

WILD PLACES IN THE BRECKS

HEATHLAND

1 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, nighjars, and stone curlews. Public access to the reserve south of the track. Waymarked nature trail with leaflet. Parking at Temple Bridge, Icklingham. Tel: 01284-762 218.

2 RAMPARTS FIELD picnic area

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.

3 BARNHAM CROSS COMMON

Thetford Town Council
Varied habitats include gorse, chalky and acid grassland; rich in birds, Brecks speciality plants, butterflies and moths. Car park off A134. Accessible at all times.

WETLAND

7 COCKLEY CLEY LAKE

Cockley Cley Estate
Nature trail through grazing meadows beside River Gadder and round lake with bird hide; breeding lapwing, little grebe, snipe. Bird hide. Car park and partial disabled access. Also 'Iceni Village', farming museum, 17th century cottage and St Mary's Chapel. Toilets; tearoom. Open April to October; access charge. Tel: 01760-724 588.

8 LACKFORD LAKES wildfowl reserve

Suffolk Wildlife Trust
Restored gravel pits attracting wide range of birds. Bird hides. Open daily. Access from A1101 between Lackford and Flempton. Tel: 01473-890 089.

9 LITTLE OUSE MEADOWS

Forest Enterprise
Restored grazing meadows maintained by cattle; kingfisher; water rail, water vole and rare desmoulin's whorl snail. Parking near railway crossing north of Santon Downham; access via Little Ouse Path or Santon Street trail. Tel: 01842-810 271.

4 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 wildflowers and birds can be seen from nature trails and hide. Entrance and car park signposted off A1075. Reserve open daily 8am to dusk. Tel: 01603-625 540.

5 WEETING HEATH National Nature Reserve

Norfolk Wildlife Trust
Fine example of rabbit-grazed Breck heath. Best place in the Brecks to see stone curlews, as well as woodlarks, lapwing, little owl. 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.

10 NUNNERY LAKES

British Trust for Ornithology
A range of wildlife habitats including reclaimed gravel pits, alder carr and heath grassland; wintering wildfowl; 70 breeding bird species including lapwing and kingfisher. Car park access upstream of Nuns' Bridges, Thetford. Tel: 01842-750 050.

11 THOMPSON COMMON nature reserve

Nationally important wetland with pingo ponds dating back to last Ice Age, with wet meadows and woodland. Fantastic range of wildflowers, water plants and insects, including dragonflies and woodland and scrubland birds.

Thompson Water, at the west end of the nature reserve, adjacent to Peddar's Way. A large shallow lake surrounded by reed beds and damp woodland. Breeding wetland birds, including reed and sedge warblers, and wintering wildfowl.

Access along Great Eastern Pingo Trail. Car park at Stow Bedon, off the A1075. Tel: 01603-625 540.

6 GRIMES GRAVES

English Heritage
Heath grassland with contrasting soil types; Ice Age striped 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 65611

FORESTS AND WOODLAND

12 LYNFORD ARBORETUM

Forest Enterprise
Collection of over 200 trees in the grounds of Lynford Hall. Waymarked trails (including one suitable for wheelchairs) round lakes and old landscape gardens. Tel: 01842-810 271.

13 LYNFORD STAG

Forest Enterprise
The heart of Thetford Forest. Waymarked trails; picnic area; car park (small charge); children's play area; toilets with disabled facilities. Tel: 01842-810 271.

14 RISHBETH WOOD

Forest Enterprise
Waymarked trail with varied views of pine and broadleaved trees, part of old Thetford Warren. Mediaeval ruins of Thetford Warren Lodge. Car park access from B1107 near Thetford Golf Course. Tel: 01842-810 271.

15 FROST'S COMMON

Forest Enterprise
Attractive combination of mixed woodland and ancient pingo ponds. Car park access from A1075 near Great Hockham. Tel: 01842-810 271.

16 WAYLAND WOOD nature reserve

Norfolk Wildlife Trust
A fine example of ancient, semi-natural woodland. Specialities include spring flowers: bluebell, early purple orchid, wood anemone, and woodland birds including golden pheasant. Small car park. Access from A1075. Tel: 01603-625 540.



Thetford Forest, Santon Downham

COUNTRY PARKS AND VISITOR CENTRES

17 BRANDON COUNTRY PARK

Suffolk County Council / Forest Heath District Council
Former parkland, with small lake rich in amphibians and dragonflies; woodland rich in fungi. Waymarked trails, including tree and history trail; access to Thetford Forest tracks and cycle trails. Orienteering course. Visitor Centre with wildlife exhibition and toilets. Walled garden. Cycle hire. Programme of themed walks and events. Visitor Centre and garden open 10am to 5pm April to October, and until 4pm in winter. Tel: 01842-810 185.

