



Your nature prescription

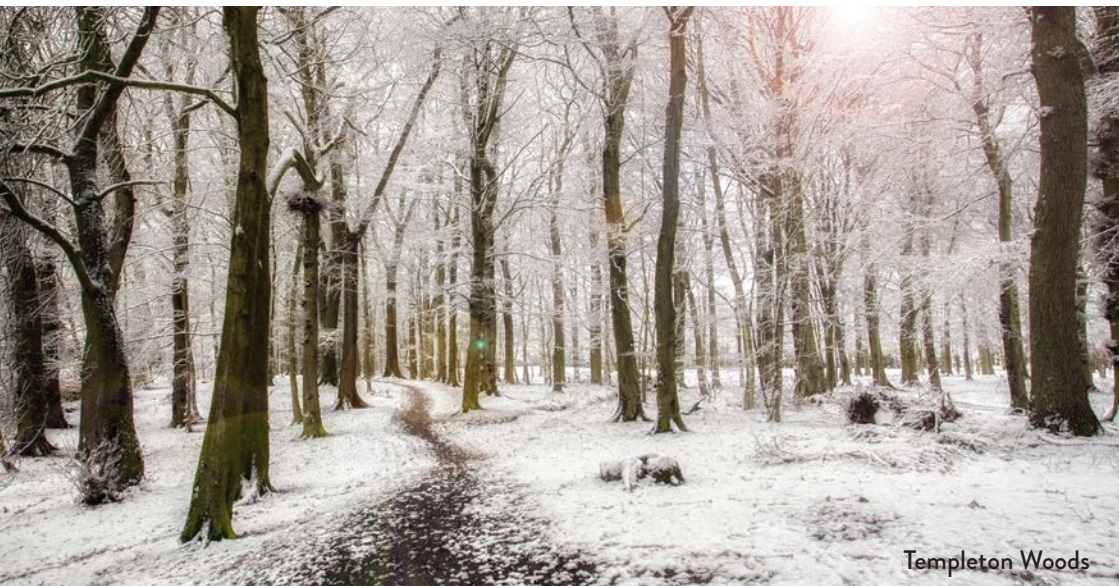
Take the cure outside.



Dundee
Green Health
Partnership



NatureScot
Scotland's Nature Agency
Buidheann Nàdair na h-Alba



Templeton Woods

January

- Go for a frosty walk along the Dighty and look out for animal prints, listen to the crunch under your feet, and marvel at the frost patterns made in nature.
- Feed the swans at Stobsmuir Park. Swans like vegetable matter, especially lettuce and potatoes, and grains, such as wheat – try to avoid bread.
- Write a worry on a stone and throw it into the sea.
- Watch the sunrise over Clatto Reservoir.
- Join RSPB Big Garden Birdwatch - Visit [rspb.org/birdwatch](https://www.rspb.org.uk/birdwatch) for more information.
- Take a picture of the silvery Tay. Visit the Law, Riverside Nature Park or Balgay Park for the best view.
- Watch the moorhens, mallards, tufted ducks, mute swans and grey herons huddle together in the icy waters of Trottick Ponds.
- Embrace the weather! Feel the exhilaration of wind and rain on your face.
- Name five things you are grateful for every day.



Red squirrel, Templeton Woods

February

- Go for a walk in Templeton Woods - take the yellow trail to have the maximum chance of seeing red squirrels. Be very quiet and listen for them chewing pine cones above you!
- Watch the sunset over the Tay from Riverside Nature Park.
- Join the Trottick Ponds volunteer afternoon - first Tuesday in the month, 1pm.
- Look for animal footprints in the snow, do you know who was here? Take a photo and identify at home using www.wildlifetrusts.org/how-identify/identify-tracks
- Join a tree planting event with the Countryside Rangers.
Go to facebook.com/DundeeRangerService
- It's dipper mating season - listen for pretty singing from along the Dighty, down on the stream. This is the male looking for a mate. Spot him on a rock in the water, 'dipping' up and down.
- Do the Heritage City Centre Walk: go to www.dundeeheritagewalk.com/walks-city-centre
- Draw a snowdrop. Visit Barnhill Rock Garden and see the beautiful snowdrop display.

