

Welcome to Ashing Lane Nature Reserve

Monks Wood is owned by the Lincolnshire Wildlife Trust and managed by Nettleham Woodland Trust who also manage the adjoining Co-Operative Wood. Our aim is to share the interest and beauty of the reserve with the wider community, so we are delighted to welcome you.

The Family Nature Trail

This is the shortest trail and is designed with families with young children, in mind.

1. This is the Lime Walk. How many lime trees can you count from the entrance up to the Monk Oak tree in the middle of the path? Why was the Lime Walk planted?

2. Look to the right at the bird cafe. Which birds can you see? Can you see any of these birds? More pictures on page 7.



Great tit



Robin

Yellowhammer



Chaffinch



3. When was the Monk Oak tree planted? In spring look out for new green leaves and long yellow catkins and in autumn look out for the fruits of the oak tree - they look like they have little hats on - what are the fruit called? Lots of wild creatures, such as mice and squirrels eat these fruits.



Turn left at the Monk Oak tree to the sensory area.

4. Smell the herbs in the school's herb garden. Which one do you like the best?



Mint



Thyme



Rosemary

5. As you go past the herb garden, look at the tree on the right with lines made across its trunk and some bark missing. The male roe deer, the buck, made these marks with his antlers and left his scent on the tree to mark his territory. He is telling other male deer to keep away. Look out for more marks on other trees as you follow the trail.



Walk straight ahead.



6. As you approach the **Taste** information board in summer, look out for the pale pink flowers of the dog rose and white flowers of the blackthorn. In autumn and winter you will see these flowers have become rosehips and sloes.



In the Taste area look for pink blossom on the crab apple tree in spring and rosy red apples in the autumn. Be careful - some are very sour! They can be used to make crab apple jelly which is delicious with roast lamb, Lincolnshire cheeses or on hot, buttery toast.

7. Look at the wild flowers growing on both sides of the path. In summer time you should be able to see the yellow fleabane flowers. You can see the spiky teasels at any time of the year.



Goldfinches love to eat the seeds inside the teasel.



A long time ago the fleabane was kept in houses to keep fleas away.

8. Which kinds of animals live in the wood?



Guelder rose in spring and autumn

Look to the left to see the dogwood and right to see the guelder rose. Take photos of any interesting things you see on your walk and send them to us at:

info@nettlehamwoodlandtrust.co.uk

We will put them on our website.

9. Stop at the Hear board and listen. What can you hear? Nearby is the willow tunnel. Walk through it. Have a rest. This is a good place to hide and eat a picnic. Willow grows very quickly. It can grow 2 metres in one year. How much do you think you grow in one year?



This is how the willow tunnel looked in 2014. Has it changed much?



Walk on to the pond

10. Look down into the pond. Ponds attract many types of wildlife. Look out for bright blue dragonflies, frogs and bullrushes. If you are very lucky you might see a heron. Sometimes there is a lot of water in the pond and sometimes very little. Why do you think that is?



11. Feel the bark of the trees nearby, but don't touch the dog rose bush behind the Touch board, as it is very prickly.

On the other side of the grassy path, can you see the roe buck deer sculpture amongst the trees? Touch the deer. Is the wood rough or smooth?



Follow the path around to the left. There is quite a long walk until post number 12.

12. The groups of hazel trees along the path were planted for a special reason. Dormice love to eat hazelnuts while they are still green and they can gnaw a hole in them. The dormice can run from tree to tree gathering their food.



Look at the silver birch trees on your left, further along the path, beyond the hazel. Feel the bark of these trees.



13. On the right are many alder trees. Alder wood has been used for making clogs (wooden shoes) for hundreds of years. In Wales it is called 'clog wood'.

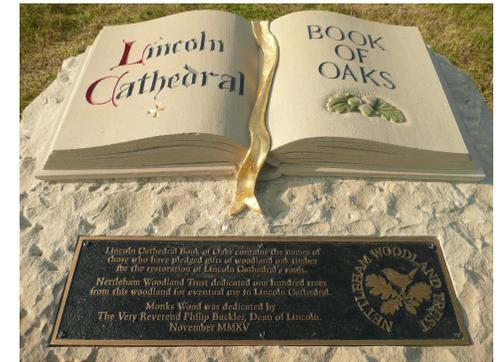


A British clog is a shoe with a wooden sole and leather uppers. Clogs were worn a long time ago during the Industrial Revolution, particularly in the Lancashire cotton mills.



Follow the path and bear right at the post with the arrow. There is a walk of about 180 metres to post number 14.

14. Go and look at the special Book of Oaks stone in the glade. It tells us that more than a hundred oak trees have been planted in the wood to be used in the roof of Lincoln Cathedral - but they need to grow for at least one hundred years before they will be cut down. How old will you be in one hundred years?



About 6000 oak trees have been planted in Monks Wood since 2009.



Follow the path along until it turns to the right.



15. Stop and look to the left. High up on a post there is a nesting box. Barn owls have nested in this box. Barn owls hunt at night. They eat mostly voles, shrews and mice - usually about 4 every night - and they can swallow them whole! Look out for owl pellets on the ground.



Follow the path to the right.

