

LIONS AND

TIGERS

and other
SANDLINGS
INSECTS

Sandlings
WALK

Walk 7



BLAXHALL COMMON – FRISTON

The Route – path terrain and conditions

- A – B Sand/grass path across heath & through forest. Mainly flat, sometimes uneven.
- B – C Loose sand path along edge of heath. Mainly flat but sometimes uneven & narrow in places.
- C – D Undulating minor road.
- D – E B1069. Pavements. Flat.
- E – F Minor road. Flat. Crosses A1094.
- F – G Varying rough track/field edges. Basically flat but uneven. Cross-field paths beyond farm to Friston village.
- G – H Minor road.



Blaxhall (¼ mile)

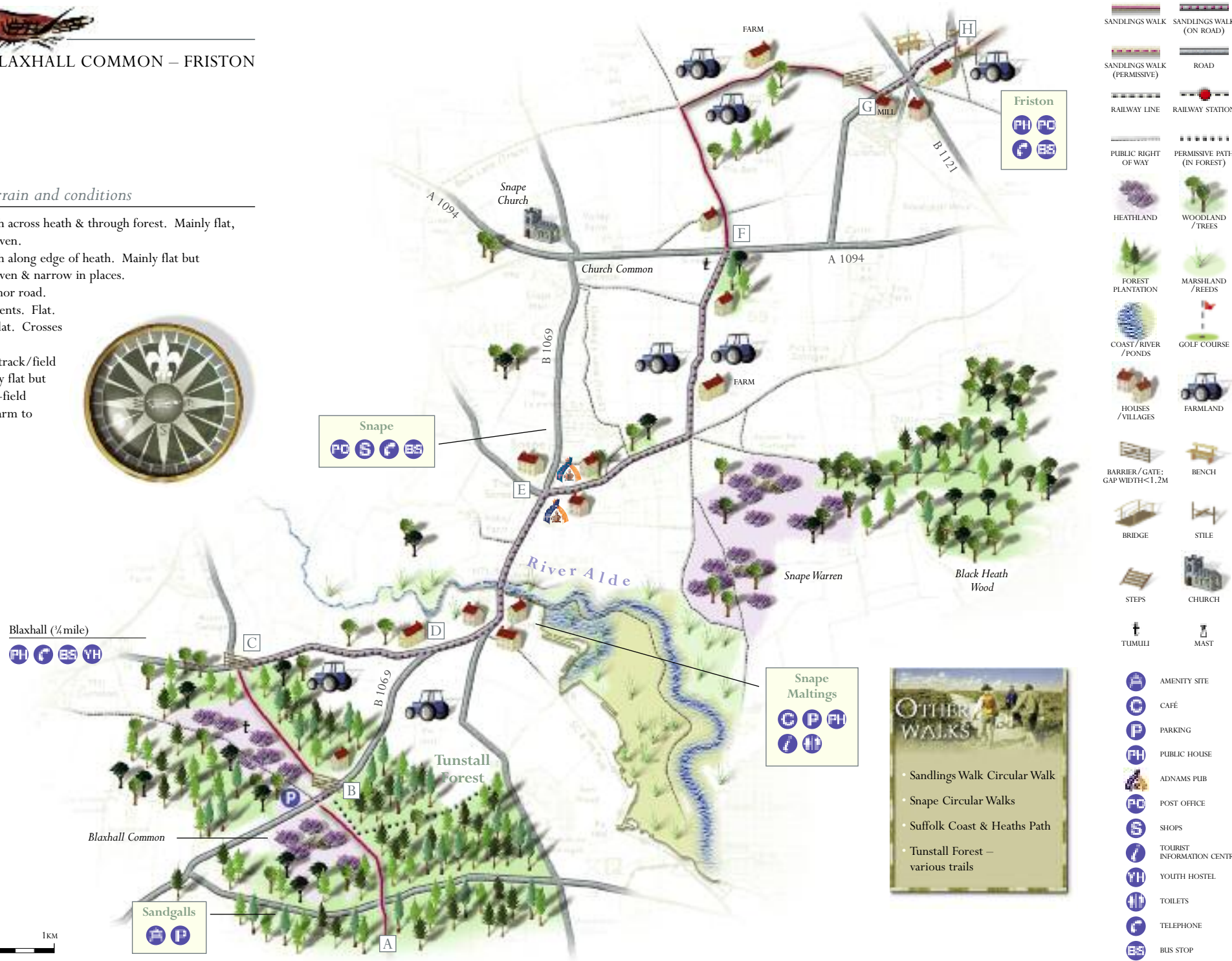


Sandgalls



0 SCALE 1:25 000 1KM

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OTHER WALKS

- Sandlings Walk Circular Walk
- Snape Circular Walks
- Suffolk Coast & Heaths Path
- Tunstall Forest – various trails