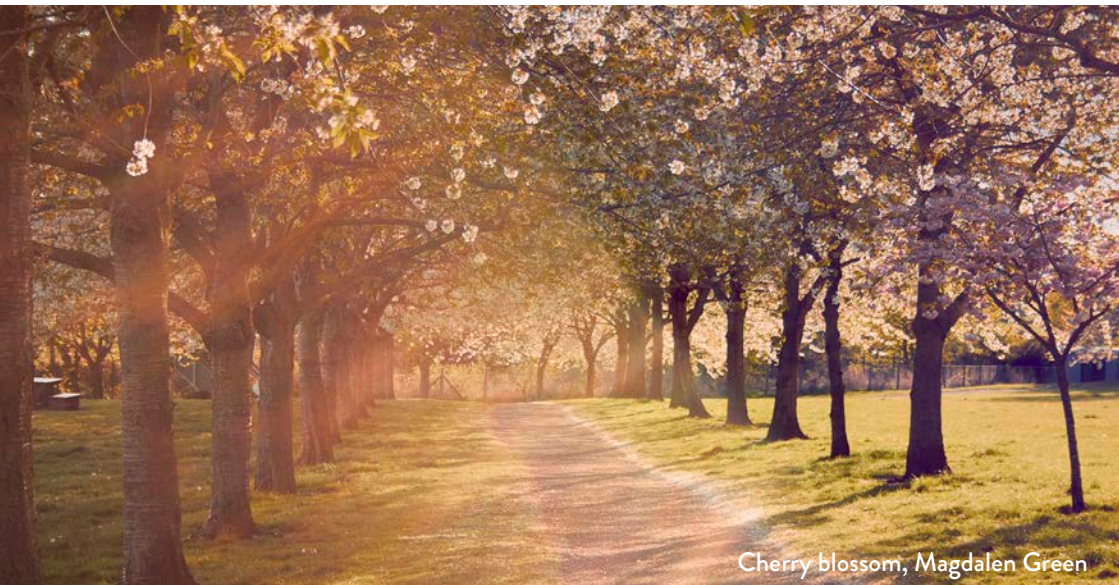


Crocuses, Baxter Park

March

- Take a picture of crocuses beneath the trees in Baxter Park.
- Visit the west side of the Law and look for bee-flies, bee-sized hovering insects that toss their eggs into the holes made for solitary bee nests.
- Take a twilight stroll through Camperdown Park or along the Dighty Burn and look out for bats emerging from winter hibernation.
- Dandelions start to flower. Look for pollinators such as bees and butterflies who love this early source of food.
- Visit Stobsmuir Park to see the beautiful cherry blossoms.
- In late March walk down the cherry blossom avenue at Magdalen Green. Bring a cup of tea to sit in the park and enjoy the view.
- Join a club that has fun outside. Call DVVA on 01382 503737 to find out what's on offer (it's free!)

When do cherry trees bloom? The average peak bloom date, which is when 70% of the flowers are open, is around April 4. In the past, peak bloom has occurred as early as March 15 and as late as April 18.