16. In Cathedral Copse there are about 120 oak trees planted for the Cathedral. They are the trees with the white plastic guards around them. Can you find any oak leaves?



17. We planted many wildflowers - food for bees and butterflies in summer - what colours can you see? Are there seed heads in autumn? Food for small animals in the winter.



How many field mice can you see keeping warm in this bird nest box?

18. There are lots of different grasses growing along the edges of the paths. How many different types can you find? This rhyme might help you identify some of the plants:

'Sedges have edges, rushes are round and grasses are hollow right down to the ground'

Look out for voles, mice, frogs and toads in the grasses. You might see the pupa of a moth fastened to a grass stem. In summer, many insects including butterflies can be seen in the grassy areas.



The caterpillars of large skipper butterflies eat some of the grasses (like meadow foxtail on the right) in Monk's Wood

19. Sit on the benches. Close your eyes and relax. Enjoy the feel of the wind, rain or sun on your face. Listen to the sounds. What can you hear? What can you smell? Open your eyes. What can you see? On the edge of the picnic glade look for the oak tree on the left that was struck by lightning and died.

20. Walk back to the entrance. Are there any different birds at the bird cafe?



Dunnock



Tree sparrow



Goldfinch

Well done!

You have finished the Nature Trail.

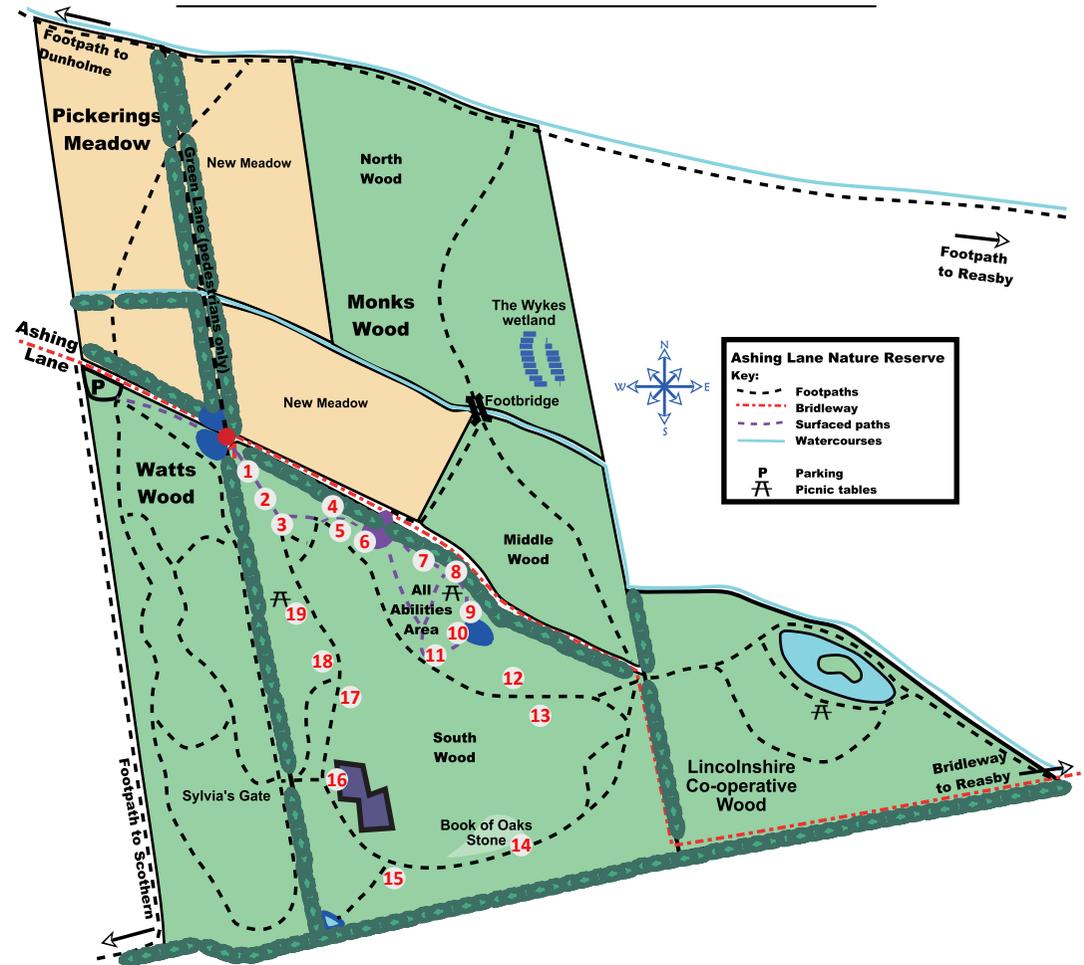
Thank you for joining us.

We hope you have enjoyed your walk and maybe learnt something new.

Come again soon!

To find out more about us go to www.nettlehamwoodlandtrust.co.uk

A great site for children is www.woodlandtrust.org.uk/naturedetectives where you will find lots of fun activities to do outside. Have fun!



Photography credits: We got permission from <https://www.naturespot.org.uk/> to use some of their excellent photos - many thanks! Also to the the people who have given us their pictures taken at Ashing Lane Nature Reserve.