- 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
- CAFE
- PARKING
- PUBLIC HOUSE
- ADNAMS PUB
- POST OFFICE
- SHOPS
- TOURIST INFORMATION CENTRE
- YOUTH HOSTEL
- TOILETS
- TELEPHONE
- BUS STOP

LIONS & TIGERS

Like other Sandlings animals, the insects you will find here have specially adapted to their heathland home. Without heaths they would become even rarer or extinct. Here are some to look out for that are not quite as dangerous (to you) as their names suggest.

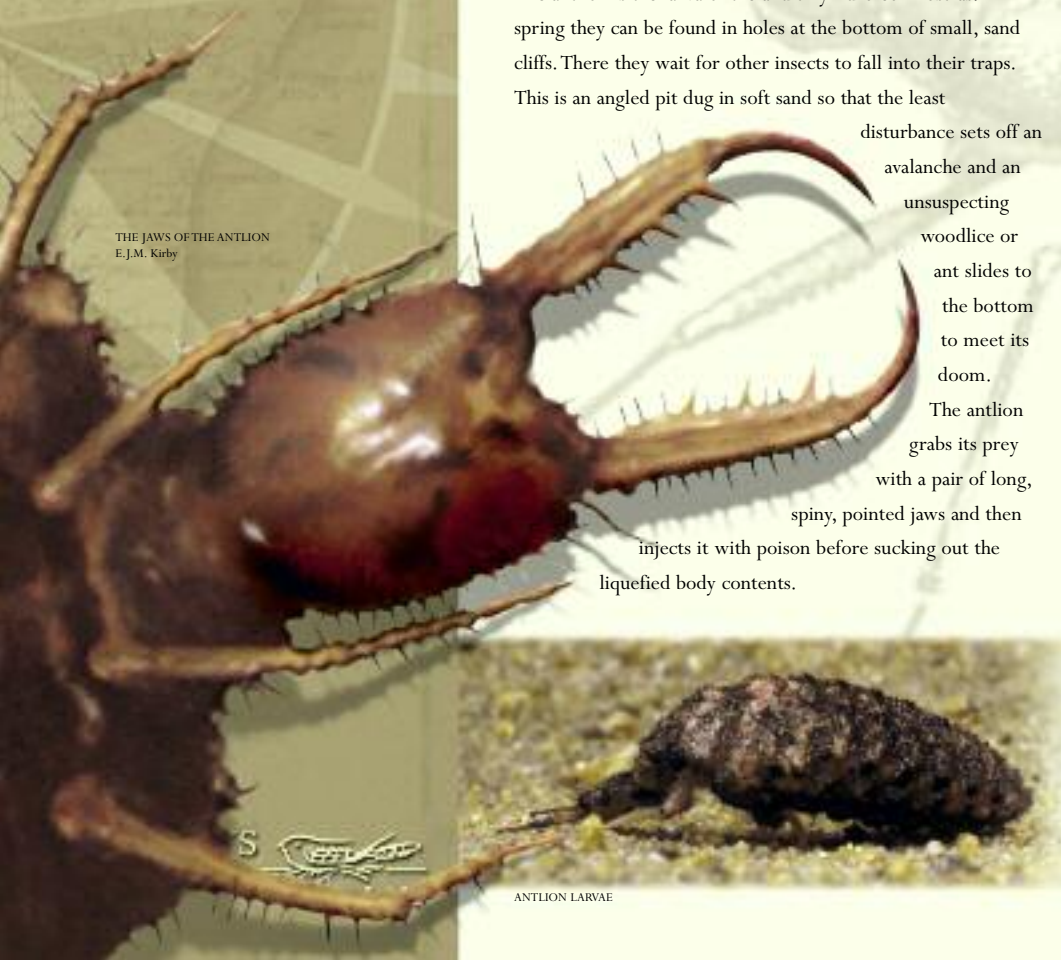
Antlion

The antlion is the larva of the adult fly *Euroleon nostras*. In spring they can be found in holes at the bottom of small, sand cliffs. There they wait for other insects to fall into their traps. This is an angled pit dug in soft sand so that the least

disturbance sets off an avalanche and an unsuspecting woodlice or ant slides to the bottom to meet its doom.

