



Common Yellow Russula

August - November

Description: Ochre-yellow cap, 4 -10cm, can vary in colour; pale cream gills.

Habitat: Mixed woodland.

Where to start?

A 2 mile circular walk. Start at the Shipwrights Arms pub, North Hylton, grid reference NZ350560. Limited roadside parking. You can also access the route from Wildfowl and Wetlands Centre or Low Barmston, Washington, NZ3356. For information on local bus services please phone Traveline North East on 0870 608 2608.

Paths, gates and seats

The main walk has steep slopes, steps, stiles and bridges. Surface quality varies between worn grass and loose stone and long grass, soft earth and tree roots. (D5 on the Break Free scale).

Would you like to know more?

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

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

www.sunderland.gov.uk/countryside

Photographs by www.northeastwildlife.co.uk

Go wild...

High Wood



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.

High Wood rests on the north bank of a large loop in the River Wear, between the Wildfowl and Wetlands Centre and Hylton Bridge. It is an ancient woodland with excellent

views, and forms part of the River Wear Trail from the river mouth to Fatfield.

A haven for wildlife, look out for birds such as great spotted woodpecker, tree creeper and sparrowhawk among the old oak, beech and ash trees. Fungi and woodland flowers thrive here and hidden glades and ponds offer you a chance to glimpse dragonflies and butterflies.



Wren

All year round.

Description: Small, reclusive bird with a short cocked tail. Some say it is the king of the birds.

Habitat: Woods, hedgerows and gardens.



Sparrowhawk

All year round

Description: Usually seen in rapid flight chasing its prey, small birds.

Habitat: Woods, hedgerows, parks and gardens.



Lesser Celandine

March - May

Description: Member of the buttercup family, with eight or more narrow petals.

Habitat: Woods, hedge-banks and damp ground.



Bluebell

April - June

Description: Fragrant bell shaped flowers in a drooping, one-sided spike.

Habitat: Woods, hedge-banks and damp ground.



Chiffchaff

March - October

Description: A summer visitor, this warbler can be recognised by its 'chiff-chaff' song.

Habitat: Woodland