

A watercolor illustration of a park scene. In the foreground, two women are sitting on a green park bench. One woman is wearing a dark green jacket and the other is wearing a red jacket. A small white dog with black spots is sitting on the ground next to them. The background is filled with tall trees with green and yellow foliage, suggesting an autumn setting. The sky is a mix of light blue and pinkish tones.

The Friends of  
Regent's Park  
& Primrose Hill

**NON-MUSIC EVENTS 2026**  
walks, tours and more  
*for Friends of all ages!*

*Jesse Brown*

	DATE & TIME	EVENT	GROUP SIZE	MEMBER COST
FEB	26 Feb - 26 Mar, 9:30 a.m. - 4 p.m. <i>(one Thursday a week for five weeks)</i>	An Introduction to Floristry & Craft Skills	12	£25
MAR	26 Thu, 10 a.m. - 12:30 p.m.	Seed Sowing Workshop	12	£40
APRIL	13 Mon, 6:30 p.m.	The Year Ahead via Zoom	No limit	Free
	15 Wed, 7:30 - 9 a.m.	Spring Bird Walk	25	£5
	22 Wed, 11 a.m. - 12:30 p.m.	Spring Tree Walk	25	£5
	30 Thu, 4 - 5:30 p.m.	Hyde Park Super Nursery Tour	25	£5
MAY	5 Tue, 11 a.m. - 12:30 p.m.	Spider Walk	25	£5
	7 May - 11 June, 9:30 a.m. - 4 p.m. <i>(one Thursday a week for five weeks)</i>	An Introduction to Floristry & Craft Skills	12	£25
	12 Tue, 11 a.m. - 12:30 p.m.	Statues & Fountains Walk	25	£5
	19 Tue, 11 a.m. - 12:30 p.m.	Royal College of Physicians Garden Tour*	30	£5
	20 Wed, 11 a.m. - 12:30 p.m.	Rose Garden Walk	25	£5
	28 Thu, 10 a.m. - 12:30 p.m.	Container Planting Workshop*	12	£40
JUNE	1 Mon, 1 - 2:30 p.m.	Chelsea Physic Garden Tour*	20	£25
	3 Wed, 11 a.m. - 12:30 p.m.	The Rose Garden Slow Walk	20	£5
	10 Wed, 11 a.m. - 12:30 p.m.	Bee Walk	25	£10
	11 Thu, 11 a.m. - 12:30 p.m.	A Celebration of John Constable Walk*	10	£20
	14 Sun, 2 - 3:30 p.m.	Literary Walk: Poets, Prophets and Winnie the Pooh*	25	£20
	17 Wed, 11 a.m. - 1 p.m.	Constable Inspired Painting Workshop*	10	£20
	18 Thu, 4:30 - 8 p.m.	Boating on the Lake	No limit, please register	Free
	27 Sat, 11 a.m. - 1 p.m.	Photography Using Smart Phones Walk	12	£5
	28 Sun, 12 - 4 p.m.	The Big Lunch 2026 - A Summer Celebration	No limit	£12/single; £60/table
	30 Tue, 11 a.m. - 1 p.m.	Crown Estates Paving Commission Guided Walk	25	£5
JULY	8 Wed, 11 a.m. - 12:30 p.m.	Foraging Walk*	25	£25
	12 Sun, 11 a.m. - 12:30 p.m.	Literary Walk: Mystics, Modernists and a...Dream*	25	£20
	16 Thu, 4:30 - 8 p.m.	Boating on the Lake	No limit, please register	Free
	22 Wed, 10 a.m. - 2 p.m.	Canal Boating Trip on the Pirate Prince	12	£40
	26 Sun, 12:35 - 2 p.m.	Behind the Platform at Baker Street	16	£45
SEPT	2 Wed, 11 a.m. - 12:30 p.m.	Regent's Canal Walk	25	£15
	7 Mon, 4:45 - 6:15 p.m.	Open Air Theatre Behind the Scenes Tour*	26	£40
	17 Thu, 7:30 - 8:45 p.m.	Nocturnal Nature Walk	25	£5
	24 Thu, 10 a.m. - 12:30 p.m.	Creating Collages Workshop*	12	£40
	30 Wed, 6:30 p.m.	Regent's Park Interiors via Zoom*	No limit, please register	Free
OCT	6 Tue, 7:30 - 9 a.m.	Autumn Bird Walk	25	£5
	7 Wed, 11 a.m. - 12:30 p.m.	Autumn Tree Walk	25	£5
	10 Sat, 11 a.m. - 1 p.m.	Frieze Art Sculpture Walk	25	£5
	11 Sun, 2 - 4:30 p.m.	Plants, Philanthropists & Physicians Walk	25	£20
	18 Sun, 2 - 5 p.m.	Kite Flying Festival	No limit	Free
	21 Wed, 11 a.m. - 12:30 p.m.	Mushroom Magic Walk	25	£5
NOV	8 Sun, 4 p.m.	The Sky Garden Self-Guided Tour	25	£5
DEC	3 Thu, 10 a.m. - 12:30 p.m.	Festive Winter Wreaths	12	£40
	16 Wed, 11 a.m. - 12:30 p.m.	Winter Tree Walk	25	£5
ONGOING	Tuesdays (seasonal times, see p. 11)	Chit Chat	No limit	Free
	Regularly, TBC	Natural History Group	25	Free

\*Indicates a new event for 2026 / N. B. All finish times are approximate.

TO BOOK ALL EVENTS, VISIT [THE EVENTS PAGE](#) ON OUR WEBSITE.  
INSTRUCTIONS ON HOW TO BOOK ARE ON THE BACK OF THIS BROCHURE.

ALL OUR EVENTS ARE SUITABLE FOR SCHOOLCHILDREN, 8+ YEARS OF AGE  
ACCOMPANIED BY AN ADULT, UNLESS IT SPECIFICALLY SAYS "NO CHILDREN".