Cherry blossom, Magdalen Green

April

- Enjoy the cherry blossom in the city. Visit Magdalen Green or Dawson Park – they are one of Dundee’s hidden gems!
- Take a picture of the daffodil avenues in Baxter Park, Magdalen Green, and Stobsmuir Park.
- Gather garlic to make pesto or soup from along the Dighty and Trottick Ponds. Make sure it’s not the lily of the valley by crushing the leaves between your fingers and you’ll easily recognise the garlic smell.
- Visit the Howff and Hilltown Park to see magnolias in full bloom.
- Draw a ginkgo leaf in Hilltown Park.
- Find a bud on a tree... feel the texture.
- Make a bug hotel (see rspb.org.uk for ideas)
- Look for frogspawn in ponds such as Trottick Ponds or the ponds in Douglas. Around three weeks after spawning the tadpoles hatch out from their eggs.
- Do the Heritage City Braes Walk - a walk of discovery. Go to www.dundeeheritagewalk.com/walks-city-braes



Highland cow, Riverside Nature Park

May

- Visit Balgay Cemetery, look for bluebells and flowering wild garlic at the paupers' grave section - beautiful!
- Find a bench in Riverside Nature Park and listen to skylarks singing. Try to spot them in the air as they hover.
- Look for mayfly swarms at ponds and streams particularly at Trottick or around the Dighty.
- Revisit Trottick and Douglas ponds and look out for tadpoles!
- Make a daisy chain.
- Take a moonlit walk along Broughty Ferry beach. Notice how the tides change every day.
- Walk or cycle over the Tay Road Bridge and enjoy the view of Dundee from afar (especially recommended at night).
- Visit the Botanic Garden. Show this page for free entry!
- Try one of many outdoor gyms in Dundee's parks (see map on the back for locations).





Long-tailed tit

June

- Look out for baby birds fledging from their nests. They will stay close by and continue to be fed by their parents for a short time.
- Take pictures of the spectacular flowering meadows. The best views in the city are from up the Law and Riverside Nature Park.
- Draw a picture of yellow rattle at full bloom. Find it at Dundee Law and Riverside Nature Park.
- Go for a walk at Dundee Law on midsummer's eve to see the longest day fade - try and spot a bat!
- Sit cross-legged on the ground, close your eyes and listen for the screech of swifts high overhead at Riverside Nature Park.
- Walk down the Dighty and keep an eye out for butterflies and bees.
- Adult frogs may be seen around ponds or in damp areas of gardens.
- Go on a treasure hunt. Go to geocaching.com and thingsites.com/geotour.
- Carve out some time to yourself and go explore a park you've never been to before.
- Look for trout! They can be seen from at the bridges of the Dighty.
- Do the West End Heritage Walk, go to www.dundeeheritagewalk.com/walks-west-end



Small tortoiseshell butterfly

July

- Take part in the Big Butterfly Count. Go to facebook.com/DundeeRangerService
- Visit the Howff in the city centre to see the beautiful herbaceous borders and look out for special tombstones, notice the symbols. Do you know what they mean? Find out: headstonesymbols.co.uk/howff-cemetery-in-dundee/
- Join a free Countryside Ranger event - Go to facebook.com/DundeeRangerService and www.dundee.gov.uk/events
- Brush your hands though some long, soft grass. Areas of grass are left uncut in many parks. Notice how it feels.
- The trees are at their best - stroll along *Her Ladyship's Walk* at Camperdown Park. Ask at the Countryside Rangers' Office for more information.
- What is currently living at the lochan at Riverside Nature Park? Look through the viewing fence for moorhens, mallards or jackdaws.
- Go dolphin spotting at Broughty Ferry beach! They are best seen as the tide is coming in. Plan in advance by checking the tide times here www.tideschart.com/United-Kingdom/Scotland/Dundee-City/Broughty-Ferry-Beach/
- Find a patch of grass, lie on your back, close your eyes and just be for a moment. When you open your eyes appreciate the clouds going by.



Brown hare

August

- Try looking for a hare at Riverside Nature Park they are not to be confused with rabbits! Hares are bigger and have brown tips to their long ears.
- Do the Maritime Waterfront Walk.
Go to www.dundeeheritagewalk.com/walks-maritime
- Have a picnic at Dudhope Park and enjoy the view.
- Go barefoot on Broughty Ferry beach, feel the sand between your toes and dare to put your feet into the water to feel the sea.
- Watch the clouds go by. They are often described as wispy (cirrus), heaped (cumulus) and layered (stratus). Which ones can you see?
- Draw the view! Take a walk up Balgay Hill, find a nice spot to sit and sketch the beautiful view.
- Check hedgerows for garden spider webs. They're lovely with dew on them in the early morning hours!



