m



Highest Point 134 m

In association with



Ordnance  
Survey



VESPUCCI®  
QUICK ESCAPES



# Welcome

Thank you for downloading your Vespucci walk.

If you missed the Kit list [here's what to bring](#).



## Download this guide on your device

This contains all the handy information: how to get there, points of interest and pubs, stations etc. Make sure you have plenty of battery!



## HAMPSTEAD HEATH

Tap here to access your digital OS Map

Tap here!

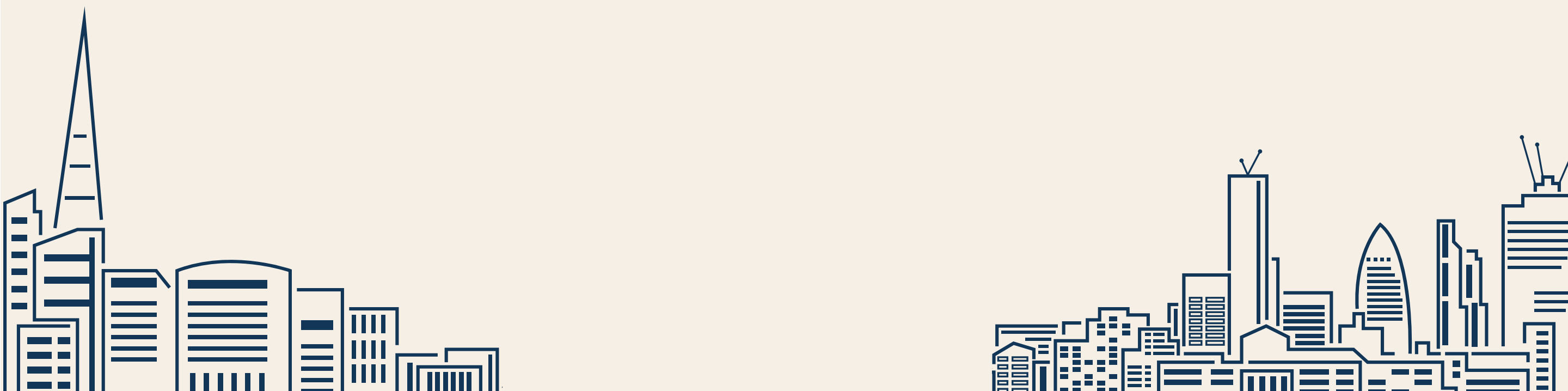
(Make sure you have OS Map App downloaded)

# Getting There



## London Underground

Start at Hampstead Underground. The station is served by the Northern line. We recommend using Citymapper to plan your route to the station.





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# Bathing Ponds

The Heath boast 4 beautiful open air swimming areas. There is a small fee to swim and the water quality is tested weekly. Don't forget your towel!

## 1 KENWOOD LADIES' POND

Opened in 1926, the Ladies' Bathing Pond is the only ladies' natural bathing pond in Europe. Open year round.

## 2 HIGHGATE MEN'S POND

The Men's pond was opened in 1901. During WWI & WWII, this pond was used by the army as a training ground.



## 3 MIXED BATHING POND

The mixed pond was the first pond to be opened in the Heath in the early 1800s.

## 4 PARLIAMENT HILL LIDO

Opened in 1938, the Lido is an unheated open air swimming pool, open 365 days a year.



# Walk Summary

A 790 acre island of beautiful countryside, the magic of the Heath's nature is paired with extensive sport and recreational opportunities.

There is a zoo, athletics track, education centre, extensive children's facilities, three swimming ponds and a Lido. All of these are built to be accessible and easy for all to get to! The views from Parliament Hill are so good, they make the journey on the Northern Line worth it, we promise!



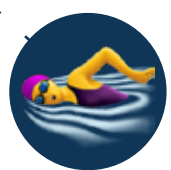
## Points of interest

To learn more about each of these points, [tap here](#) and find the relevant waypoint in the OS map app.



### HAMPSTEAD TUBE STATION

It's a 8 minute walk to the Heath. The platforms at this station are the deepest on the Underground at 192ft below the ground level.