The antlion grabs its prey with a pair of long, spiny, pointed jaws and then injects it with poison before sucking out the liquefied body contents.

THE JAWS OF THE ANTLION
E.J.M. Kirby



ANTLION LARVAE

E.J.M. Kirby

and other sandlings insects

By July the larvae are fully-grown and spin a cocoon that looks like a sand ball. At the end of August, antlions emerge from their sandy cocoons as winged insects, a little like a dragonfly. They fly into the treetops at dusk and survive just long enough to mate and lay their eggs in the sand.

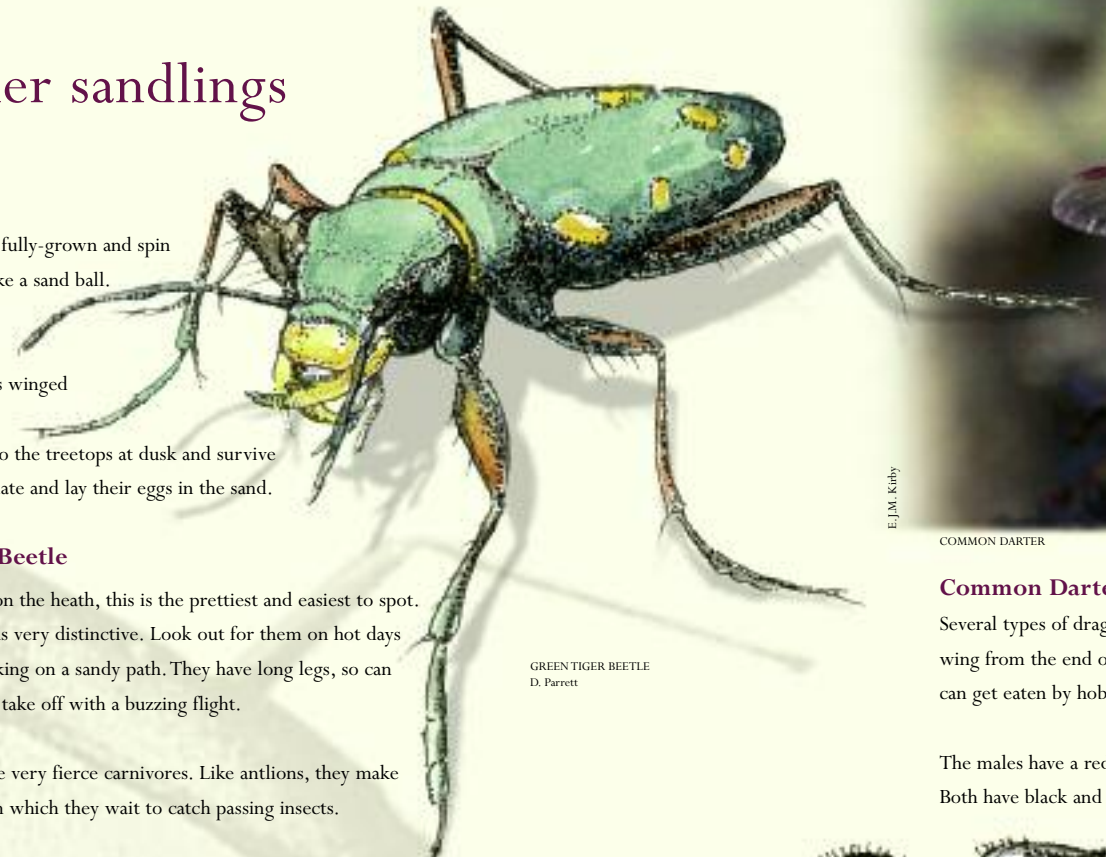
Green Tiger Beetle

Of the beetles living on the heath, this is the prettiest and easiest to spot. Its green, shiny body is very distinctive. Look out for them on hot days in early summer, basking on a sandy path. They have long legs, so can run quite fast or will take off with a buzzing flight.

Tiger beetle larvae are very fierce carnivores. Like antlions, they make burrows in the sand in which they wait to catch passing insects.

Sand Wasp

Although related, they are nothing like common wasps. Instead, they have a long, thin body that is orange and black and club shaped at the end. The female digs several nests into the sandy soil, stocking each one with a caterpillar, paralysed by her sting. She then lays a single egg on the caterpillar and covers the nest over. The caterpillar becomes food for the growing grubs.