Kestrel

September

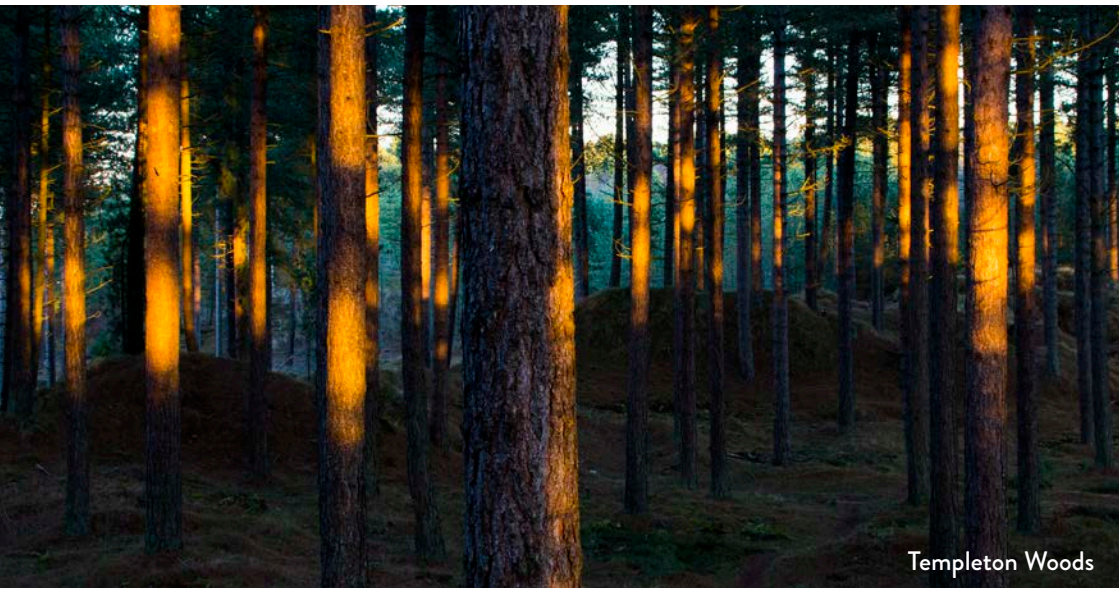
- Look for a kestrel at Dundee Law - the best time is around 11am on a clear day when they are hunting.
- Visit the Dundee Flower and Food Festival at Camperdown Park during the first weekend of September.
- Listen to the waves under the Tay Rail Bridge as you stroll along Riverside Walk.
- Look at the moon every day - notice how the moon changes over a month, can you see it during the day?
- Join the Friends of the Law and sow seeds on the south meadow. Go to [facebook.com/friendsofdundeelaw](https://www.facebook.com/friendsofdundeelaw) or the Law's noticeboard for details.
- Enjoy picking brambles along the Dighty, Dundee Law, and along various hedgerows and make crumble or jam.
- Marvel at the amazing autumnal colours of liquidambar trees towards the end of the month at Hilltown Park.
- Try to spot a grey heron along the Dighty Burn.
- Revisit the Howff's herbaceous borders to look for butterflies on the michaelmas daisies which are a fantastic late summer food source for butterflies and pollinators – violet herbaceous flower – associated with beginning of autumn.