*The duration of each walk is approximately 90 minutes unless otherwise stated.*

## MARCH

### SEED SOWING WORKSHOP **\*NEW!**

Thursday 26 March, 10am - 12:30pm

In this hands-on workshop run by the Capel Manor College, you will learn the essential techniques for successful seed sowing. Participants will gain practical experience in planting seeds, understanding watering and light requirements, and tips for nurturing seedlings into healthy plants. Perfect for beginners or anyone looking to grow their own flowers, herbs, or vegetables from scratch!

12 places – Friends only Age 19+, **NO CHILDREN**

MEET: 9:45am Capel Manor Campus on Regent's Park, entrance on Chester Road

COST: £40

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore no money can be refunded if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

## APRIL

### REGENT'S PARK & PRIMROSE HILL 2026: THE YEAR AHEAD

Monday 13 April, 6:30pm

Zoom Presentation

Andrew Scattergood, CEO of The Royal Parks, and Darren Share, Director of Parks, provide a glimpse into the future of The Regent's Park and Primrose Hill, particularly the transformation of the derelict store yard into the new Queen Elizabeth II Commemorative Garden which is due to open on the anniversary of Queen Elizabeth's 100<sup>th</sup> birthday at the end of April.

Andrew's impressive career spans roles at Ofcom, the Department of Culture, Media and Sport, the Foreign Office and the London Olympics and Paralympics. Darren, who joined The Royal Parks in January 2024 from Birmingham City Council, brings a wealth of experience and fresh insights to his new role.

*Free. No booking is required, just log on to stay informed about the Park. A Zoom link will be emailed to all Friends shortly before the date of the presentation.*

### SPRING BIRD WALK

Wednesday 15 April, 7:30am\*

Prof. Kennedy Cruickshank, a committee member and organiser of the Friends' Natural History Group, has kindly agreed to lead bird walks for the Friends. He stresses that he does not regard himself as an ornithologist but is an enthusiastic amateur who has a good understanding of bird ecology and the wonderful birds that live in and pass through The Regent's Park and Primrose Hill. The walk is suitable for all, including those new to bird watching. **Bring your own binoculars.**

25 places – 23 Friends, 2 public

MEET: 7:15am outside the Bar & Kitchen Café, Inner Circle, NW1 4NU

**\*Please note the early start of this walk which is when the birds are most active.**

COST: £5 Friends, £25 public

### SPRING TREE WALK

Wednesday 22 April, 11am

There are 6,000 trees and 47 different species of trees in The Regent's Park. These trees play a vital role in supporting communities of birds, mammals, insects, lichen and fungi. Join Matt Steinmann, the Arboricultural Officer of The Royal Parks, who is part of the team that cares for all the Royal Parks' 170,000 trees, explore our park and learn about Matt's job as an arboriculturist.

25 places – 23 Friends, 2 public

MEET: 10:45am outside the Park Office at the junction of  
Chester Road and the Inner Circle, NW1 4NR

COST: £5 Friends, £25 public

### HYDE PARK SUPER NURSERY TOUR

Thursday 30 April, 4pm - 5:30pm

Hidden in the centre of Hyde Park, the Hyde Park Super Nursery covers several acres and is not open to the public. Each year the Royal Parks provide the nursery with a bedding design which dictate which plants are grown. At the end of April it is packed with flowers ready to go to central London Royal Parks and other locations, such as Buckingham Palace and 10 Downing Street. The nursery manager will take us around and show how the plants are grown and managed, as well as giving the history of the nursery.

25 places – 23 Friends, 2 public

MEET: 3:45pm in Hyde Park

*A map will be provided after booking as to where to meet.*

COST: £5 Friends, £25 public



**SPIDER WALK \*NEW!**

Tuesday 5 May, 11am

There are around 670 spider species in the British Isles. They are amazing creatures that can build webs, perform elaborate dances and fly long distances using their silk as a sail. They are also crucial predators of insects including garden pests and mosquitoes. Many people find spiders unsettling and some even fear them, however, to quote Rod Crawford, the Curator of Arachnids at the University of Washington, "Everything that everybody knows about spiders is wrong".

Join Edward Milner, the Spider Recorder for London/Middlesex and a retired BBC/Channel 4 documentary film maker, who will lead this walk sharing his wide knowledge of spiders that will change your view of these amazing creatures.

25 places – 23 Friends, 2 public

MEET: 10:45am at the entrance to the Secret Garden  
at St John's Lodge in the Inner Circle, NW1 4NR  
COST: £5 Friends, £25 public

**STATUES AND FOUNTAINS WALK**

Tuesday 12 May, 11am

How often have you walked past a statue or a fountain in Regent's Park and asked yourself, "Who made this?" "What does it commemorate?" "What does it mean?" This is your chance to find out, in the company of Anne-Marie Craven, a distinguished Friend and a Blue Badge Guide.

25 places – 23 Friends, 2 public

MEET: 10:45am at the entrance to the Secret Garden  
at St John's Lodge in the Inner Circle, NW1 4NR  
COST: £5 Friends, £25 public

**ROYAL COLLEGE OF PHYSICIANS GARDEN TOUR \*NEW!**

Tuesday 19 May, 11am

The R.C.P. Garden of medicinal plants is unique in that almost every one of the over 1,000 species of plants grown there has a link to medicine. It may be a herb with a long history of use in folk tradition, it may have provided the model for a pharmaceutical drug; it may be a fibre plant used to make bandages or it's botanical name may commemorate a Physician. The stories they tell come from diverse cultures, different countries and from every age in recorded history.

Many of the plants grown and described in the garden are highly toxic and may cause serious poisoning.

We will be divided into two groups of fifteen people, each with a tour leader from the College.

30 places – 27 Friends, 3 public

MEET: 10:45am on the steps of the College, 11 St Andrew's Place,  
Regent's Park NW1 4LE  
COST: £5 Friends, £25 Public

N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.