GREEN TIGER BEETLE
D. Parrett

E.J.M. Kirby



COMMON DARTER

Common Darter dragonfly

Several types of dragonfly can be seen on the Sandlings, but most typical is the common darter. It is on the wing from the end of June until sometimes as late as early November. They catch insects to eat, but in turn can get eaten by hobbies.

The males have a red body with two, small, black marks near the end, whereas the female is brownish. Both have black and yellow striped legs.



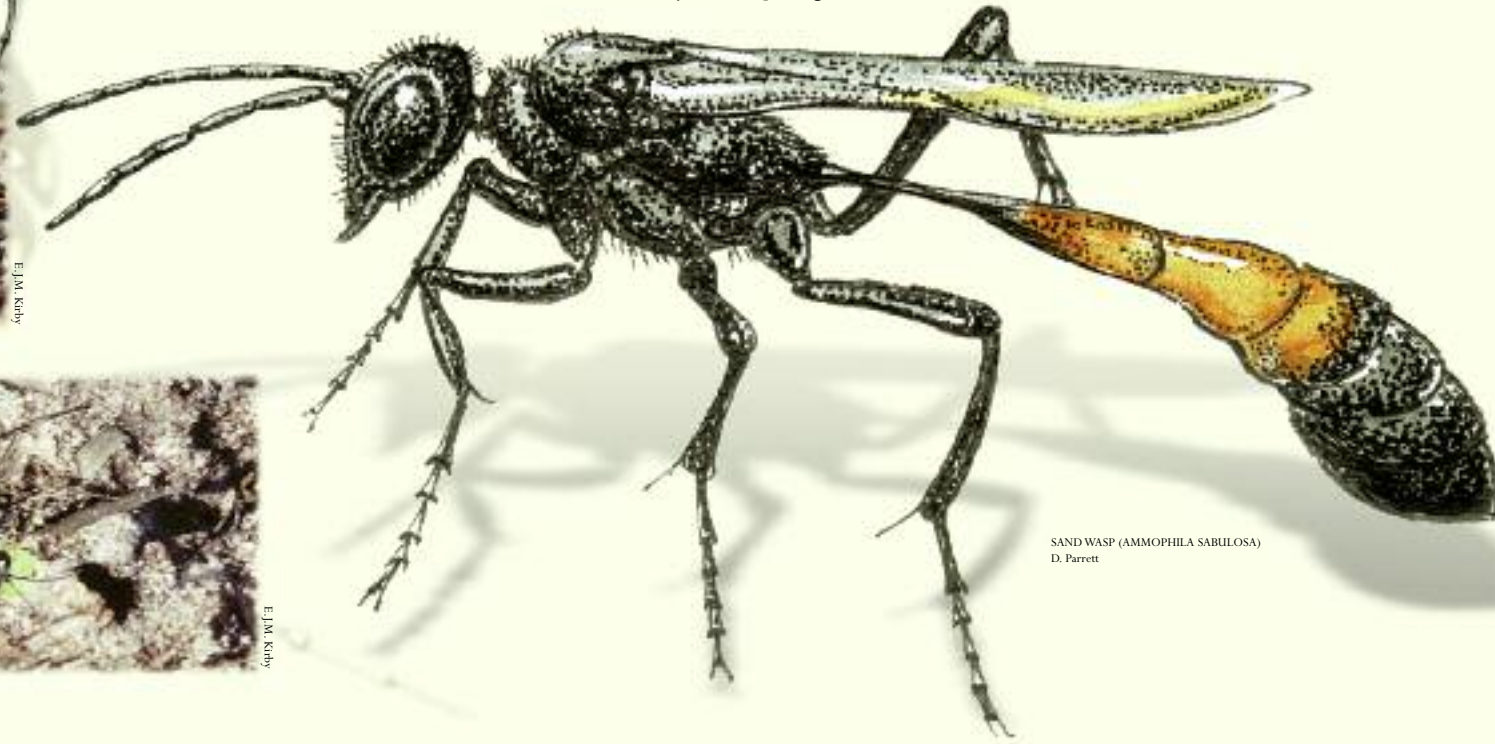
SAND WASP DIGS HER NEST

E.J.M. Kirby



SAND WASP WITH CATERPILLAR

E.J.M. Kirby



SAND WASP (*AMMOPHILA SABULOSA*)
D. Parrett