



### Common Snipe

All year round

**Description:** Medium sized wader with zig-zag flight and harsh 'scarp' call.

**Habitat:** Marsh, mud and wet grassland.

### Where is Barmston Pond Local Nature Reserve?

Barmston Pond is just off the A1231 and Nissan Way junction, Washington; grid reference NZ328572. Please do not confuse it with the nearby Willows Pond in Barmston Village or the Wildfowl and Wetlands Centre. For information on local bus services please phone Traveline North East on 0870 608 2608.

### Paths, gates and seats

Access is restricted to three open hides or viewpoints and a public path to the north of the site. From the Nissan Way car park the path to the two main hides is quite smooth with gentle/quite gentle gradients (B2 on the Break Free scale). The path to the third hide is uneven and accessed via a step and short, narrow boardwalk. The main hides have bench seats and different viewing levels.

During your visit to Barmston Pond please keep to the surfaced paths and lane to help prevent disturbance to wildlife.

### Would you like to know more?

For more information or to report any sightings of wildlife please see our website [www.sunderland.gov.uk/countryside](http://www.sunderland.gov.uk/countryside) or contact:

Countryside Team  
Development and  
Regeneration Services  
Civic Centre  
Sunderland SR2 7DN  
Tel: 0191 553 8773  
Email: [countryside@sunderland.gov.uk](mailto:countryside@sunderland.gov.uk)

Photographs by [www.northeastwildlife.co.uk](http://www.northeastwildlife.co.uk)



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# Go wild...

## Barmston Pond Local Nature Reserve



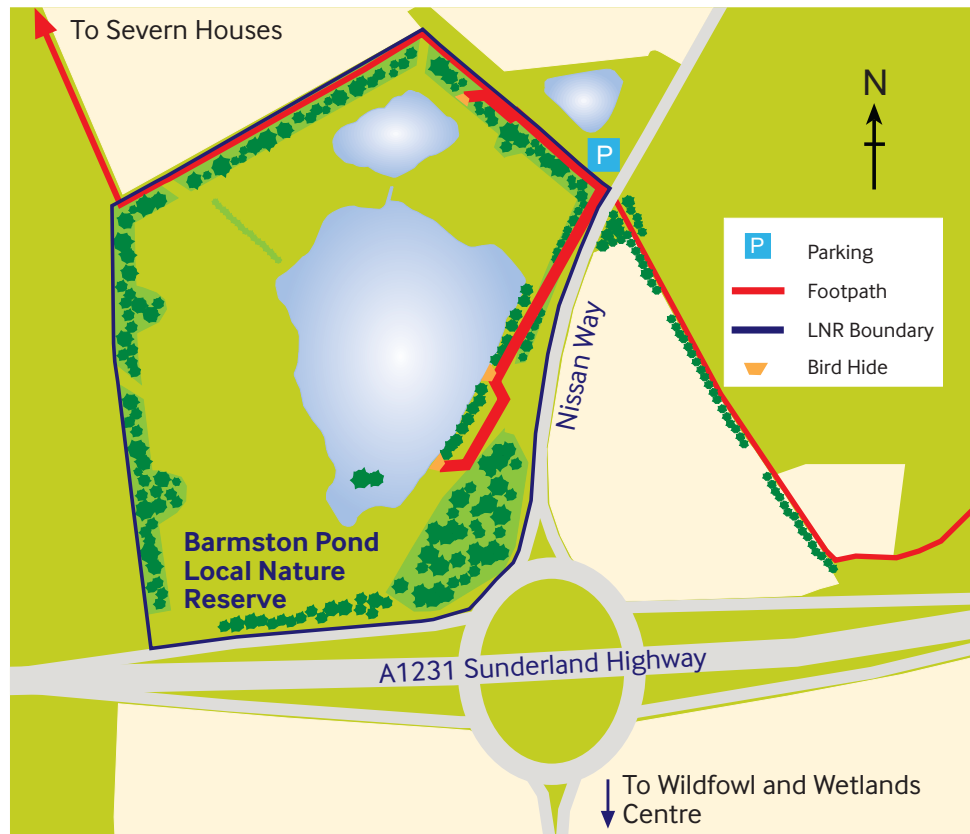
**Go wild and explore Sunderland's green spaces and easy-to-visit countryside places. Sunderland City Council helps you enjoy the breath of fresh air on your doorstep with this useful guide.**

Barmston Pond was the first Local Nature Reserve declared by Sunderland Council in 1993. It is home to a host of birds, wildflowers, butterflies and dragonflies.

The main pond is especially important for birds. The best time of year to visit

is early autumn when waders frequently stop to feed while on their migration south. Look out for wood sandpiper, green sandpiper, ruff, redshank and bar-tailed godwit. However birds are present all year round, including little grebe, grey heron and snipe, and in winter, wigeon, teal, mallard and pochard.

Meadow areas are managed for wildflowers, insects and other animal life. Damselflies and dragonflies are often seen flying and on the meadow fence near the bird hides.



### Common Blue Damselfly

April – August

**Description:** Slender bodied insects and weaker fliers than their stouter relatives the dragonflies.

**Habitat:** Still water and marshland.



### Common Frog

February – October

**Description:** Smooth skin, variable colour with dark eye patches and bands on the hind legs.

**Habitat:** Ponds and marshes.



### Grey Heron

All year round

**Description:** Tall slender bird with deliberate flight. Often seen standing motionless while fishing.

**Habitat:** All wetlands, estuaries and coast.



### Early Purple Orchid

May – June

**Description:** Leaves usually with dark blotches. Purple flowers smell of tomcats.

**Habitat:** Grassland, scrub and woods.



### Orange Tip

March – July

**Description:** Male butterflies have orange tipped forewings; females grey tips. Larvae feed on cuckooflower and other crucifers.

**Habitat:** Damp meadows and gardens.