**ROSE GARDEN WALK**

Wednesday 20 May, 11am

Queen Mary's Garden, the Rose Garden's official name, was named after the wife of King George V and opened to the public in 1932. This is London's largest collection of roses with approximately 12,000 roses. There are 85 single variety beds on display, including one which is home to the Royal Park's Rose. The Royal Parks advise us that the best time to view the gardens is the end of May and the first two weeks of June so join us for this walk led by Assistant Park Manager, Pawel Szyrakczuk to look at and learn all about roses.

You may have noticed many changes in the Rose Garden in 2025 and this walk will explain why these have been necessary.

25 places – 23 Friends, 2 public

MEET: 10:45am at the gates to Queen Mary's Garden on the Inner Circle,  
opposite Chester Road, NW1 4NR  
COST: £5 Friends, £25 public

**CONTAINER PLANTING WORKSHOP \*NEW!**

Thursday 28 May, 10am - 12:30pm

In this workshop run by the Capel Manor College you will learn how to create seasonal planted container arrangements that will bring life and colour to your patios, balconies, and small outdoor spaces.

The course covers:

- Design Principles: How to choose the right container, balance colours and textures for visual impact.
- Plant Selection: Understanding which plants thrive in containers.
- Practical Techniques: Step-by-step guidance on soil preparation, drainage, and planting for long-lasting results.
- Care and Maintenance: Tips for watering, feeding and keeping your container garden healthy throughout the season.

By the end of the class, you will have the skills and confidence to design and plant your own beautiful containers that enhance any outdoor setting.

12 places – Friends only Age 19+, NO CHILDREN

MEET: 9:45am Capel Manor Campus on Regent's Park,  
entrance is on Chester Road.  
COST: £40 per session for Friends Friends only

N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.

**CHELSEA PHYSIC GARDEN TOUR \*NEW!**

Monday 1 June, 1pm

In 1683 The Chelsea Physic Garden was established on four acres of land on the edge of The Thames by the Worshipful Company of Apothecaries as an outdoor classroom to train their apprentices. Chelsea Physic Garden's plant collection is unique in being the only botanic garden collection focussed on medicinal, herbal and useful plants and is among the oldest botanical gardens in Britain.

The garden is divided into areas such as:

- The Garden of Medicinal Plants
- The Pharmaceutical Garden, with plants arranged according to the ailment they are used to treat
- The Garden of World Medicine, with medicinal plants arranged by the culture which uses them
- The Garden of Edible and Useful Plants
- The World Woodland Garden

Join us for a guided tour of the gardens, following which you will be free wander at will. Should you wish you can enter earlier and eat lunch in the café(not included in the cost of the tour), which has indoor and outdoor seating.

20 places – Friends only **NO CHILDREN**

MEET: 12:45pm outside the public entrance at 66 Royal Hospital Road, London SW3 4HS. Nearest tube station is Sloane Square.

COST: £25 Friends only

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*



**THE ROSE GARDEN SLOW WALK \*NEW!**

Wednesday 3 June, 11am

This walk in the Rose Garden is specifically designed for those people who are less mobile. The pace will be slow and volunteers will be on hand to assist anyone with mobility problems. We will visit that part of the Rose Garden that is on the level. Each participant will be given an audio guide which has a range of 100 metres, so they will be able to hear the commentary without the pressure of trying to keep up with the person leading the walk. There are benches scattered throughout the Rose Garden should anyone need to rest.

The week before the event you will be contacted to ascertain your personal mobility needs. When you book make sure you have included your telephone number.

20 places for Friends only

MEET: 10:45am at the gates to Queen Mary's Gardens on the Inner Circle, opposite Chester Road, NW1 4NR

COST: £5 Friends only

**BEE WALK**

Wednesday 10 June, 11am



There are 270 species of bee in the UK. Some bees will be foraging and nesting in Regent's Park, however only one species is a honeybee, which makes honey and lives in a colony with a queen, workers and drones in manmade hives. The rest are wild bees, including large, plump hairy social bumblebees and small black shiny solitary bees which nest alone. What bees all share is their relationship with flowers. Bees feed on flowers' pollen and nectar, and flowers need the bees to pollinate them.

On this two-hour walk, we will see and learn about a variety of bee species visiting flowers in the dry, Mediterranean garden, in the herbaceous perennial borders, and in the allotment where they will be pollinating fruits and vegetables and nesting in bee hotels.

The walk will be led by Alison Benjamin, Director of Urban Bees and bestselling author of *The Good Bee: A Celebration of Bees and How to Save Them*. Each participant will be given a "Bees to See in Regent's Park" guide, shown some easy tips for identifying different bees, and will learn the best ways to help bees in their own garden or balcony.

25 places – 23 Friends, 2 public

MEET: 10:45am outside the Bar and Kitchen Café, Inner Circle, NW1 4NU

COST: £10 Friends, £25 public

*N. B. The bees do not come out if it is very windy, very cold or pouring with rain, so we may need to postpone this walk at short notice. We will notify you by email, so be sure to check your emails before leaving home.*

**A CELEBRATION OF JOHN CONSTABLE - WALK \*NEW!**

Thursday 11 June, 11am

John Constable was arguably the greatest English landscape artist, best known for his paintings of the Suffolk countryside. He spent his summers in Hampstead before permanently moving there in 1819, where he painted the Hay Wain and landscapes around Hampstead Heath.

Constable was familiar with The Regent's Park, as he attended the London premier of the Diorama exhibition in 1823 and one of his principal patrons lived in Cumberland Terrace.

Constable's 250<sup>th</sup> birthday is on 11 June 2026, so join us on a celebratory walk, led by Estelle Lovatt FRSA, following Constable's footsteps around Hampstead. Estelle will show images of Constable's work at the sites where they were painted, illustrating how he painted nature, clouds, rays of sunlight and double rainbows.