Templeton Woods

October

- Go and kick some autumn leaves!
- Visit Camperdown Park: leaves are turning wonderful reds and yellows. Collect some autumn leaves to make a collage.
- Take a walk along Riverside and look out for grey seals on the sandbanks at low tide. Bring binoculars if you have them.
- Immerse your senses through Shinrin Yoku, or forest bathing, at Camperdown Park or Templeton Woods. Guides can be found here: www.forestryengland.uk/blog/forest-bathing
- Search for pink-footed geese in the morning: they roost in their thousands in Invergowrie Bay early autumn and the V-shaped skeins fly over Dundee morning and evening. Best seen from Riverside Nature Park.
- Go on a sketching hunt for mushrooms at Templeton Woods. How many different ones can you find? Do not be tempted to eat any.
- Head up Dundee Law for the best view of some spectacular autumn sunrises and sunsets.
- Collect conkers from horse chestnut trees at Trottick Ponds and Fairfield Park.
- Make a leaf mandala.
- Sit in a park, close your eyes and listen to the autumn leaves falling...



November

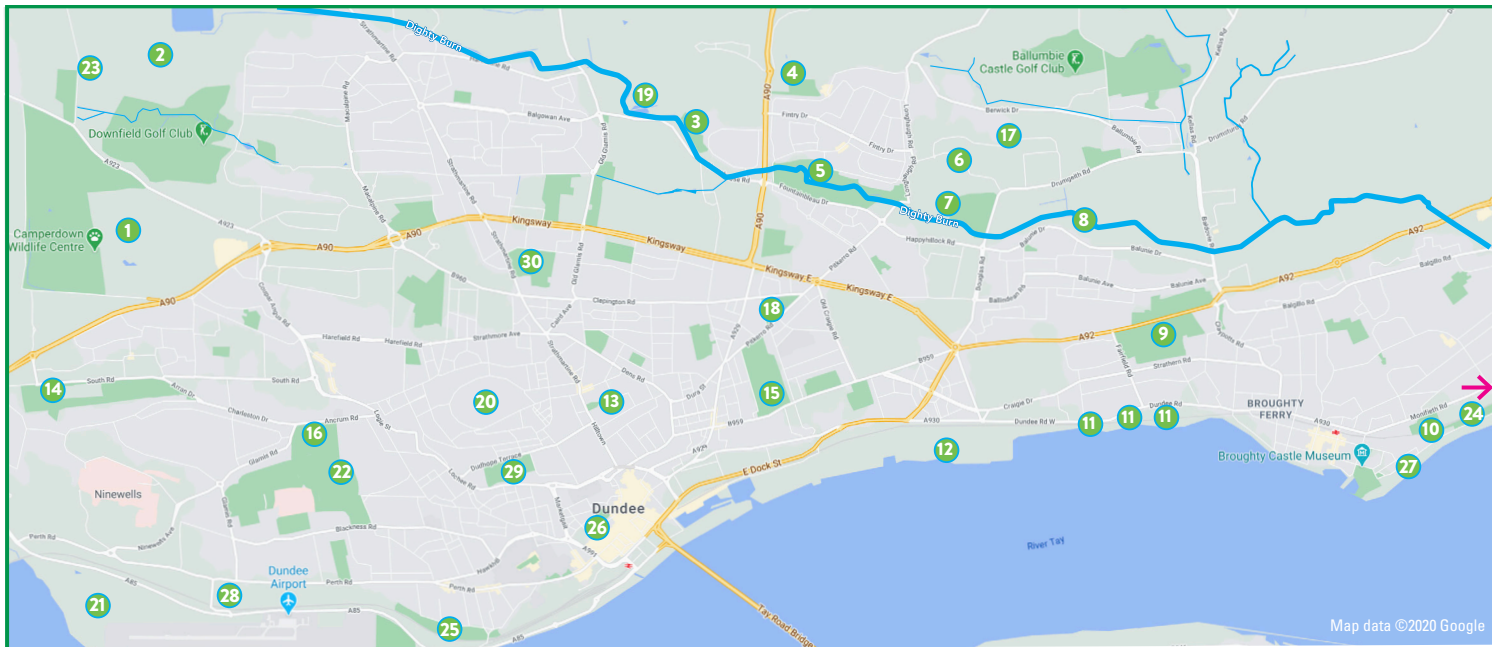
- Why not have a late autumn picnic at the firepit at the Templeton Visitor Centre? Be sure to take away all of your rubbish!
- Watch the city lights from the top of the Law.
- Watch out for the Leonids meteor shower.
- Take a slow silent walk along the Dighty at dusk or sunrise and you might get to spot one of the otters that hunt along its length.
- Watch a beautiful autumn sunset from Finlathen aqueduct.
- Wrap up warm and gaze at the stars. Maybe you will be lucky and spot a shooting star. Remember to make a wish for the year ahead.
- Put on your wellies and splash through some puddles!
- Do the Broughty Ferry Heritage Walk.
Go to www.dundeeheritagewalk.com/walks-broughty-ferry
- Plant some bulbs.
- Visit Mills Observatory (Britain's first public observatory) on Balgay Hill to learn about the stars and planets.



