

Nature Walk for Sinfin Moor Park

Local Nature Reserve



Improve your physical and mental health with this gentle walk around Sinfin Moor Park Local Nature Reserve (LNR). The Sinfin Moor Park LNR is regarded by RSPB as the best in Derby for its range of birds.

Nature to be seen include

(Wildlife to be seen will depend on seasons and weather)

Birds: Goldfinch, chiffchaff, short eared and tawny owls, willow warbler, woodcock, buzzard, kestrel, heron, mallard duck and moorhen.

Trees and flowers: Cowslip, common spotted orchid, lady's bedstraw, horse chestnut, hazel, alder and wild cherry.

Animals: Smooth newts, dragonflies, damselflies, ringlet butterflies.



Let us know the wildlife you see on your walk

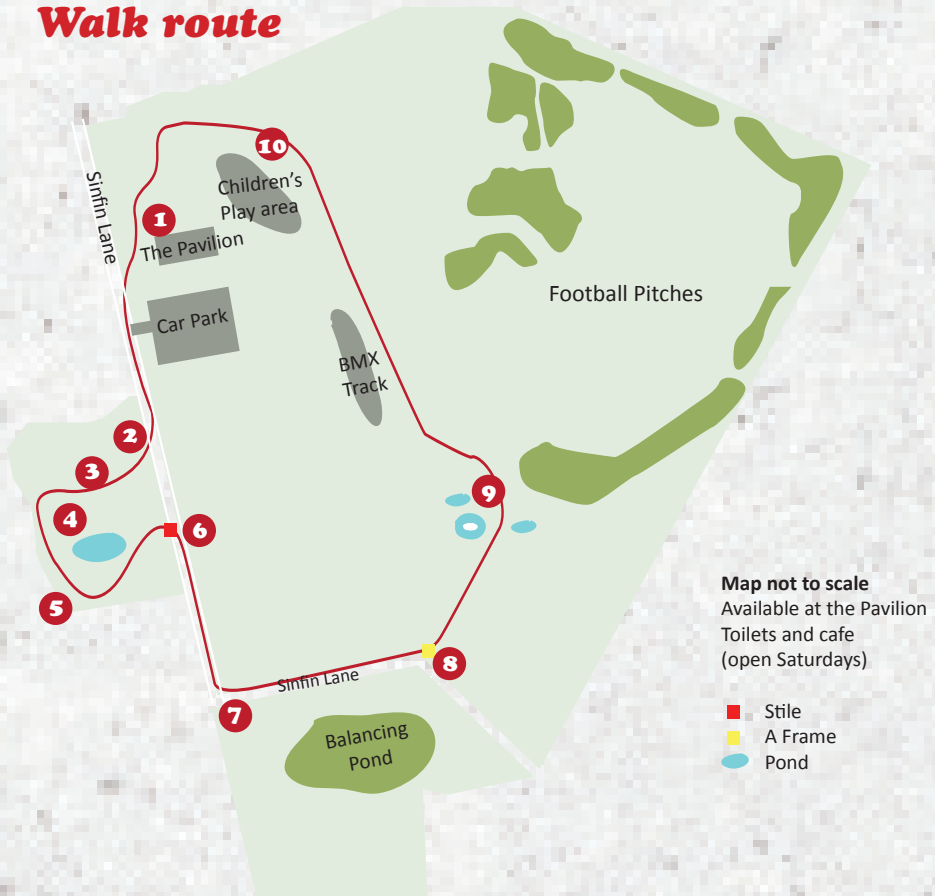
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We will update our website with nature seen at each park. Visit www.derby.gov.uk/parks

Walk key	<ul style="list-style-type: none">• Surface graded A = smooth with footpaths• Slope Gentle = up to a 1 in 20 gradient• Access = suitable for wheelchair and pushchairs, although Balancing Pond is uneven.• Family walk
Estimated time	1.5km (0.9miles) - 45 minutes at a steady pace
Facilities	The Pavilion, café and toilets open on Saturdays. Benches available on route, children's playground.
How to get there	By bus from Derby City Centre, bus number 37 or 38. By road Sat Nav: DE24 9SF Free parking

Walk route



- 1.** Start the walk at The Pavilion. Walk through the trees at the back of the car park., heading onto Sinfin Lane. See the range of trees including lime, horse chestnut, scot's pine and sycamore. See the weeping willow beside Moorfields. In the summer play 'helicopters' using the sycamore seeds.
- 2.** On Sinfin Lane beyond the bollard is a favourite feeding spot for birds. See the following birds, greater spotted woodpecker, buzzard and reed bunting. Turn right into Dingley Dell, you might come across mole hills. Look out for bird boxes in the wood and notice how the holes get enlarged by pecking woodpeckers. Trees in this area include hawthorn and elder.

