

	<h2 style="text-align: center;">A Walk on Langford Heathfield about 2.5 miles, 1.5 hours</h2> <p style="text-align: center;">(Blue text indicates beginning and end of shorter walk)</p> <div style="text-align: center;"> </div>
Where to go	What to look out for
<p>From the Jubilee Seat (ST 1067 2266) go past the Trust notice and down the hill. Take the second path on the right; admire two huge oaks on either side. Arrive at clearing.</p>	<ul style="list-style-type: none"> • Common-spotted Orchids (June), • Yellow Rattle, violets. • Warblers in hazel and willow. • Comma butterfly (orange, ragged, white comma on underside)
<p>Along the boardwalk to the next clearing. (ST 1036 2292)</p>	<ul style="list-style-type: none"> • Small Pearl-bordered Fritillary butterflies (May/June)
<p>After another stretch of boardwalk you come to a large open area, (ST 1015 2327) electric fenced in summer for ponies which keep the grass short enough to allow thousands of orchids and other plants to flourish. Cross this section diagonally to a stile in the top left corner.</p>	<ul style="list-style-type: none"> • Lousewort, Heath-spotted Orchids, a few Southern Marsh Orchids. (May/June) • Mistle Thrush on the big oaks in the middle. • Orange Tip, Ringlet, Meadow Brown Marbled White and Large Skipper butterflies. • The horizontally spreading branches of the oak trees show that this has been pasture for hundreds of years.
<p>Now through shady woodland until you see a post with the number 7 (used for butterfly surveys).</p>	<ul style="list-style-type: none"> • Purple Hairstreak butterfly in the oaks before the stile (July), Speckled Wood in the woodland
<p>There's a field gate on your left but you go straight over the track. (Park car in Poleshill lay-by then walk up track and turn right) After 50 metres the path takes a sharp left, (ST 0976 2345) following the perimeter of the reserve. Very wet initially. Look out for two small ponds on your left then down a steep hill with steps to a bridge. Cross it.</p>	<ul style="list-style-type: none"> • Warblers in the thickets: blackcaps, willow warblers, chiffchaffs, whitethroats. • Stand quietly for ten minutes to see nuthatches upside-down in the bigger trees and tree-creepers creeping upwards.
<p>Up the slope and straight ahead for 200 metres till you reach a marshy clearing. (ST 0945 2352) Turn right and follow the edge until you see an exit to the lane over to the left.</p>	<ul style="list-style-type: none"> • To your right, a coppiced area with ash standards, allowing light to the woodland floor. • Roe deer, especially in winter. • Marsh tits just before the clearing. • Dragonflies (wings at right-angles to body) and damselflies (wings parallel to body)
<p>Turn right and follow the lane (you are back to the car now) to the gap in the hedge to the left which takes you into another area grazed by ponies in summer. Cross to the other side. Follow the line of the fence posts round the field till you reach the muddy exit to the lane at the bottom. (ST 1007 2364)</p>	<ul style="list-style-type: none"> • Opposite the stile is a large <i>pollarded</i> oak (branches were cut every few years above browsing height and used for posts or firewood). • Petty Whin at the far side. (May/June) • Marbled White, Ringlet and Silver-washed fritillary butterflies. • Adders have been seen here. • White-topped posts show lines used for plant surveys since 1990.
<p>Cross the lane and follow the fence posts to the left. You will soon see that you are making your way back to the boardwalk at the far end of that field and so back to the start.</p>	<ul style="list-style-type: none"> • Lots of Grasshoppers (short antennae) and Crickets (long antennae) in the Purple Moor Grass. • Labyrinth spiders tempt these into their intricate webs. • Silver-washed Fritillaries are often in the corridor to the road by the stile (July-September).