

**Annual Children's Nature Walk at Spittal Pond  
Tuesday February 10, 2009**

The Bermuda National Trust will host the Annual Children's Nature Walk at Spittal Pond, during the schools' mid-term break, on Tuesday, February 10, 9:30am until 12:30pm.

Spittal Pond is owned by the Bermuda National Trust and the Bermuda Government. One of Bermuda's most spectacular open spaces, this 64-acre reserve is part of a necklace of wetlands along the South Shore, providing a diversity of habitats and an amazing variety of birds, especially during the migration seasons. It is Bermuda's largest bird sanctuary. While home to many native and endemic plants, Spittal Pond has unique features such as Spanish Rock, the oldest evidence of humans on the island, and the checkerboard, a geological formation of marine limestone with a distinct pattern of cracks.

Children will have the opportunity to experience nature first hand on the walk. Children and parents will be taken along the route by the Trust's enthusiastic guides, stopping at points of interest to learn about the plants and wildlife of the pond and forest from some of the island's leading environmental experts.

Children may be dropped off at the entrance to the eastern car park, however, parking is in the field behind Harrington Hundreds Grocery Store. Groups will start at approximately 15-minute intervals and walk through the nature reserve stopping at stations along the way.

There is no fee to participate and light refreshments will be provided at the end of the walk. We anticipate the walk will take approximately one and a half hours. This walk is not suitable for strollers or children under 5 years and children must be accompanied by an adult.

Groups wishing to participate must schedule in advance. Contact Nicola O'Leary, Education Director, 236-6483 x214, email: [noleary@bnt.bm](mailto:noleary@bnt.bm)