- 3.** The walk now leads you into the meadow. See meadow vetchling, common knapweed, hogweed, cow parsley, oxeye daisy, cowslip, great burnet.
- 4.** At the main pond, depending upon the time of year you are walking will depend on the nature seen. The pond dries out in summer which allows amphibians to thrive. The pond is home to frogs, toads and smooth newts, as well as boatmen, pond skaters, water beetles, dragonflies and damselflies. This is a good site for pond-dipping.

Facing the pond from the bench you will see a dazzling display of purple loosestrife in the summer, as well as bullrushes (reedmace). An open area of

water is maintained by clearing some of the vegetation after the summer. Willows are to be found around the pond – the Friends Group try to keep these under control as they are thirsty trees that reduce the amount of water in the pond. To the left is phragmites reedbed, an important breeding habitat for pair of reed bunting. See the black poplar, planted to celebrate the Queen's Diamond Jubilee in 2012.

5. Continue your walk into the wood at the back of the pond. You will see mature crack willow, hazel, hawthorn, nettles, ivy and mosses. See on the ground, the lying branches help provide homes for minibeasts.

Upon coming out the wood you will see teasels (purple tinged in summer) and brambles, full of blackberries in the summer.

6. As you come out of the wood before the stile see dead hedging covered in summer with bindweed, with big white trumpet flowers. Turn right and walk

along the lane, you may hear, and see pheasants. The hedgerow includes dog rose and to the right is the farmer's field with wheat crop.

7. As you reach the corner continue along the lane to the A-frame entrance. Walk along the edge of Wayne's Wood (named by the Friend's Group in memory of an active member who helped put up many bird boxes – look out for them). Here you will see dead hedging and young trees planted by pupils from Derby Moor School. The path, which can be overgrown in summer, takes you around three sides of the hawthorn plantation known as the Balancing Pond which allowed water into it in the event of severe flooding. The path will now bring you back onto the lane opposite the A-frame entrance.

8. Walk through the A-frame along the meadow and you will come to an area of many ponds. The Conservation Volunteers and partners have increased the number of ponds from three to 14 to help restore the area to its former





wetland habitat. Take the path through the grass to Mississippi Mud Pond. The area around here is rich in wildflowers including common spotted orchid, ragged robin, meadowsweet and wild carrot. Spot the crab apple tree.

The small ponds on the opposite edge of this area is called the String of Pearls.

9. Go across to the Doughnut Pond, which was dug out in 2009. This pond is now a habitat for tadpoles, newts and aquatic plants such as stonewort. Around the pond can be found celery-leaved buttercup and silverweed.

Opposite the Doughnut Pond is Pancake Pond, which is one of the original ponds on Sinfin Moor. This pond has been deepened and cleared of vegetation. In

the sedge near the ditch end there is a rare plant called common meadow-rue.

10. Follow the path and head back towards the playing field, past the football pitches. Birds foot trefoil, also known as 'eggs and bacon', red clover and teasel can be seen.
11. The walk ends back at The Pavilion. Refreshments and toilets are available on Saturdays in the café and there is a children's playground for the little ones to enjoy and a adventure play area for the older children.

Don't forget to tell us about the wildlife you have seen on your walk, by following us on Twitter
@DerbyCC - use #derbywalk
or email: parks@derby.gov.uk

Produced in Partnership with Derbyshire Mind - Enjoying Derby and Derby City Council

For information about Derby's Local Nature Reserves please call Derby Parks on 01332 293111, Minicom 01332 640666, email parks@derby.gov.uk or visit www.derby.gov.uk/parks