



Wild Garlic (Ramsons)

April - June

Description: A carpet of garlic-smelling leaves and clustered, star-like flowers.

Habitat: Woods and shady banks.

Where to start?

A 2.5 mile circular walk, you can start at Worm Hill/Fatfield Bridge, Fatfield, grid reference NZ312541, or Cox Green, NZ325552, Washington. For information on local bus services please phone Traveline North East on 0870 608 2608.

Paths, gates and seats

The path surface is tarmac or concrete near Fatfield, Mount Pleasant Lake and Cox Green. Other sections of the route range from uneven loose stone to rough with tree roots. Slopes vary with some short parts being very steep. (D5 on the Break Free scale). Cox Green bridge has pedestrian access only; there are 6 steps at the south side of the bridge. There are several step stiles, squeeze stiles and gates of varying width, and bench seats at either end.

Would you like to know more?

For more information or to report sightings of wildlife please see our website or contact:

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Photographs by www.northeastwildlife.co.uk and Laurie Campbell.

Go wild...

Fatfield to Cox Green

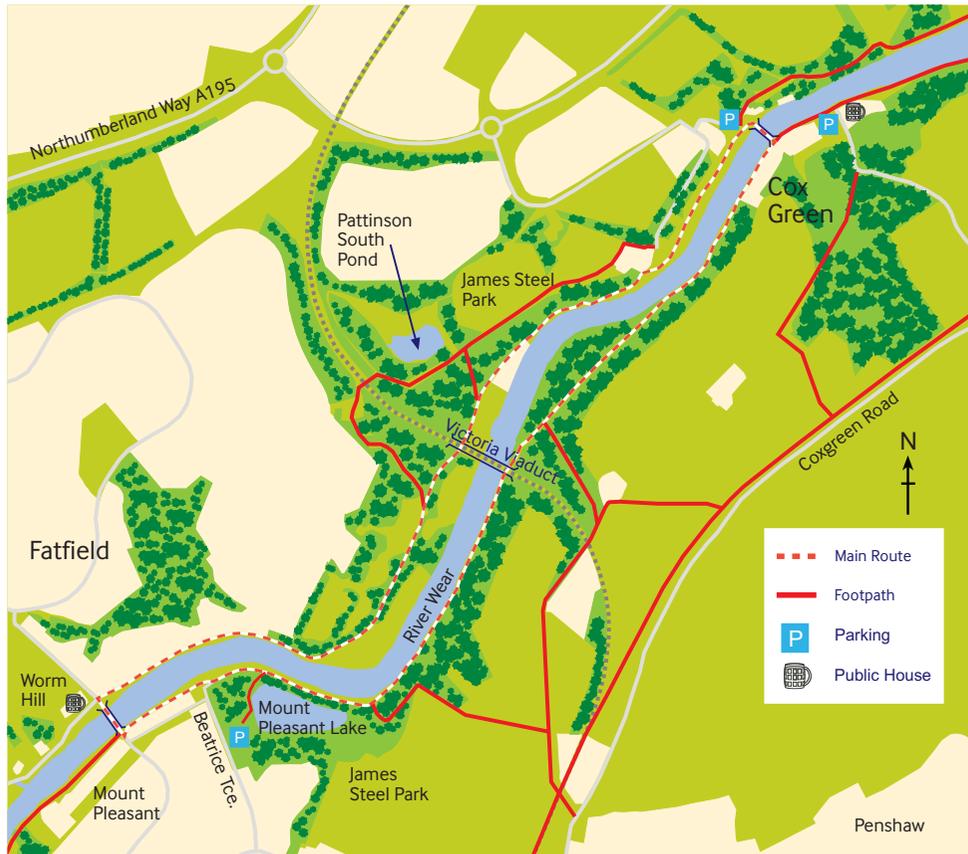


Go wild and explore Sunderland's green spaces and easy-to-visit countryside places. Sunderland City Council helps you enjoy the breath of fresh air on your doorstep with this useful guide.

Follow the meandering River Wear from Worm Hill to Cox Green. This circular three bridges walk is steeped in history and awash with wildlife. The main riverside route is

through James Steel Park and forms part of Sunderland's River Wear Trail.

The ancient, riverbank woodlands have a host of wildflowers including lords and ladies, lesser celandine and herb robert. Look out for giant hogweed too. But be careful you do not touch this monster plant; it can cause severe skin irritation and allergic reactions that may need hospital treatment!



Lords and Ladies (spring)

April - May

Description: Large, flower arrangement to attract flies. Also known as cuckoo pint or wild arum.

Habitat: Woods and shady banks.



Lords and Ladies (summer)

May - September

Description: A spike of bright orange berries replaces the flower in summer and early autumn.

Habitat: Woods and shady banks.



Nuthatch

All year round

Description: Moves in short bursts up, down and sideways on tree trunks.

Habitat: Woods, parks and gardens.



Treecreeper

All year round

Description: Starts at the base of a tree and climbs up in a spiral round the trunk, tail pressed against the bark.

Habitat: Woodland.



Giant Hogweed

June - July

Description: Much bigger version of our native hogweed. Giant umbrella-like flowers produce hundreds of seeds. Danger: do not touch this plant.

Habitat: Damp ground – grassland and open woods.