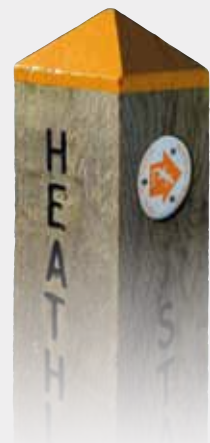




The Lizard Trail

Attractive and diverse heathland circular walk – approximately 3 km/1 hour.



The Lizard Trail is about 3 km long and is marked by orange tipped posts along the entire route. It starts from the rear of the main car park and crosses the green. Bear right and look for the orange markers.



Key

- ● ● The Lizard Trail
- Footpaths
- — — Bridleway and cycle routes
- P Car Park



Viewpoints

There are numerous seats and benches where you can sit, rest and admire the wonderful vistas.



Belted Galloway cattle

1 This is a favourite spot of the Belted Galloway cattle who graze the whole of Headley Heath. They have a vital role in maintaining valuable habitats for the wildlife of the heathland.

2 During summer months there are many foxgloves which provide vital nectar for bees. During the autumn, holly and rowan trees provide berries which will continue to feed the birds during the winter.

3 The birch trees on Headley Heath grow very quickly. We regularly cut them down so that they don't overwhelm the heathland's other vegetation which provides homes for insects, birds and mammals.

4 Dean Wood Heath. This area was devastated by the great storm of 1987 and the bracken grows rapidly here. We work hard to keep bracken from shading out the heathland's less vigorous plants such as heather.

Bell heather. Its bright pink bell-like flowers are bigger than the smaller, pale flowers of the ling heather, also found on the heath.

5 The path's rounded pebble-like stones are a relic from the time when Headley was covered by sea. The North Downs were formed at the same time as the Alps following the last ice age.

6 The Pyramids. This area takes its name from pyramids of ammunition stores built up by the Canadian army during the Second World War. From here you can look down to the bottom of Sixth Valley and up towards Middle Hill.

Nearby you can find wonderful orchids and butterflies – walk a little way down the steep stony track.

Chalk loving plants such as potentillas, rock rose and St. John's wort provide crucial food plants for the caterpillars of rare butterflies like the fast flying Grizzled Skipper (below).



7 Aspen Pond.

A beautiful, tranquil spot named after the aspen trees that grow here.

Reed mace, with its distinctive large seed heads, grows by the small island.

We've built a "bug hotel" close to the pond which will slowly rot away. It provides food and shelter for all sorts of insects and animals.

8 Walking across the open heath you will reach Brimmer Pond which is the only ancient pond on the heathland. In the spring and summer the pond comes alive with newts and frogs and many water plants. This is a great place to see dragon and damselflies.

The next pond along is called Hopeful Pond where



Walking past Hopeful Pond, and onwards to Purley Plain.



Jay: acorns are a favorite food

the white flowers of water-crowfoot grow in the summer.

9 This open area of the heath is called Purley Plain. It was named after the pupils of Purley High School who helped clear the areas following a devastating fire in 1956. The flat area on the left of the path was created by removing nutrient rich top soil. Heather grows best in poor soil and these "scrapes" encourage more heather to grow. The scraped soil has been piled up into banks which bees and wasps nest in. All the humps and bumps you are walking over were the result of the WWII army exercises.

10 The characteristic squat oak trees of the heathland are great for climbing and for wildlife. Their leaves and acorns are essential for the lifecycle of many insects, birds and animals, however,

they are not good for the heathland – like the birch trees, their growth needs to be controlled to protect the heathland habitat.

11 The path winds its way through thickets of spiky gorse. Yellow coconut smelling flowers turn into neat pods, which pop open in the heat and propel their seeds. It is important that we maintain some areas of

dense scrub. Scrub provides a home for many insects and for rare ground nesting birds who depend upon the protection in the nesting season between April and September.

12 You are now approaching the end of the walk. Please come back again and see how Headley Heath changes with the seasons of the year.



Woodlark



Common Spotted Orchid



Please keep dogs under control