10 places – Friends only **NO CHILDREN**

MEET: 10:45am at Whitestone Pond, Heath Street, NW3 1EA

*The walk ends at Constable's tomb in Hampstead Village.*

COST: £20 Friends only

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

## LITERARY WALK 1 -

### POETS, PROPHETS AND WINNIE THE POOH:

Literary Connections of Primrose Hill and around London Zoo **\*NEW!**

Sunday 14 June, 2pm

The first of two tours exploring Regent's Park and Primrose Hill in literature and the lives of writers. We start in Chalcot Square at the home of two of the best known poets of the post-War era. After some freedom fighting and revolutionary authors, we cross (but do not climb) the Hill to discover the connections with William Blake and the rebirth of Welsh literature, before pausing to reflect on the once Bohemian reputation of St John's Wood. Passing over Regent's Canal into the Park proper we see how London Zoo has played a pivotal part in works of fiction, before concluding with, arguably, the 19<sup>th</sup> century's greatest novelist and, indisputably, the 20<sup>th</sup> Century's greatest book collector.

25 places – 23 Friends, 2 public **NO CHILDREN**

MEET: 1:45pm at Chalcot Square Gardens, NW1 8YA

The tour ends at The Broadwalk, Regent's Park.

COST: £20 Friends, £35 public

N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.

## CONSTABLE INSPIRED PAINTING WORKSHOP **\*NEW!**

Wednesday 17 June, 11am - 1pm

Join Estelle Lovatt FRSA in The Regent's Park's Secret Garden, St John's Lodge for a hands-on practical workshop to learn how to replicate Constable's technique of painting clouds, sunshine and double rainbows.

All welcome, no matter how sophisticated or good are your artistic skills. Bring your own materials, watercolours, pencils or pastels and a chair if required.

This will be a highly enjoyable artistic session in the open air.

10 places – Friends only **NO CHILDREN**

MEET: 10:45am at the Park Office at the junction of

Chester Road and the Inner Circle, NW1 4NR

COST: £20

N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.

## BOATING ON THE LAKE

Thursday 18 June, 4:30pm - 8pm

There is nothing better on a summer evening than "messaging about on the river". In Regent's Park we do not have a river but we do have two boating lakes, one of which is for small children, aged 4+.

The Royal Parks have generously offered to Friends and their families a free half-hour session on each lake this evening. Come and pedal or row.

Food and drink will be available to purchase from The Waterside Café.

LOCATION: The Waterside Cafe, The Boat House, Hanover Gate, NW1 4NU

TIME: Any time after 4:30pm, first come first served. Last boats at 7:30pm.

COST: **Free** to Friends and their family. No public.

N.B. 1. Friends who wish to come, with or without families, must register in advance. Registration is necessary to enable the operators to have sufficient boats available to avoid queueing. Registration will close on 11 June.  
2. Please remember to bring proof of Friends membership. 1 per family.

## PHOTOGRAPHY USING SMART PHONES WALK

Saturday 27 June, 11am - 1pm

By popular demand Vincent Ong will again lead a walk instructing people in how to improve their smart phone photography. The feedback after Vincent's past walks was exceptional.

Join Vincent again in a springtime walk to learn how to take great pictures with your smart phone, improve not only what you are already doing but also improve your editing skills. No experience necessary, just bring your smart phone and get snapping.

12 places – Friends only

MEET: 10:45am outside the Bar & Kitchen Café, Inner Circle, NW1 4NU.

COST: £5 Friends



## THE BIG LUNCH IN THE REGENT'S PARK - A SUMMER CELEBRATION

Sunday 28 June, picnic 12 noon - 2pm, entertainment 2pm - 4pm

Following the outstanding success of the Big Coronation Lunch in 2023 and those of 2024 and 2025, we have again arranged "The Big Lunch", but at a new improved venue, the picnic area of The Regent's Park Open Air Theatre.

Book now to secure a seat or seats at a table, invite family and friends and bring your own picnic or buy a freshly cooked pizza at the Theatre. There will be a cash bar and, hopefully, ice cream for sale.

An event that all the family will enjoy!

### EVENT TIMETABLE:

Noon - 2pm The Big Lunch 2026

2pm - 4pm Live entertainment

ENTRANCE via the main gate to the Theatre at the box office.

COST: £12 per person for a single table place or £60 for a whole table of 6 places.

Book soon as this year places are limited due to the space available.

## CROWN ESTATES PAVING COMMISSION & NURSEMAIDS' TUNNEL WALK

Tuesday 30 June, 11am

This tour of Park Square and Park Crescent Gardens will explain who are the CEPC, their historic role as guardians of the Crown Estate since 1824 and their role in managing and maintaining John Nash's unique Regency exercise in urban planning which surrounds the Regent's Park. The tour will be led by Matt Higham, the CEPC Head of Landscape. It will take you around two of the grandest and largest private communal garden squares in London and we will walk beneath the Marylebone Road between the gardens through the Nursemaids' Tunnel which links them. The grade II listed tunnel is a unique feature in London, built in the 1820's and recently refurbished.

25 places – 23 Friends, 2 public

MEET: 10:45am at The Garden Offices, 13 Park Square West, NW1 4LL

COST: £5 Friends, £25 public

## JULY

### FORAGING WALK **\*NEW!**

Wednesday 8 July, 11am

A representative from Totally Wild, a company specialising in foraging, will lead a walk which is a perfect way to learn all about wild food. This walk will help us discover what exciting wild foods are growing near-by from flowers to fruits, fungi and tubers. During this event your professional forager will introduce you to a vast number of edible species, giving tips on harvesting, correct identification and possible look-alikes and well as a huge range of cooking ideas.

