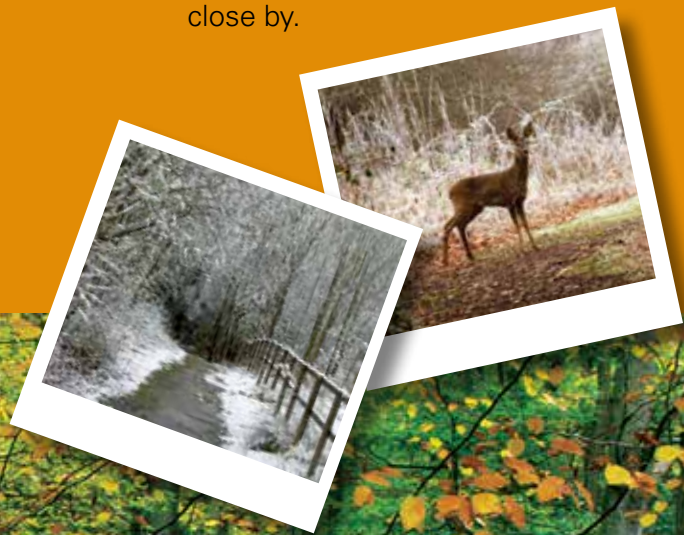


What makes Swanwick Lakes special...

- It has scenic lakes, woods and meadows created by nature from abandoned clay workings.
- It contains many uncommon kinds of wildlife such as great crested newts, nightingales and mining bees.
- It provides a valuable space for people to relax and learn about wildlife.

Swanwick Lakes' highlights

- Spring** Great spotted woodpeckers drumming and morning chorus of birdsong.
- Summer** Dragonflies darting across the water and butterflies dancing over meadows.
- Autumn** Gold-coloured birch trees reflected in deep green lakes and fungi erupting from the woodland floor.
- Winter** Sunlight streaking through frosted trees and flocks of tits passing close by.



If you enjoyed your visit to Swanwick Lakes you may like to...

- **Become a Trust member** – support us in protecting wildlife for the future. By joining the Trust you are doing your bit to help local wildlife and help the Trust manage its reserves. Membership costs as little as £3.50 a month.
- **Make a donation** – Support the work at Swanwick Lakes, improving the area for wildlife and people. Donations of any amount are always welcome and can be made at the centre or online.
- **Become a volunteer** – you can help us look after the reserve or help with events here and at other Trust reserves and centres.

Find out more...

Contact Swanwick Lakes Education Officer on **01489 570240**

or visit our website at **www.hiwwt.org.uk**

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Swanwick Lakes Nature Reserve



How to find your way around this beautiful and historic nature reserve

Supported by
NATS

Protecting wildlife, inspiring people

Swanwick Lakes



Welcome to Swanwick Lakes, a nature reserve with scenic lakes, woods and grassland rich in orchids, birds and dragonflies.

This leaflet describes the things you will find to see and do...

Walks – There are over 2 miles of paths around the lakes and woods with over 1 mile of surfaced marked trails.

Cycling and horse riding – There is a bridleway through the reserve, linking Sopwith Way with New Road. Follow the bridleway signs.

Events and activities – The staff at the Study Centre run guided walks, children's activities and other events throughout the year. See the posters and leaflets for details.

Swanwick Lakes Nature Reserve is a joint project between NATS and Hampshire & Isle of Wight Wildlife Trust.



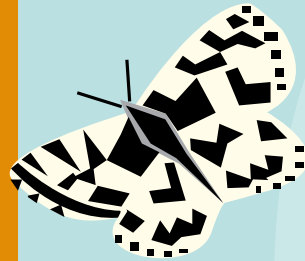
Things to look and listen out for ...

Green woodpeckers are the largest of the three British woodpeckers. They can be seen on the meadows, digging holes into ants' nests. Listen for their laughing 'yaffle' call.



green woodpecker

Marbled whites like grass that has not been fertilised or sprayed with weed killer. This distinctive summer-flying butterfly likes to feed on purple flowers such as thistles and knapweeds. Look for them resting half way down grass stems in the meadows.



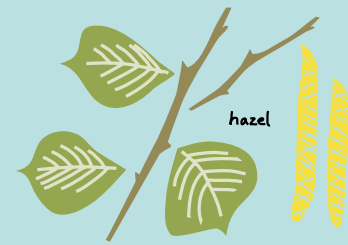
marbled white

Buzzards are the commonest bird of prey in Britain. You can see them soaring over the tree tops from New Hill. This large hawk is slower than kestrels and sparrowhawks, so prefers to ambush rabbits, rats and mice by swooping down from a perch high up in a tree. Listen for their 'mewing' call.



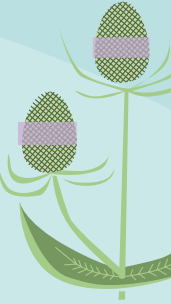
buzzard

Hazel trees flower in late winter. The male yellow catkins appear to cascade off its branches like golden waterfalls. Look more closely for the tiny red filaments of the female flowers that appear on separate buds after the catkins have released their pollen.



hazel

Teasels are a favourite food plant of goldfinches. These colourful birds are attracted to the seeds within the plant's spiny cone-like flower head. Take a closer look at the teasel flowering on New Hill in the summer. Each of these flowers develops into an energy-packed seed by autumn.



teasel

Common Spotted Orchids, with their distinctive spotted leaves and tall flowering spikes, are at their best in June. These delicate pink flowers are well adapted to growing in Longaldrige Pasture, where past years of strawberry growing have disturbed the soil.



Common Spotted orchid

Kingfishers are frequently seen at the lake by the centre. The shallow water brings the fish closer to the surface, making it easier for these colourful birds to catch them with a dive from a waterside perch. Listen out for their shrill repeated 'chee' call, and look for a blue streak flying low over the water.



kingfisher

Swanwick Lakes' Trails

All of the trails have firm, stony or concrete surfaces at least 1.5m wide and benches every 200m.

Getting Around
 Most of the paths have firm, stony surfaces and benches every 200m. There are some steep slopes but the paths are flat elsewhere. The unsurfaced paths are waterlogged and slippery when wet because of the clay soil. The path around the eastern side of New Lake has around 60 steps, is less than 1m wide and has deep mud in winter.
 For more information on getting around the site, see the map or contact the Study Centre (details overleaf).

Red trail ●●●●●
Distance: 1km (~¾ mile)
Time: 30 minutes

A circular route with views of woodland and grassland. The path goes over New Hill and there are steep slopes in some places.

Blue trail ●●●●●
Distance: 600m (< ½ mile)
Time: 20 minutes

A circular route around Bens Lake with good views across the other scenic lakes. The path has one short steep slope.

Yellow trail ●●●●●
Distance: 500m (< ½ mile)
Time: 15 minutes

A flat circular route through the wood to the best view point overlooking New Lake.