19 WEST STOW COUNTRY PARK

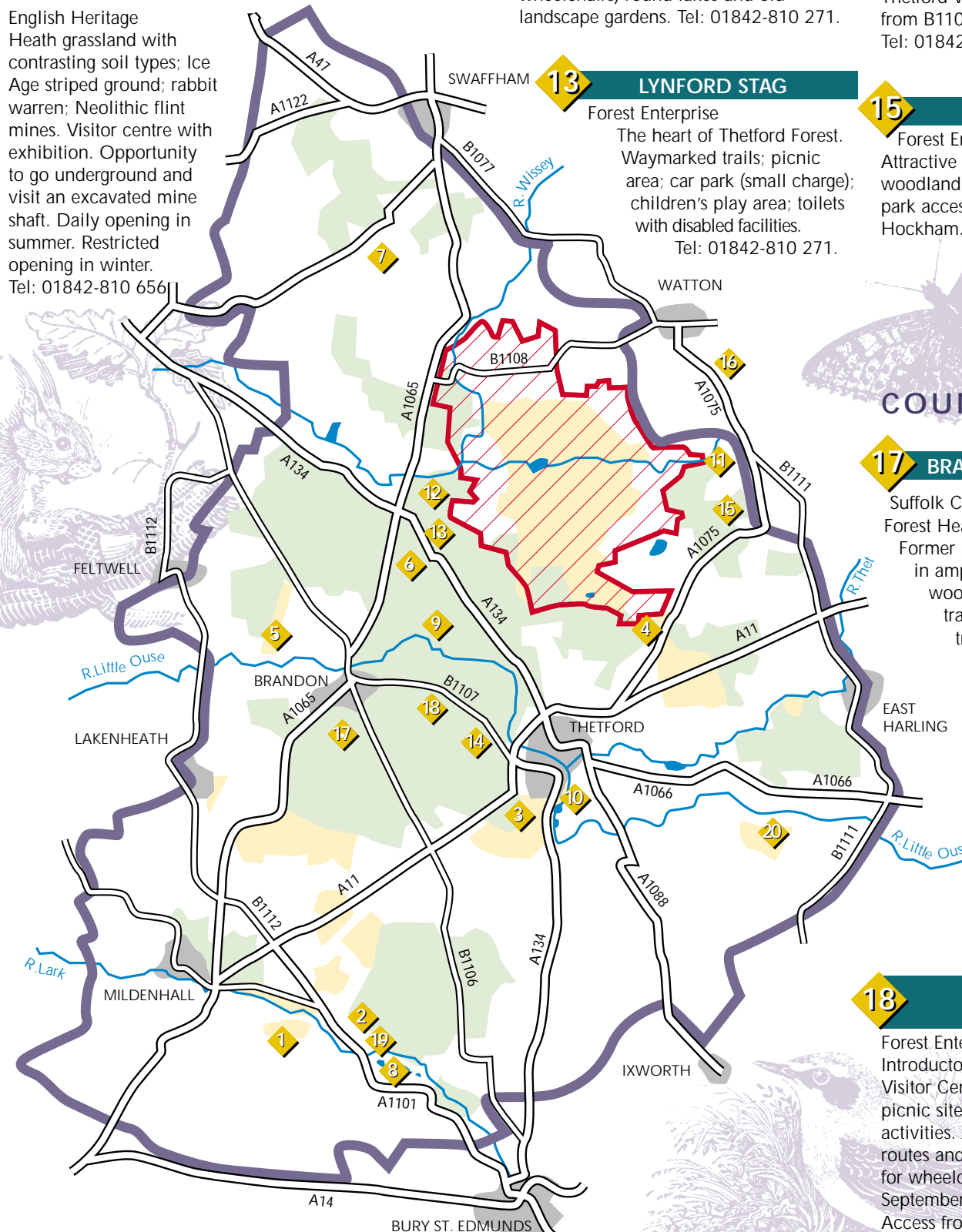
St Edmundsbury Borough Council
Heath grassland maintained by grazing sheep, birch and oak woodland, alder carr, reclaimed gravel pit beside River Lark. Visitor Centre and Anglo-Saxon Centre, with café, toilets (with disabled facilities). Programme of events. Nature trail and bird hide. Reconstructed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

20 KNETTISHALL HEATH COUNTRY PARK

Suffolk County Council
Brecks grassland heath and woodland grazed by sheep and ponies; Ice Age striped ground; 18th century rabbit warren. Information office, car park, picnic site, toilets (with disabled facilities), waymarked trail. Start of Peddars Way National Trail. Access from A1066. Tel: 01953-688 265.



Knettishall Heath



KEY
 Heathland
 Forest
 Boundary of the Brecks
 Stanford Military Training Area
 Main roads

Kilometres 5 10
Miles 5 10