25 places – 23 Friends, 2 public

MEET: 10:45am outside Park Offices at the junction of  
Chester Road and the Inner Circle, NW1 4NR

COST: £25 Friends, £40 public

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

### LITERARY WALK 2 - MYSTICS, MODERNISTS AND A MID-SUMMER NIGHT'S DREAM:

Marylebone Green and Regent's Park, a writer's refuge **\*NEW!**

Sunday 12 July, 11am

The second of two tours exploring Regent's Park and Primrose Hill in literature and the lives of writers. Starting outside the Royal College of Physicians, we discover how many wordsmiths throughout history have also been doctors, from the author of the original vampire story to the creator of Sherlock Holmes. Following a route through the southerly part of the Park, we learn how this oasis of green has been a place of solace and inspiration for many female writers from Mary Shelly and Elizabeth Bowen to Fanny Burney and Virginia Woolf. We will never be too far from two of the great men of literature, as Marylebone was Dickens's home for years and Shakespeare's works inspired the establishment of Britain's longest operating open-air theatre.

25 places – 23 Friends, 2 public **NO CHILDREN**

MEET: 10:45am outside Royal College of Physicians, St Andrew's Place, NW1 4LE  
The tour ends at The Regent's Park Open Air Theatre.

COST: £20 Friends, £35 public

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*



### BOATING ON THE LAKE

Thursday 16 July, 4:30pm - 8pm

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Food and drink will be available to purchase from The Waterside Café.

LOCATION: The Waterside Cafe, The Boat House, Hanover Gate, NW1 4NU

TIME: Any time after 4:30pm, first come first served. Last boats at 7:30pm.

COST: Free to Friends and their family, no public

- N.B. 1. Once you have signed up and paid for this event we will pay the course provider, therefore no money can be refunded if you cannot attend for any reason. You can, however, transfer your place to somebody else.  
2. You will receive your ticket for Cats during the tour.*



### CANAL BOATING TRIP FROM THE PARK TO THE CANAL MUSEUM & BACK ON THE PIRATE PRINCE

Wednesday 22 July, 10am - 2pm

If you are looking for a memorable and different way to experience the Park, why not join us for a cruise on the Regent's Canal to King's Cross?

The boat will leave The Pirate Castle, travel via 4 locks along the canal to King's Cross, where it will dock at the Canal Museum where we will visit the museum for an hour so that you can learn about the canal and about the people who lived and worked on the boats, and see the Ice House, before returning to the Pirate Castle.

You can help work the locks, try steering the boat or just watch the world go by in comfort at a leisurely pace.

The boat has plenty of indoor and outdoor space, a toilet and a kitchen.

Bring a picnic to eat on the return journey. Pirate Prince is suitable for wheelchair users and people with reduced mobility.

*12 places – Friends only*

*MEET: 9:45am at The Pirate Castle, Gilbey's Wharf,  
Oval Road, London NW1 7EA*

*COST: £40 per person, including ticket to the Canal Museum*

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*



## **BAKER STREET, THE WORLD'S FIRST UNDERGROUND STATION TOUR**

**Sunday 26 July, 12:35pm - 2pm**

*(London Transport Museum reservations are not yet open, so date and time to be confirmed.)*

Many visitors to The Regent's Park will travel via Baker Street tube station, but there is much more to this station than is obvious to the uninitiated traveller.

Join us on a Friends tour, lasting 85 minutes to see this hidden part of London.

Opened on 10<sup>th</sup> January 1863 as part of the Metropolitan Railway, Baker Street station was home to a revolutionary idea, carrying passengers beneath Victorian London's congested streets, cutting a 90-minute journey to just 20 minutes.

Explore closed-off parts of the station, including original platforms, disused lift shafts and corridors that are hidden in plain sight, some of which were last accessed by the public over 75 years ago in 1945. Learn about the station's history as the Operational HQ for London Underground and hear first-hand accounts from those who worked (and played) there over the years.

The tour will take you on a historical journey through the 160 years of the station, starting with the early days of Victorian underground steam travel and ending in the busy station of 10 platforms and 5 Underground lines that it is today. You will hear what the very first passengers thought of underground travel in 1853, how the Underground grew and expanded over the next 16 decades and how Baker Street served not only passengers but also London Underground staff.

*16 places – Friends only*

*MEET: 12:20am in front of the Sherlock Holmes statue, outside Baker Street station, Marylebone Road, NW1 5LD*

*COST: £45 for friends. Only open for Friends. Non-members cannot attend.  
The fee includes entrance to the London Transport Museum for a month.*

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

*London Transport have told us to emphasise the following:*

- *No children. Participants must be over 14 years of age.*
- *Wear sturdy footwear and suitable clothing. No open toed or heeled shoes allowed.*
- *Do not bring large or heavy bags. There is no cloakroom.*
- *No drinks or food are permitted inside the disused areas of the station.*
- *Each ticket holder needs to bring physical photo ID to be permitted entry.*

## **SEPTEMBER**

### **REGENT'S CANAL WALK \*NEW!**

**Wednesday 2 September, 11am**

This walk along the towpath will be led by one of the curators from the London Canal Museum and we will explore the canal from the entrance to the Maida Vale tunnel to Camden Lock, passing the Zoo and Blow-up Bridge, learning about the history of the canal as we go.

*25 places – 23 Friends, 2 public*

*MEET: 10:45am on the tow path at the entrance to the Maida Vale tunnel on the Zoo side, London NW8 8PA*

*COST: £15 Friends, £35 public*

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

### **THE REGENT'S PARK OPEN AIR THEATRE - BEHIND THE SCENES TOUR \*NEW!**

**Monday 7 September, 4:45pm**

Established in 1932 in the Queen Mary's Garden, The Regent's Park Open Air Theatre is one of the largest theatres in London, with 1,304 seats. Originally known for its Shakespearean productions, the theatre now features a wide variety of performances, including musicals and plays for children. In 2026 the musical will be *Cats*.

Join us for a behind the scenes tour at 4:45pm for a 5pm start. The tour will finish at 6:15pm so that you can have a meal or picnic before seeing the current production of *Cats*, which will start at 7:45pm. The cost of the tour includes the theatre ticket but not any food or drink.

