

**JUNE 6th WINTERTON DUNES (8 miles N Gt Yarmouth), O.S. map 134, grid ref. TG 495 197**

This is a National Nature Reserve that is well known for migrant birds, rare plants and Natterjack toads. We will be pulling up some rhododendron seedlings which are threatening to smother the heather. If we are lucky, Peter might treat us to some of his famed soup and fruit cake after the task.

**JUNE 13th ASHWELLTHORPE LOWER WOOD (4 miles SE Wymondham)**

**O.S. map 144, grid ref. TM 143 977**

This Norfolk Wildlife Trust reserve is one of Norfolk's few remaining ancient woodlands, and is very attractive in the spring when the wild flowers are in full bloom. Coppiced areas have to be fenced for a few years after cutting to prevent deer eating the regrowth. We will be maintaining the electric fence by clearing encroaching vegetation.

**JUNE 20th ROCKLAND MARSHES (6 miles SE Norwich), O.S. map 134, grid ref. TG 327047**

This small RSPB reserve provides views over Rockland Broad, the River Yare, reedbeds and open grazing marshes. We will be clearing Himalayan Balsam, which is a non native "garden escape". It is described in one wild flower book as "an aggressive coloniser of river, canal and stream banks, and waste ground"

**JUNE 27th HICKLING BROAD (18 miles NE Norwich), O.S. map 134, grid ref. TG 428 222**

Hickling Broad is the largest expanse of open water in the Broads system. The National Nature Reserve contains 600 ha of open water, reedbed, fen, grazing marsh and woodland. It is home to marsh harriers, bitterns, swallowtail butterflies and Norfolk hawk dragonflies. We will be helping to maintain the diversity of the site by mowing and burning sedge.

**JULY 4th PENSTHORPE (2 miles SE Fakenham), O.S. map 132, grid ref. TF 947 291**

Pensthorpe is advertised as "The Natural Centre of Norfolk", and is host to the 2010 Springwatch series on BBC TV. It is 500 acres of ancient fen meadows, woodlands and lakes in the Wensum valley. As well as the Conservation Centre (where rare UK birds such as cranes and corncrakes are bred) and a collection of water and other birds, there is a large area of nature reserve. We will be removing a fence and raking mown material on a meadow.

**JULY 11th FOXLEY WOOD (7 miles NE Dereham), O.S. map 133, grid ref. TG 050 229**

At 180 ha, this is the largest remaining area of ancient woodland in Norfolk. The rides have a rich flora which supports a great number of woodland insects. Much of the wood is managed by coppicing areas in rotation. The freshly coppiced areas have to be fenced to stop deer eating the regrowth. We will be maintaining the electric fence by clearing encroaching vegetation.

**JULY 18th SWANNINGTON UPGATE COMMON, (8 miles NW Norwich)**

**O.S. map 133, grid ref. TG 143 183**

This is an interesting and varied site, with a range of habitats. The variation in soils and wetness has caused a wide range of vegetation including dry acidic heathland, wet heathland, fen, birch and alder woodland, scrub, bracken, rough grassland and ponds. We will be clearing the very invasive Himalayan balsam

**JULY 25th POTTER'S FEN (1 mile SW Dereham), O.S. map 132, grid ref. TF 982 119**

This site has benefited immensely from the work that we have done, particularly from the annual mowing. Several species of orchid, butterwort, marsh fern, columbine, and many other species now thrive. We will be continuing this good work by raking and removing mown fen hay.