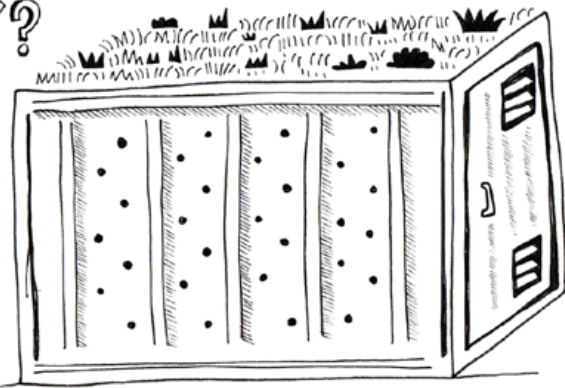




## CAN YOU SPOT THE SAND MARTIN COLONY?

Next to Netham Lock (at the bottom of Netham Park) is an old shipping container that has been converted by artist Tue Greenfort into a colony for Sand Martins. Can you see any? They are small, brown with white chests and necks. They are in the UK March - October.



Growing alongside the river is St. John's Wort - a plant with yellow flowers and greeny - yellow leaves. It is a medicinal plant which is used to help lift your mood, anxiety and sleeplessness. It



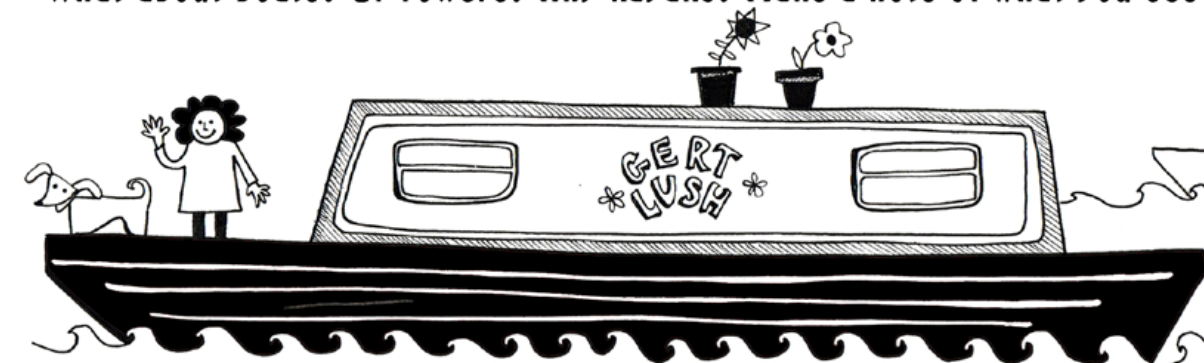
flowers in July and August. If you like, put 1 or 2 flowers in hot water to make a mood-lifting tea!

YELLOW FLOWERS WITH LITTLE BLACK DOTS ON THE EDGES



# River Avon trail

The total length of the River Avon trail is 23 Miles - eventually taking you all the way to Bath! You don't have to go that far though to have a great day out and see some beautiful things. Walk along the river - can you see any birds on the water? What about boats? Or rowers? Any kayaks? Make a note of what you see on the river!



How many rowers are there in one boat? What do you think the role of the cox is? And why do you think it's important that everyone rows in time?

Can you see any boats? Wave hello to the people aboard - do they wave back? What's the name of their boat - is it written on the side? If you had a boat what would you call it and why?