*26 places – Friends only NO CHILDREN*

*MEET: 4:45pm outside the stage door entrance on the Inner Circle, NW1 4NU*

*N.B. This entrance is about 25 metres to the left of the exit from the theatre.*

*COST: £40, which includes the tour and a top-price seat but no food.*

*N.B. 1. Once you have signed up and paid for this event we will pay the course provider, therefore no money can be refunded if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

*2. You will receive your ticket for Cats during the tour.*

## NOCTURNAL NATURE WALK

Thursday 17 September, 7:30pm

As everyone files out of the park, come in and join the Help Nature Thrive team from the Royal Parks for a walk at dusk just as the Park's nocturnal creatures are coming out to feed. Be guided through Regent's Park in search of bat species, spiders building their nests, toads crossing roads and foxes. Find out all about the adaptations that nocturnal creatures use to hunt and survive in the darkness plus the issues many of these threatened animals face.

Bat detectors and torches will be provided.

The event could be cancelled at short notice if the weather is foul. We will notify you by email, **so be sure to check your emails before leaving home.**

25 places – 23 Friends, 2 public

MEET: 7:15pm at the Espresso Bar at the end of the Broadwalk,  
near the zebra crossing on Chester Road.

COST: £5 Friends, £25 public

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## CREATING COLLAGES WORKSHOP **\*NEW!**

Thursday 24 September, 10am - 12:30pm

In this workshop run by the Capel Manor College you will explore the art of collage by using natural materials and paper craft techniques. You will learn how to combine textures, colours, and shapes to create expressive and visually engaging compositions. This activity encourages creativity, experimentation, and an appreciation for the beauty of natural elements in design.

12 places – Friends only **Age 19+, NO CHILDREN**

MEET: 9:45am Capel Manor Campus on Regent's Park,  
entrance is on Chester Road.

COST: £40 per session for Friends. Only open to Friends.

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

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## THE INTERIORS OF SOME OF THE TERRACES, VILLAS AND BUILDINGS OF THE REGENT'S PARK IN THE REGENCY AND EARLY VICTORIAN PERIODS **\*NEW!**

Wednesday 30 September, 6:30pm

Zoom Presentation

We are all familiar with the outside appearance of the terraces, villas and buildings of The Regent's Park, but few of their original interiors remain intact. What did they, or what might they have, looked like in the initial years following their construction?

Paul Avis is a founding member and the current Chairman of The Decimus Burton Society. As an architectural consultant, with a passion for how we can learn lessons from the past, he has researched the original interiors of some of The Regent's Park buildings and the fashion trends of interiors of the period. His illustrated presentation will show us the splendour of some of those original interior designs.

*Free. No booking is required, just log on.*

*A Zoom link will be emailed to all Friends shortly before the date of the presentation.*

## OCTOBER

### AUTUMN BIRD WALK

Tuesday 6 October, 7:30am\*

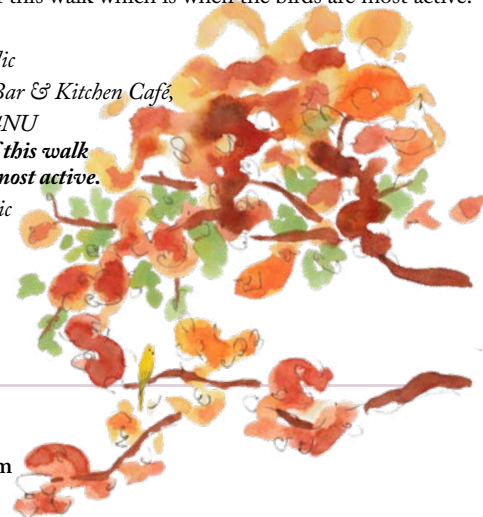
Prof. Kennedy Cruickshank, a committee member and organiser of the Friends' Natural History Group, has kindly agreed to lead bird walks for the Friends. He stresses that he does not regard himself as an ornithologist but is an enthusiastic amateur who has a good understanding of bird ecology and the wonderful birds that live in and pass through The Regent's Park and Primrose Hill. The walk is suitable for all, including those new to bird watching. Bring your own binoculars. Please note the early start of this walk which is when the birds are most active.

25 places – 23 Friends, 2 public

MEET: 7:15am outside the Bar & Kitchen Café,  
Inner Circle, NW1 4NU

**\*Please note the early start of this walk  
which is when the birds are most active.**

COST: £5 Friends, £25 public



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### AUTUMN TREE WALK

Wednesday 7 October, 11am

There are 6,000 trees and 47 different species of trees in The Regent's Park. These trees play a vital role in supporting communities of birds, mammals, insects, lichen and fungi. Join Matt Steinmann, the Arboricultural Officer of The Royal Parks, who is part of the team that cares for all the Royal Parks' 170,000 trees, explore our park and learn about Matt's job as an arboriculturist.

25 places – 23 Friends, 2 public

MEET: 10:45 am outside the Park Office at the junction of  
Chester Road and the Inner Circle, NW1 4NR

COST: £5 Friends, £25 public

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### FRIEZE ART SCULPTURE WALK

Saturday 10 October, 11am - 1pm

Discover the sculptures chosen by Fatos Ustek for Frieze Sculpture 2026. Will there be a link with some of the works chosen for Sculpture in the City and will there be more works by female artists? Join this annually anticipated tour guided by the knowledgeable and inspirational Anne-Marie Craven to find out.

25 places – 23 Friends, 2 public

MEET: 10:45am at the Chester Gate entrance to the park,  
on the Outer Circle, NW1 4BU

COST: £5 for Friends, £25 public

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### PLANTS, PHILANTHROPISTS & PHYSICIANS: REGENT'S PARK'S UNEXPECTED MEDICAL CONNECTIONS WALK

Sunday 11 October, 2pm - 4:30pm

Join a guide from Discover Medical London for a walk through Regent's Park, lasting approximately 2½ hours, starting at the Royal College of Physicians and concluding with a visit to their medicinal gardens.

