

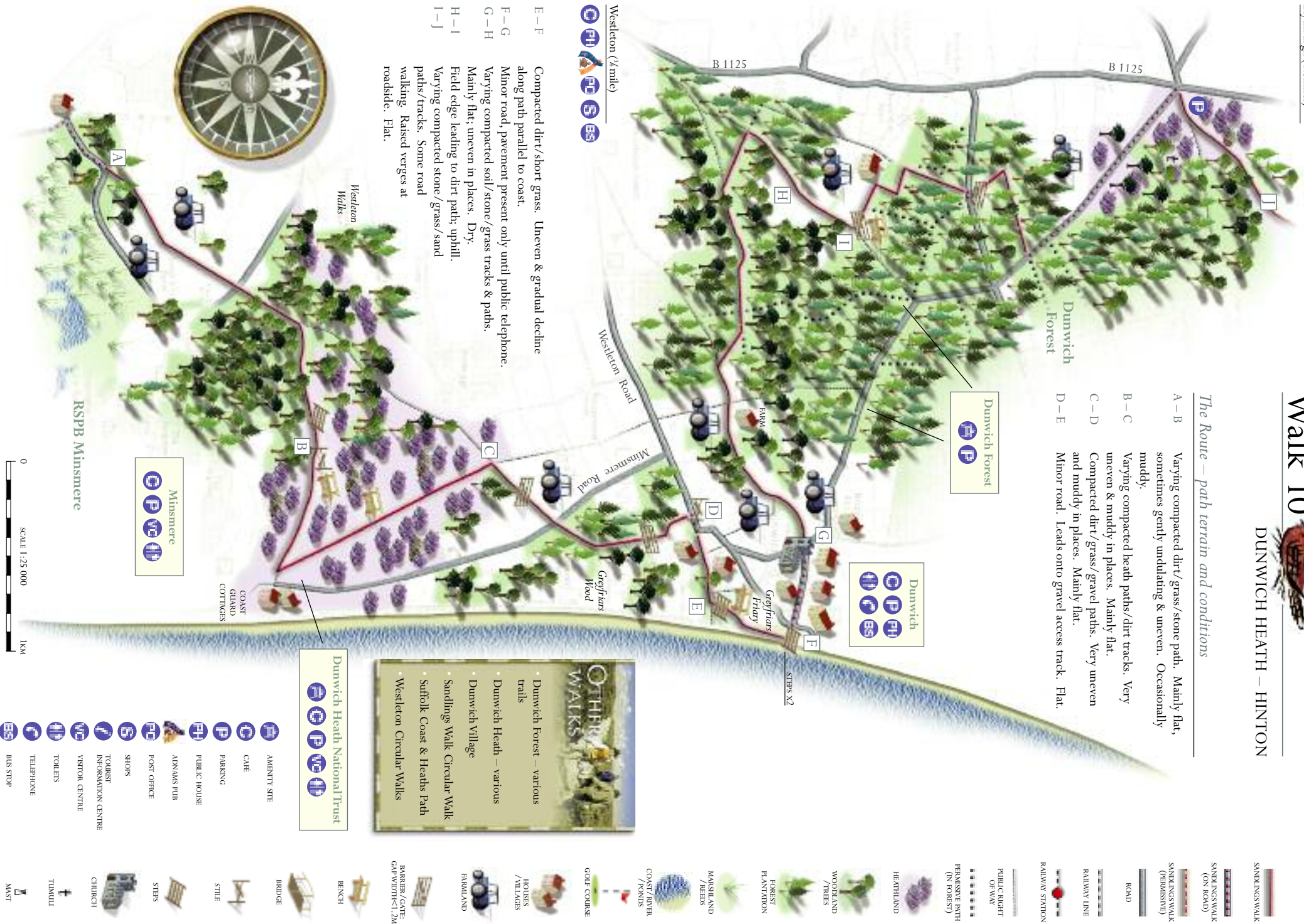
Walk 10



DUNWICH HEATH – HINTON

The Route – path terrain and conditions

- A – B Varying compacted dirt/grass/stone path. Mainly flat, sometimes gently undulating & uneven. Occasionally muddy.
- B – C Varying compacted heath paths/dirt tracks. Very uneven & muddy in places. Mainly flat.
- C – D Compacted dirt/grass/gravel paths. Very uneven and muddy in places. Mainly flat.
- D – E Minor road. Leads onto gravel access track. Flat.