Tay Rail Bridge

December

- Collect some twigs and evergreen foliage on a walk to make a wreath to decorate your house with.
- Make a simple bird feeder. Stick sunflower seeds into the skin of an apple and hang it in a tree.
- Sometimes you can spot the northern lights at Clatto Park. Be sure to sign up for geomagnetic activity alerts at www.aurorawatch.lancs.ac.uk/
- Red squirrels don't hibernate and are easier to spot at this time of year. Good places to look are Camperdown Park and Templeton Woods. Look out for their characteristic piles of discarded pine cone cores.
- Visit the Dighty Burn. Buzzards, kestrels and sparrowhawks are frequent visitors in the winter months.
- Put out some seed for the robins in parks or gardens and watch them come to feed.
- See if you can identify trees from their bark now that the leaves are all gone.
- Look back on your year and appreciate the little things and how far you have come.



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|------------------------------------|-------------------------------|----------------------------------|--------------------------|
| 1. Camperdown Park Outdoor Gym | 9. Dawson Park Outdoor Gym | 17. Lothian Crescent Outdoor Gym | 25. Magdalen Green |
| 2. Clatto Country Park Outdoor Gym | 10. Orchar Park Outdoor Gym | 18. Stobsmuir Park Outdoor Gym | 26. The Howff |
| 3. Mill O' Mains Park Outdoor Gym | 11. Grassy Beach Outdoor Gym | 19. Trottick Ponds | 27. Broughty Ferry Beach |
| 4. Fintry Park Outdoor Gym | 12. Stannergate Outdoor Gym | 20. The Law | 28. Botanic Garden |
| 5. Finlathen Park Outdoor Gym | 13. Hilltown Park Outdoor Gym | 21. Riverside Nature Park | 29. Dudhope Park |
| 6. Whitfield Outdoor Gym | 14. South Road Outdoor Gym | 22. Balgaly Park | 30. Fairfield Park |
| 7. Drumgeith Park Outdoor Gym | 15. Baxter Park Outdoor Gym | 23. Templeton Woods | |
| 8. Baldovie Douglas Outdoor Gym | 16. Lochee Park Outdoor Gym | 24. Barnhill Rock Garden | |

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service. Our Natural Health Service is a national initiative led by NatureScot and supported by national and local partners including: Scottish Forestry, Public Health Scotland, Transport Scotland and Healthier Scotland (Scottish Government), and locally by NHS Tayside, Dundee City Council and third sector organisations. As with any trip outdoors, please dress for the weather and tell someone where you are going especially for longer trips. Take your doctor's advice and work to your ability. And follow the Scottish Outdoor Access Code.

Imagery: January, February and October images by Craig Doogan; March and April images by Dr Viola Marx; May, July, August, and September images by Barry Farquharson; June image by Eric Lynn; November image by David Valis; and December and cover images by Steven Klym. Thank you very much!