Discover why the Royal College of Physicians turns its back on its magnificent surroundings, the connection of Cambridge Gate with "the French Malady",

the Prince Regent's Broadwalk, a magnificent failure, his many ailments plus the stories behind many of the blue plaques attached to Park buildings.

Whilst the majority of the walk will be inside the Park, it will also include some of the Nash Terraces, as these feature blue plaques commemorating notable medical figures from the last two centuries. Also featured will be The Broadwalk, Queen Mary's Gardens, the Rose Garden, Marylebone Green and the Boating Lake, amongst other stops. Although these locations will be familiar to you, the tour will explore them in a different way, teasing out their medical and social history connections.

All the content will be accessible to non-medical participants with an interest in social and cultural history, or even simply in the story of the Park and its residents.

25 places – 23 Friends, 2 Public **NO CHILDREN**

MEET: 1:45pm outside Royal College of Physicians in St Andrews Place, NW1 4LE

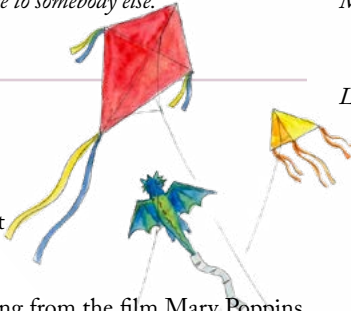
COST: £20 Friends, £35 public

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

## KITE FLYING FESTIVAL **\*NEW!**

Sunday 18 October, 12pm - 5pm

"Let's go fly a kite up to the highest height  
Let's go fly a kite and send it soaring".



We are all familiar with the words of this song from the film *Mary Poppins*. According to BBC Weather, the best months for wind in this country are April and October, so let us take advantage of this to come to Primrose Hill to have fun flying kites.

The event will start with a demonstration of kite flying by experts from the London Kite Team, following which these experts will be available to instruct you to help you fly your kite to the "highest heights".

For those people who do not have their own kites, there will be a selection of different priced kites to buy and take home afterwards.

"Oh, let's go fly a "kite!"

Bring a picnic, although food and drink will be available to purchase from the Primrose Hill Café.

Places unlimited. All welcome - Friends and the public.

VENUE: In front of the Primrose Hill Café

COST: Free. No booking required. Just come, with or without children or grandchildren.

## MUSHROOM MAGIC WALK

Wednesday 21 October, 11am

A fungus is any member of the group of organisms that include yeast and moulds as well as the more familiar mushrooms. These organisms are classified as one of the traditional eukaryotic kingdoms. Do you know what this means? I don't, but Ian Rodger, who is the Arboricultural Manager of the Royal Parks and a fungi enthusiast, does. Ian has kindly agreed again to lead walks in Regent's Park looking at and talking about the fungi that may be seen.

Join us on this walk and find out how trees, plants and fungi interact.

25 places – 23 Friends, 2 public

MEET: 10:45am outside the Park office at the junction of

Chester Road, the Inner Circle, NW1 4NR

COST: £5 Friends, £25 public

## NOVEMBER

### THE SKY GARDEN SELF-GUIDED TOUR

Sunday 8 November, 4pm

*(Sky Garden reservations do not open until three weeks before entry, so date and time to be confirmed.)*

London's highest garden, with 360° views across London, is on the top of the skyscraper known as the Walkie Talkie, at 20 Fenchurch Street.

The Sky Garden was designed by the award-winning landscape architecture practice Gillespies, who created the planted terraces. The designers used a variety of drought-resistant Mediterranean and South African plants, chosen to work in harmony with the space to flourish in full colour all year round.

There are various restaurants and two bars associated with the Sky Garden, so you may wish to book a table for tea after your visit.

25 places – Friends only

COST: £5

MEET: 15 minutes before the time of entry outside the dedicated Sky Garden entrance. Your entry ticket will be emailed to you, so you can enter at the designated time when you wish, no need to wait for the group.

LOCATION: The nearest Tube station is Monument. There is a dedicated entrance on Philpot Street, on the south-west corner of 20 Fenchurch Street, EC3M 8AF, with signs at ground level around the building. From the Sky Garden Entrance a dedicated lift goes up to up to the garden at level 35.

## DECEMBER

### FESTIVE WINTER WREATHS

Thursday 3 December, 10am - 12:30pm

This workshop is perfect for both beginners and for those who have a little more experience.

The workshop is devoted to the festive wreath.

Create a festive wreath using a mossed base, a wide variety of textured winter foliage and basic accessories like dried fruit and pinecones, all of which will be provided. If you would like to include any "baubles" of your own in your design, please bring them with you.



The workshop is hands-on. There will be an initial demonstration by an experienced tutor, who will then guide participants in every step of the way to create their own designs to take away and enjoy over the festive season.

Remember to bring a large bag with you to take your creation home.

12 places – Friends only **Age 19+, NO CHILDREN**

MEET: 9:45am Capel Manor Campus on Regent's Park

Entrance is on Chester Road.

COST: £40 for Friends

*N.B. Once you have signed up and paid for this event we will pay the course provider, therefore **no money can be refunded** if you cannot attend for any reason. You can, however, transfer your place to somebody else.*

## WINTER TREE WALK

Wednesday 16 December, 11am

Many of you will have enjoyed Matt Steinmann's tree walks in the spring and autumn. During the winter, without their cloaks of distinctive leaves, you could be forgiven for thinking that deciduous trees can all look the same, bare and twiggy. Look a little closer, and you will find that there are key characteristics that can help you single out each species even when they have lost their leaves which give a tree its distinctive shape. Without leaves different trees can be distinguished by looking at their bark, branches, buds and thorns.