- E – F Compacted dirt/short grass. Uneven & gradual decline along path parallel to coast.
- F – G Minor road, pavement present only until public telephone.
- G – H Varying compacted soil/stone/grass tracks & paths. Mainly flat; uneven in places. Dry.
- H – I Field edge leading to dirt path; uphill.
- I – J Varying compacted stone/grass/sand paths/tracks. Some road walking. Raised verges at roadside. Flat.

- Dunwich Forest – various trails
- Dunwich Heath – various
- Dunwich Village
- Sandlings Walk Circular Walk
- Suffolk Coast & Heaths Path
- Westleton Circular Walks

- AMENITY SITE
- CAFE
- PARKING
- PUBLIC HOUSE
- ADNAMS PUB
- POST OFFICE
- SHOPS
- TOURIST INFORMATION CENTRE
- VISITOR CENTRE
- TOILETS
- TELEPHONE
- BUS STOP

- SANDLINGS WALK
- SANDLINGS WALK (ON ROAD)
- SANDLINGS WALK (PERMISSIVE)
- ROAD
- RAILWAY LINE
- RAILWAY STATION
- PUBLIC RIGHT OF WAY
- PERMISSIVE PATH (IN FOREST)
- HEATHLAND
- WOODLAND/TREES
- FOREST PLANTATION
- MARSHLAND/REEDS
- COAST/RIVER/PONDS
- GOLF COURSE
- HOOPS/TILGUS
- FARMLAND
- BARRIER/GATE
- BENCH
- BRIDGE
- STILE
- STEPS
- CHURCH
- TILT MILL
- MAST

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BUTTERFLIES

“The survival of the silver studded blue goes hand in hand with the survival of the heath”



BUTTERFLIES



Silver-studded Blue

The rarest of all the heathland butterflies that you will see on a Sandlings heath is the silver-studded blue. Beyond the Sandlings, the next recorded colonies of silver-studded blues are north of Norwich or on the Surrey heaths to the south.

Like so many other heathland species, the survival of the silver-studded blue goes hand in hand with the survival of heaths. The Sandlings are fortunate to have several colonies of silver-studded blues. Minsmere, Dunwich and Martlesham are the most likely places to see the adults in late June, July or early August.

Silver-studded blue caterpillars hatch in March or April and feed on heather. A very unusual relationship has developed between black ants and silver-studded blue caterpillars. The caterpillars secrete a sweet sticky substance, which the black ants love. To make sure they get a plentiful supply, many of the caterpillars are taken into the ants' nests to protect them from predators, only bringing them out to feed. When the caterpillars turn into a chrysalis, sometime in June, they too are kept in the ants' nests for about 18 days, before emerging in June/July, usually still covered in black ants, their adopted guardians.



MALE AND FEMALE SILVER STUDDED BLUES MATING
A. Hobby



MALE SILVER STUDDED BLUES HAVE BLUE WINGS WITH BLACK BORDERS AND WHITE FRINGES. THE 'SILVER STUDS' ARE FOUND UNDERNEATH THE WING. THEY ARE BLACK SPOTS WITH A METALLIC BLUE CENTRE – D. Tollerton

GRAYLING – D. Tollerton

Grayling

A grayling has a jerky flight and can be seen sucking nectar from flowers or sap from damaged trees. It has dark brown wings with 2 black eye spots on the forewing and 1 on the hind wing. At rest they always have their wings closed. They hide up during the day unless the light is dull.

Green hairstreak

The green hairstreak prefers damp, scrubby heath. The caterpillars feed on gorse, heather and broom. The butterfly can be seen flying between March and July and can be recognised by its green wings with fine, pale streaks.

Many other common butterflies such as tortoiseshells and peacocks will also be seen on the walk. Why not take a good butterfly guide with you.

GREEN HAIRSTREAK
S. Coombes

The male butterflies then spend the next few weeks flitting about, defending patches of heather from other males. They hope to attract females into their area to feed on the nectar of heather flowers, so that they can then mate with them.

The females lay eggs on the bell heather and ling. The eggs remain there all winter until the caterpillars hatch next spring and the cycle begins again.

Small Heath

These can be found on grassy heathland areas. The caterpillars eat a variety of grasses as well as gorse. The butterflies are on the wing from April throughout the summer. They tend to land on the ground or low growing flowers.

SMALL HEATH
S. Coombes