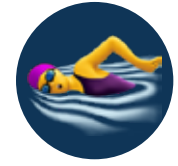


### THE SWIMMING PONDS

Originally dammed-off clay pits from the 18th century, these Ponds have entertained Londoners over 200 years.



## FEMALE-ONLY SWIMMING POND



This old Victorian sensibility is valued by many and is one the few women-only spaces in London.

## VIEW FROM PARLIAMENT HILL



Thought to be named after the Parliamentary forces that used the area as barracks in the English Civil War.



## PARLIAMENT HILL LIDO

A short walk from Gospel Oak station and open year round. Brave in colder weather and enjoy the sauna!



## KENWOOD HOUSE

Lord Iveagh (of the Guinness family), left the house to the nation upon his death in 1927.



## THE BREW HOUSE

Wholesome café in a rustic room within the renowned stately home, plus a leafy garden terrace.



## THE SPANIARDS INN

An unassuming pub tucked away in Hampstead Heath. Totally unpretentious and very cosy!



## FINISH AT HAMPSTEAD TUBE STATION

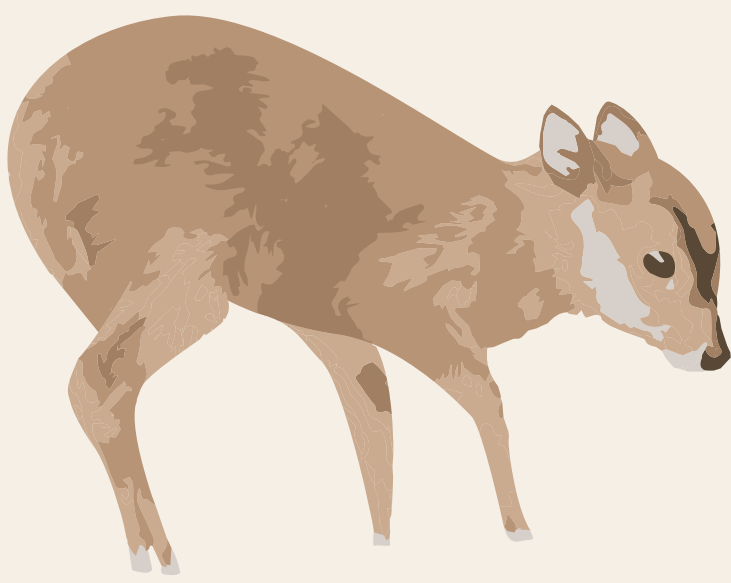
If you have some time on your hands, Hampstead has lots of nice restaurants pubs to offer.

# TAKING IT ALL IN

Sometimes, we can get so caught up in reaching our destination that we forget to take in our surroundings. When in fact, some of the best moments on a walk are the ones spent not walking. It is not until you stop and look a little closer, that you truly see the magic of where you are.

Our hikes are not about how fast you walk, but about how much you take in. We share these beautiful trails with an abundance of wildlife and there's always something to marvel at – so long as you take the time to look around.

Here are a few of our favourite fauna to look out for on this walk:



## **Muntjac Deer**

A shy species of nocturnal deer. Dawn is the best time to spot one!

## **Stag Beetle**

See these magnificent beetles in May-July in the Heath.



## **Purple Emperor Butterfly**

Extremely elusive and beautiful butterfly. Spot in July-August.



# Plan B

## CALLING IT A DAY?

If you've decided that's quite enough for you, there's absolutely no shame in calling it a day.

Your never more than 10 minutes walk from a road in Hampstead Heath. From there you can order a taxi home. If there is something urgent you can call the Hampstead Heath constabulary on [020 8340 5260](tel:02083405260)



# Thank you

**WE HOPE YOU'VE ENJOYED YOUR WALK.  
CREATED BY OUR LOCAL CURATOR, ROSIE.**







# What's next?

We hope you enjoyed your walk as much as we've enjoyed bringing it to you. And we've got plenty more where that came from!

Check out the full range of walk available to you on: [portal](#)

## STAY IN TOUCH

We love hearing about your adventures, so please do get in touch with any feedback you have from your walk.

[Leave feedback](#)

