

Seasonal highlights

In the warmer months look for early forget-me-not, sheep's sorrel, mossy stonecrop and wall bedstraw.

The old Scots pines are characteristic of the Breckland landscape. The woods at East Wretham are mixed pine and native broadleaved trees and are nesting habitat for scarce birds including nightjar and redstart.

In the spring as well as Dr Long's wheatears, look for skylark, tree pipit and willow warbler. During winter watch for impressive gatherings of ducks and geese on the meres.

Of special note are the fluctuating meres. Just twelve of these mysterious waterbodies exist across the Brecks landscape, among the best known being Langmere and Ringmere at East Wretham. Water in these exceptional wetlands comes and goes unpredictably. As a result, unlike almost all freshwater wetlands, they are not subject to the process of succession by which wetlands fill up with plant material and gradually dry out.



NWT East Wretham Heath

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Norfolk Wildlife Trust

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Our reserves

If you have enjoyed visiting NWT East Wretham Heath why not visit another of our nearby beautiful nature reserves?

Thompson Common

Post code: NR17 1DP
Grid ref: TL 941 966

Thetford Heath

Post code: IP24 3ST
Grid ref: TL 848 807

Weeting Heath

Post code: IP26 4NQ
Grid ref: TL 757 881

New Buckenham Common

Post code: NR16 2AS
Grid ref: TM 090 905

Further details on all
NWT reserves can be found
on our website: www.norfolkwildlifetrust.org.uk



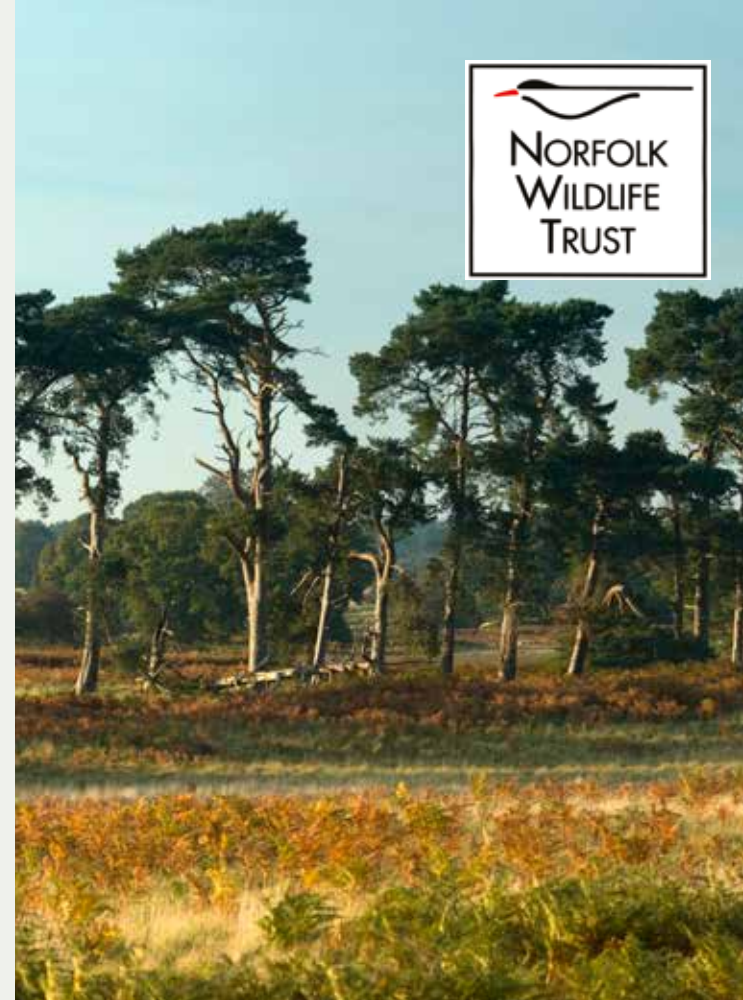
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**Help us care for Norfolk's amazing
wildlife and landscapes.**

Visit our stunning nature reserves for free. To find out
more, come and see us in the visitor centre, call
01603 625540 or visit www.norfolkwildlifetrust.org.uk



Saving Norfolk's Wildlife for the Future



NWT Nature Reserve
**EAST
WRETHAM
HEATH**

www.norfolkwildlifetrust.org.uk



East Wretham Heath was a favourite of
Dr Sydney Long, NWT's founder, who would
visit in March each year to find the first of the
returning wheatears which then nested here.
The reserve was purchased from three
landowners in the early 1940s and was the
first nature reserve in Breckland.

In the birch woods at the edge of Langmere is a stone in
memory of Dr Sydney Long. He died in January 1939 and it
is here that his colleagues erected a stone to record his life
and his tremendous contribution to conservation.

Breck grassland is a nationally rare habitat, which is
colonised by many species found nowhere
else in the UK.



Saving Norfolk's Wildlife for the Future

The bare ground left around the edge of the meres as water rises and falls is especially important for rare plants, many of them tiny. When wet, the meres are also home to many waterbirds including little grebe, gadwall, coot and lapwing.

Enjoying your visit

The nature reserve is open dawn till dusk, every day all year round. Free to enter. There is a small car park at the Brecks reserve office.

A network of paths enables visitors to access the habitats, wildlife and landscapes of this unique area. Please do not leave these paths, because some areas of quaking marsh and fen can be treacherous.

Can I bring my dog?

Yes, the site is Open Access, but walkers must observe reserve signage and information as restrictions (no dogs) apply in some areas. Please keep dogs on a short lead at all times. Outside this period walkers are requested to please keep dogs on a lead to avoid disturbance to livestock when present.

Accessibility

For information about the accessibility of our nature reserves, including visiting with dogs, please check our website or call 01603 625540 before your visit.

Facilities

Car park, paths

At all NWT sites the responsibility for the safety of visitors is seen as one that is shared between the Trust and the visitor.

Visitors can help by:

- Observing all notices and signs during your visit
- Ensuring all gates are securely closed
- Not cycling on the reserve
- Following any instructions and advice given by Trust staff
- Ensuring that children are properly supervised at all times
- Wearing appropriate clothing and footwear

