

Heaths being re-created by Tomorrow's Heathland Heritage on forestry land

Accessible at all times (subject to seasonal restrictions to protect grazing animals and breeding birds). For further information contact 01842-810 271.

1 BRANDON PARK HEATH Forest Enterprise

Acidic heather and lichen heath. See adders, nightjars and the small copper butterfly. Part of old Bliss estate. Access from Brandon Country Park, off B1106. Tel: 01842-810 185.

using RADAR key

2 CRANWICH CAMP and HEATH Forest Enterprise

Chalky grass heath, with rare Brecks speciality plants, moths and beetles. Car parking off minor roads between Methwold & Mundford (Camp); Cranwich & Weeting (Heath).

(Heath only)

3 HOCKWOLD HEATH Forest Enterprise

Mostly chalky grass heath, expanding wildlife resources for Weeting Heath National Nature Reserve. Foot access via Forest Fire Route 49 or track from Weeting.



4 MIDDLE HARLING HEATH Forest Enterprise

Chalky grass heath, with bur medick, woodlark and grizzled skipper. Rare purple-stem cat's-tail grass and sand catchfly on south of reserve. Car parking beside minor road between E. Harling and Gasthorpe.

5 SANTON WARREN Forest Enterprise

Acidic heather and lichen heath. Rich in solitary wasp and bee species (40% of those found in Britain). Car parking near railway crossing.

6 WARREN HILL, Mildenhall Forest Enterprise

Acidic heather and lichen heath, on part of old Mildenhall Warren. Woodlark, tree pipit and nightjar. On A1101 to Icklingham, limited parking on layby 500m from Barton Mills. Follow Forest Fire Route 306 to waymarked trail.

HEATHLAND IN THE BRECKS

1 ASPAL CLOSE, WEST ROW Forest Heath District Council

Mediaeval parkland of grassy heath with spectacular pollarded oak trees, some may be over 1,000 years old. See common rock-rose in summer. Accessible at all times. Tel: 01638-719 000.

2 BARNHAM CROSS COMMON Thetford Town Council

Varied habitats include chalky and acidic grassland, woodland and gorse scrub. 83 bird species recorded, and 380 plants including sand pansy and tower mustard. Insects include brown argus butterfly and mottled grasshopper. Car park off A134. Accessible at all times. Tel: 01842-754 247.

3 BRETENHAM HEATH National Nature Reserve English Nature / Shadwell Estate

Major expanse of mostly acidic heath with heather and wavy hair-grass, threatened by invasion of bracken and scrub. Breeding birds include nightjar, curlew and chats. Green and purple hairstreak butterflies. No public access, but view from Peddars Way National Trail (car parking down Bridgham road off A11). Tel: English Nature 01284-762 218.

4 CAVENHAM HEATH National Nature Reserve English Nature

Prime example of ancient Brecks heath, with areas of birch woodland, lichen and heather; roe deer and rabbits; wheatears and nightjars. Public access to the reserve south of the track, with waymarked nature trail and leaflet. On-site parking reached from Tuddenham village. Tel: English Nature 01284-762 218.

5 EAST WRETHAM HEATH Nature Reserve Norfolk Wildlife Trust

Large area of grass heath with pine woodland; fluctuating meres of Langmere and Ringmere. Wide range of wild flowers and birds to be seen from nature trails and hide. Entrance and car park signposted off A1075. Reserve open daily 8am to dusk. Dogs not permitted. Tel: 01603-625 540.

6 GRIMES GRAVES English Heritage

Heath grassland with contrasting soil types, including Ice Age patterned ground; rabbit warren; Neolithic flint mines. Visitor centre with exhibition. Opportunity to go underground and visit an excavated mine shaft. Daily opening in summer. Restricted opening in winter. Tel: 01842-810 656.

