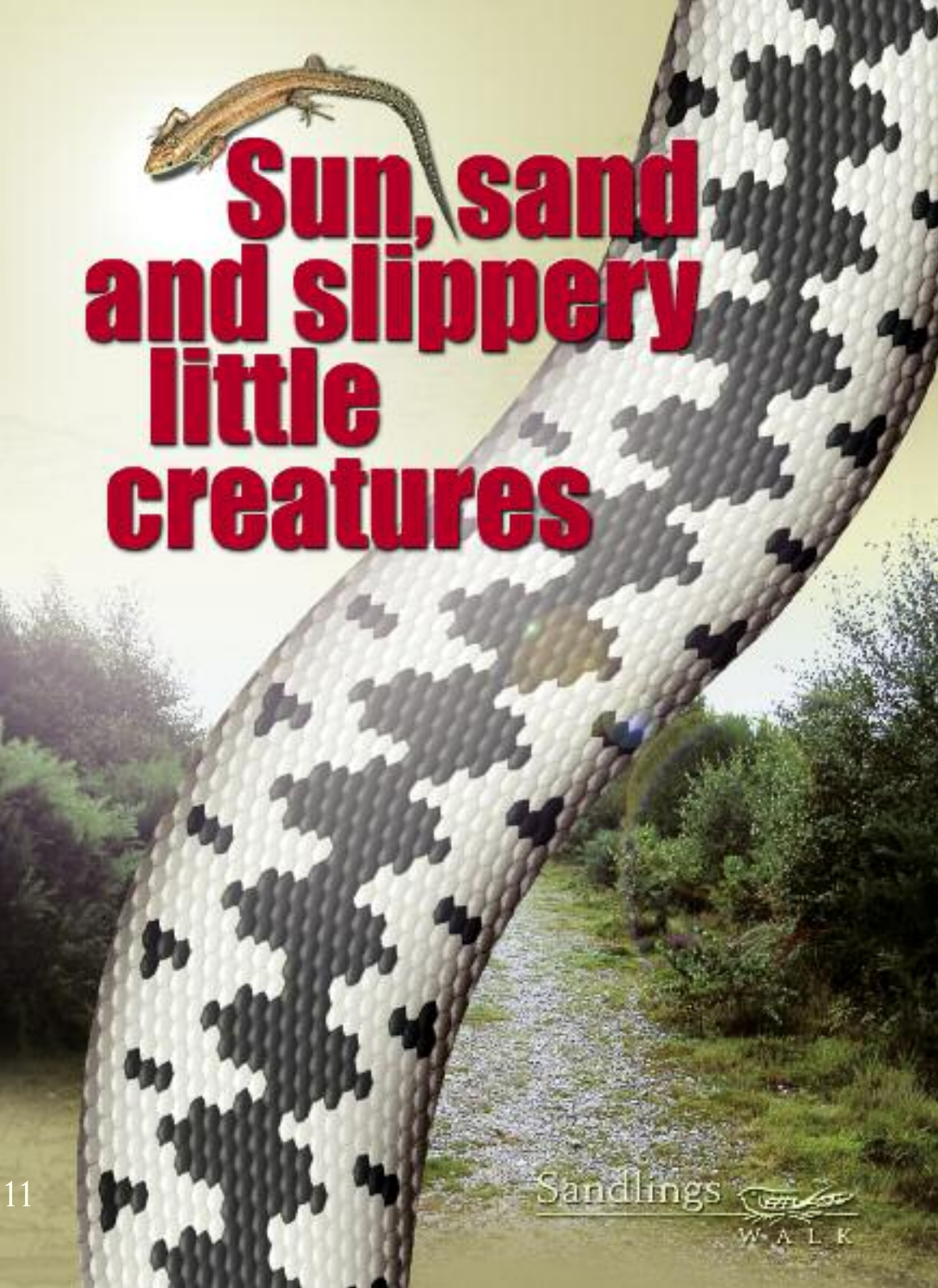


Sun, sand and slippery little creatures

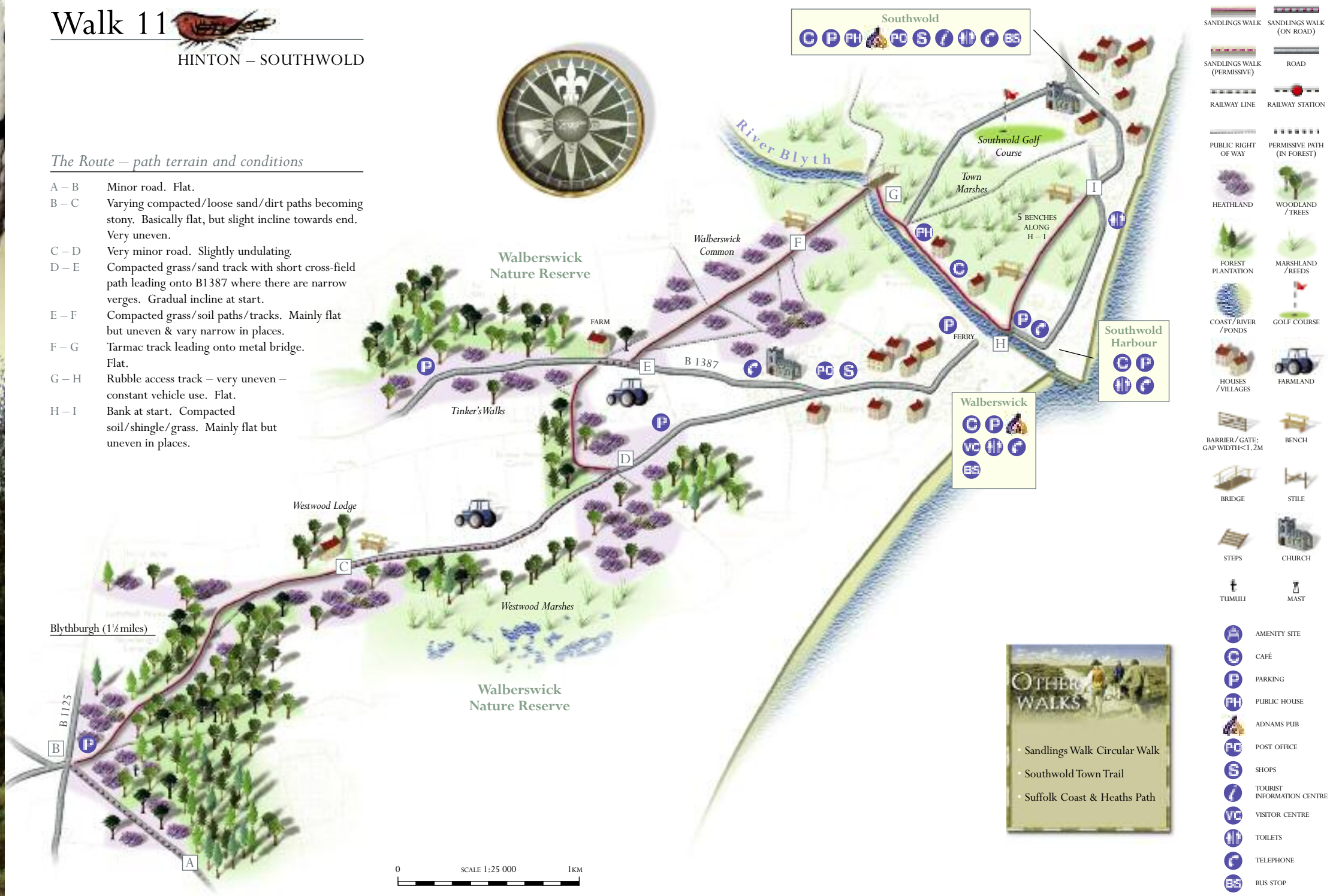


Sandlings WALK

Walk 11 HINTON – SOUTHWOLD

The Route – path terrain and conditions

- A – B Minor road. Flat.
- B – C Varying compacted/loose sand/dirt paths becoming stony. Basically flat, but slight incline towards end. Very uneven.
- C – D Very minor road. Slightly undulating.
- D – E Compacted grass/sand track with short cross-field path leading onto B1387 where there are narrow verges. Gradual incline at start.
- E – F Compacted grass/soil paths/tracks. Mainly flat but uneven & vary narrow in places.
- F – G Tarmac track leading onto metal bridge. Flat.
- G – H Rubble access track – very uneven – constant vehicle use. Flat.
- H – I Bank at start. Compacted soil/shingle/grass. Mainly flat but uneven in places.



- | | | | |
|--|----------------------------------|--|-----------------------------|