Commonly found trees like beech, oak, and birch, have distinct characteristics visible even without leaves. Join Matt, the Arboricultural Officer of The Royal Parks, in this walk when he will share his experience and show us what to look for in winter.

Duration of the walk is approximately 1½ hours.

*25 places – 23 Friends, 2 public*

*MEET: 10:45 am outside the Park Office at the junction of  
Chester Road and the Inner Circle, NW1 4NR*

*COST: £5 Friends, £25 public*

## SPECIAL COURSE

### AN INTRODUCTION TO FLORISTRY & CRAFT SKILLS

26 February - 26 March or 7 May – 11 June

*One Thursday a week for 5 weeks, 9:30am – 4pm*

A hands-on course covering basic floristry and creative craft techniques.

This course is only available for those who are **aged 19 or over**. Ideal for complete beginners, this part-time course will provide a great introduction into the floristry industry, as well as helping to acquire some basic skills. Delivered one day per week for a duration of five weeks, this course is a great opportunity to try something new.

On this course you will learn:

- How to create floral arrangements
- How to create wired and planted designs with theory
- Seasonal availability
- How to preserve flowers and select the correct flowers for various occasions

This course is an accredited qualification run by awarding body Gateway called Certificate in Vocational Studies. All participants will be required to fully complete a booklet throughout their studies which captures knowledge covered over the 5-weeks which will form part of the certification process.

All participants will be required to complete an enrolment form via the booking link below and pay the £25 at the enrolment stage via the Capel manor college online enrolment portal.

Booking Link - Introduction to Craft Skills - Floristry - Capel Manor College

*12 places: Please note: This course is open to all, not just Friends.*

*MEET: 9:15am Capel Manor Campus on Regent's Park*

*Entrance is on Chester Road.*

*COST: £25 for all 5 days, including all materials. Only open for Friends.*

*N.B. Once you have signed up and paid for this event **no money can be refunded.***

*If you cannot attend for any reason, you can, however, transfer your place to somebody else.*

## EVENTS THROUGHOUT THE YEAR

### CHIT CHAT:

#### A REGULAR GET TOGETHER ONLY FOR FRIENDS OF REGENT'S PARK

Every Tuesday, 11am – 1pm in winter and 2:30pm - 4:30pm in summer

At a loose end? Wanting to go out but not sure where? No plans and contemplating a long time in? Enjoying the weather and just want to hang around a little longer in the Park? Cannot get hold of your friends? Just want to chat to people?

We've all been there. Whatever your age, stage or where you are in your day, we have a social opportunity for you. A gathering of people just like you who meet for a chat and to make new friends every Tuesday in the Primrose Hill Café. Totally casual and impromptu, no regular commitment, fees or pressure. Benugo will donate a hot drink and Wallacea Living Ltd will donate a cake.

Come and join us if you are a Friend of Regent's Park!

*VENUE: Primrose Hill Cafe, Prince Albert Road, NW8 7LS*

### NATURAL HISTORY GROUP

The aim of the Natural History Group, co-ordinated by Prof. Kennedy Cruickshank, is for interested amateurs to liaise with Royal Parks staff in their professional activities and invited speakers, especially promoting re-wilding, and nature restoration in Regent's Park and Primrose Hill.

The group has regular evening meetings in the Park office's Meeting Room, and areas of interest are the plants, birds, animals and insects, including moths and butterflies, that may be found in our Parks.

Meetings will be arranged throughout the year and all Friends are welcome to join this group.

To be notified about further meetings and activities of this group, please register at: [wildlife@friendsofregentspark.org](mailto:wildlife@friendsofregentspark.org)



[www.frp-ph-members.org](http://www.frp-ph-members.org)

[www.friendsofregentspark.org](http://www.friendsofregentspark.org)

# HOW TO BOOK A FRIENDS' EVENT

*You must have a user account on the Friends' membership system.*

- Log in to the Friends' [website](#) using your email address and your password.
- Click on 'Events' on top right of the screen. This will take you to a full listing of all Friends' future events.
- Scroll down the list of events and click on the event you wish to book.  
You will be taken to a screen that displays a more detailed description of the event.
- Scroll to the bottom of the page and fill in the number of tickets you want.
- Click on 'Book now' and fill in your contact details. Click on continue.
- Fill in the attendees. Click on Continue.
- Make the payment.
- You will receive a booking confirmation by email.

*If an event is full, you will be told there are no tickets available and you will be offered the opportunity to add your details to a wait-list.*

*If places become available, you will be contacted by email.*

*If there are sufficient people on the wait-list, we will try to arrange to repeat the event.*

*If you need to cancel, please email [events@friendsofregentspark.org](mailto:events@friendsofregentspark.org) so that others on the wait-list can take your place.*

## NEED HELP TO BOOK?

We are aware that a few Friends have difficulty using the on-line booking system due to lack of computer skills. If you would like help in booking events, come to Rambling Rosie, our gazebo van, which is usually stationed at the boating lake on a Saturday or a Sunday and one of our volunteers will be happy to make bookings with you. Remember to bring with your credit card and a list of events you wish to book.

## NOTIFICATION OF FINAL ARRANGEMENTS

Arrangements for non-musical events for the Friends of Regent's Park are made at the end of a year before being published as a booklet and loaded onto our website early in the following year. These arrangements will normally include the name of the event, the date and time it starts, a brief description of the activity the number of places, the cost and when and where to meet. There may be many months between the date of publication and the day of the event during which time unforeseen circumstances may necessitate changes in the arrangements.

When you book an event you will immediately receive confirmation of your booking and then three or four days before the event you will receive an email stating the final arrangements, giving the name and date of the event and when and where to meet together with the email address to which all enquiries should be sent. These arrangements may differ slightly from the original information in both the written programme and the on-line programme.

**The information contained in this final email supersedes any of the information published previously and should be followed, ignoring any previous instructions.**

**If you have any queries about events, email [events@friendsofregentspark.org](mailto:events@friendsofregentspark.org)**