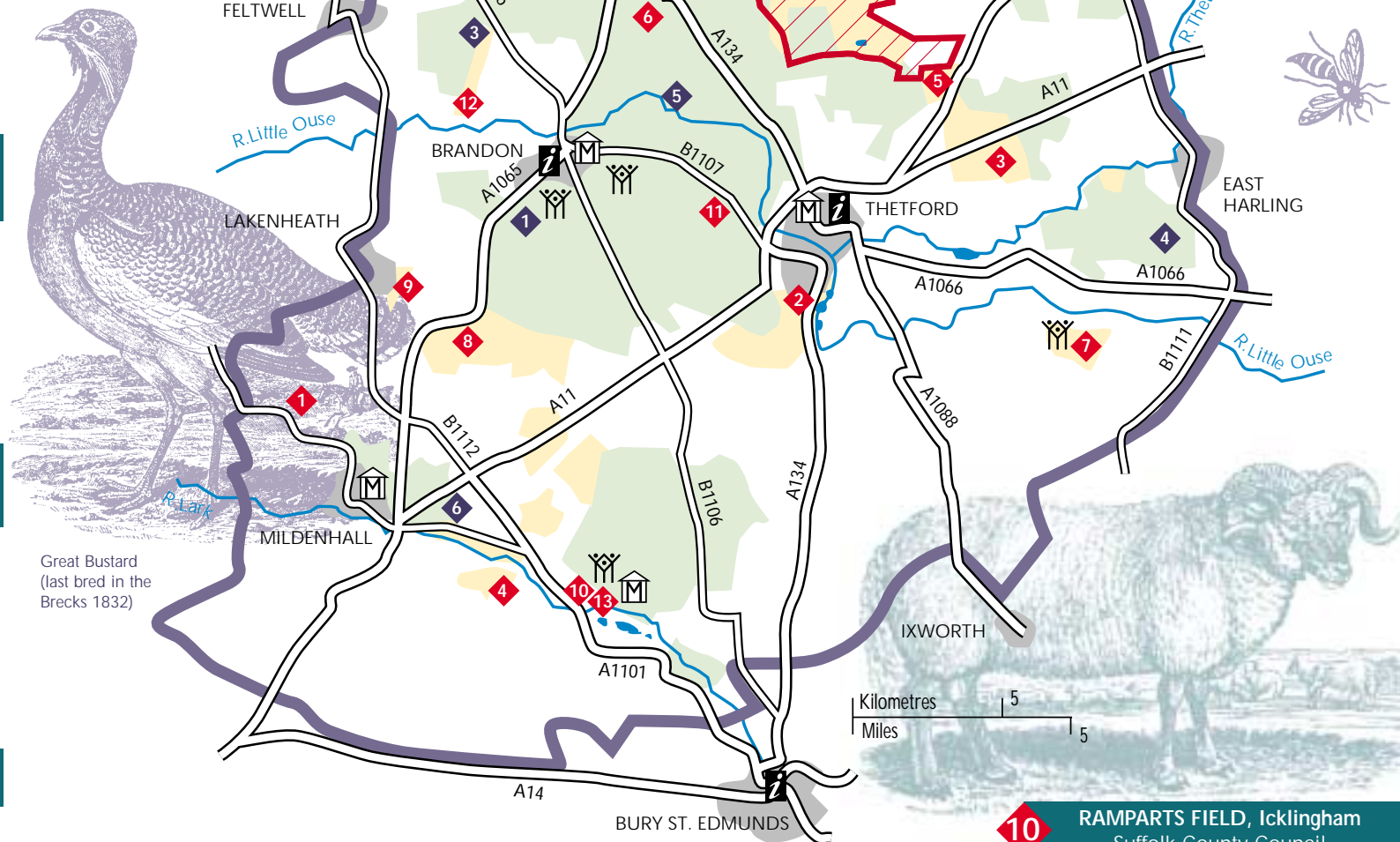


Patterned ground

7 KNETTISHALL HEATH COUNTRY PARK Suffolk County Council

Grassy and heather heath grazed by sheep and ponies; Ice Age patterned ground; rabbit warren mound; birch woodland. Information office, car park, picnic site, toilets (with disabled facilities), waymarked trails. Start of Peddars Way National Trail. Access from A1066. Tel: 01953-688 265.

ACCESS FOR ALL TRAIL



Great Bustard (last bred in the Brecks 1832)

KEY

- Heathland
- Forest
- Tourist Information Centre
- Museum
- Country Park
- Wheelchair access
- Boundary of the Brecks
- Stanford Military Training Area
- Main roads

8 LAKENHEATH WARREN Elveden Estate

Largest surviving expanse of Suffolk Brecks heathland, with plants of acid and chalky soils; autumn gentian and Breckland thyme. Breeding woodlark, whinchat & nightjar; overwintering hen harrier. Big restoration scheme to remove trees and scrub recently completed. No public access, but view from bridleways. Further information, tel: 01842-890 223.

9 MAIDS CROSS HILL, Lakenheath Forest Heath District Council

Old sand & gravel workings are valuable habitat for Brecks speciality plants such as sand cat's-tail grass, Spanish catchfly and suffocated clover. Local nature reserve. Free access, with car park off Cemetery Road. Tel: 01638-719 000.

11 THETFORD WARREN Breckland District Council

Surviving stretch of once extensive Thetford Warren. Heather and bracken on acidic soils, with patches of rare lichen heath. Visit the ruins of 15th century Warren Lodge (English Heritage). Free access, with car park off Brandon road.

12 WEETING HEATH National Nature Reserve Norfolk Wildlife Trust

Fine example of rabbit-grazed grassy heath. Best place in the Brecks to see stone curlews. Reserve open April – September only, 7 am to 7pm; visitor centre (April to August). Small entrance fee (free to NWT members). Signposted off minor road between Weeting and Hockwold. Tel: 01603-625 540.

VISITOR CENTRE ONLY



Grassy heath

13 WEST STOW COUNTRY PARK St Edmundsbury Borough Council

Heath grassland maintained by grazing sheep; birch and oak woodland, alder carr; reclaimed gravel pit beside River Lark. Visitor Centre and Anglo-Saxon Centre, with café, toilets (with disabled facilities). Events programme. Nature trail and bird hide. Reconstructed Anglo-Saxon village (small charge). Open daily 10am to 5pm. Access from A1101 via minor road. Tel: 01284-728 718.

VISITOR CENTRE AND VILLAGE ONLY

10 RAMPARTS FIELD, Icklingham Suffolk County Council

Area of old gravel workings rich in Brecks speciality plants, near West Stow Country Park. Accessible at all times. Tel: 01953-688 265.



Heather heath

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