| | 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 |
| | HOUSES / VILLAGES | | FARMLAND |
| | BARRIER / GATE: GAP WIDTH < 1.2M | | BENCH |
| | BRIDGE | | STILE |
| | STEPS | | CHURCH |
| | TUMULI | | MAST |
| | AMENITY SITE | | CAFÉ |
| | CAFÉ | | PARKING |
| | PUBLIC HOUSE | | ADNAMS PUB |
| | ADNAMS PUB | | POST OFFICE |
| | POST OFFICE | | SHOPS |
| | SHOPS | | TOURIST INFORMATION CENTRE |
| | TOURIST INFORMATION CENTRE | | VISITOR CENTRE |
| | VISITOR CENTRE | | TOILETS |
| | TOILETS | | TELEPHONE |
| | TELEPHONE | | BUS STOP |

OTHER WALKS

- Sandlings Walk Circular Walk
- Southwold Town Trail
- Suffolk Coast & Heaths Path

Sun, sand and slippery

There are 2 types of snake that live on the Sandlings heath – the adder and grass snake. There are also 2 types of lizard – the common lizard and the slow worm, which is a legless lizard. For the adder, the Sandlings is its last stronghold in Suffolk.



ADDER

D. Tolberton

The adders story

Adders are first seen in spring when the males emerge from the winter hibernation den to bask in the sunshine. Adders were once a symbol of sun worship for the ancient Druids. The warmth of the sun raises their body temperature so that they have enough energy to look for food and to find a mate.

Before mating, male adders fend off other

males in a show of strength. They rise up against a rival, appearing to entwine in a dance. In fact they are trying to force each other to the ground. The winner of the tussle gets the female. She then has to be coaxed by the male to mate by rubbing her body with his and gently tickling her all over with his tongue. This may continue for hours.

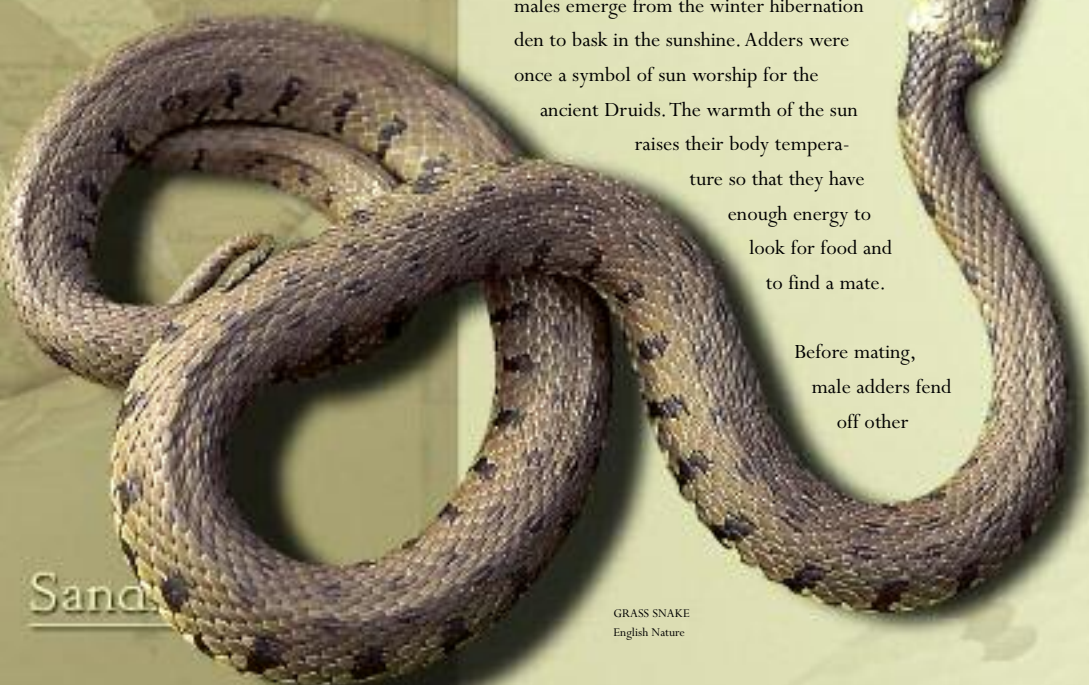
Baby adders are born in late summer. They leave their mothers straight away to fend for themselves. They are about 15cms long, whereas adults are about 60cms long and have a black diamond pattern down their backs.



A. Hobday

All adders have teeth to catch their prey and fangs to inject them with venom. They will eat small animals such as mice and lizards. Very occasionally they have bitten people and dogs, but as they are shy animals they would rather slither away when disturbed. Their venom has rarely been fatal to a healthy adult, but can have a stronger effect on dogs or children. You are well advised never to touch any wild snakes.

MALE ADDERS ENTWINE – D. Parrett



GRASS SNAKE
English Nature



D. Tolberton

SLOW WORM

During the autumn, adults and youngsters return to their underground burrows to hibernate, many spending the long winter together in the same den. You are most likely to spot an adder when it is sunbathing, often on bare ground or on top of a tussock of grass – just walk round it, watch and admire.

Not a snake but a lizard!

Slow worms are more common in the Sandlings than adders. Although they spend a lot of their time under stones or leaves, you may be lucky and spot one basking on a path

little creatures

or on top of a garden wall. They come in all shades of grey and brown and have a black stripe along their sides. Although it looks like a snake, the slow worm is a legless lizard. It has a very smooth, shiny skin, a short, forkless tongue and it can blink. Snakes have a forked tongue and cannot blink.

A slow worm is perfectly harmless, in fact they are known as the gardener's friend because they eat slugs and snails. They grow to about 50cms long and can live for 30 years.

Like other lizards, they can shed their tails if captured from behind. This really is a desperate measure to escape from danger – if detached, the tail still wriggles. This distracts the predator from chasing after the fleeing slow worm. The stump does heal and a new shorter tail grows back.

Lizards with legs

The only other lizard that you may see on the Sandlings is the common lizard; the rare sand lizard is not found in Suffolk. You can often see common lizards on paths, fence posts and boardwalks, basking in the sun. They are speedy little movers and will seemingly disappear in the grass and heather. They use their excellent eyesight to hunt food such as centipedes, worms and spiders – in turn they are eaten by adders, birds and even hedgehogs!

They can grow up to 15cm long and may be a mix of colours such as brown, green, grey and yellow. Babies are born in spring as perfect miniatures of the adults and may shed their skin at least twice before hibernating in the autumn. Dunwich Heath is a good place to keep a look out for them.



D. Tolberton

COMMON LIZARD

Help our Sandlings snakes & lizards

KEEP TO THE PATHS AND WATCH WHERE YOU TREAD

TRY TO AVOID DISTURBING AN ADDER AS IT GOES ABOUT ITS DAILY BUSINESS

JUST WATCH – DON'T TOUCH. SNAKES AND LIZARDS ARE SMALL AND VULNERABLE ANIMALS AND WILL NOT ENJOY BEING PICKED UP!