

# Millennium Coastal Park Ashpits Pond and Pwll Lagoon Local Nature Reserve

## Circular walk



### Distance:

4km / 2.5 miles

### Terrain:

Footpath (with stile),  
cycleway

### Gradient:

Level

### Duration:

1 hour 20 mins



Access along  
cycleway. Take path  
south from car park  
to join cycle way.

### Public transport:

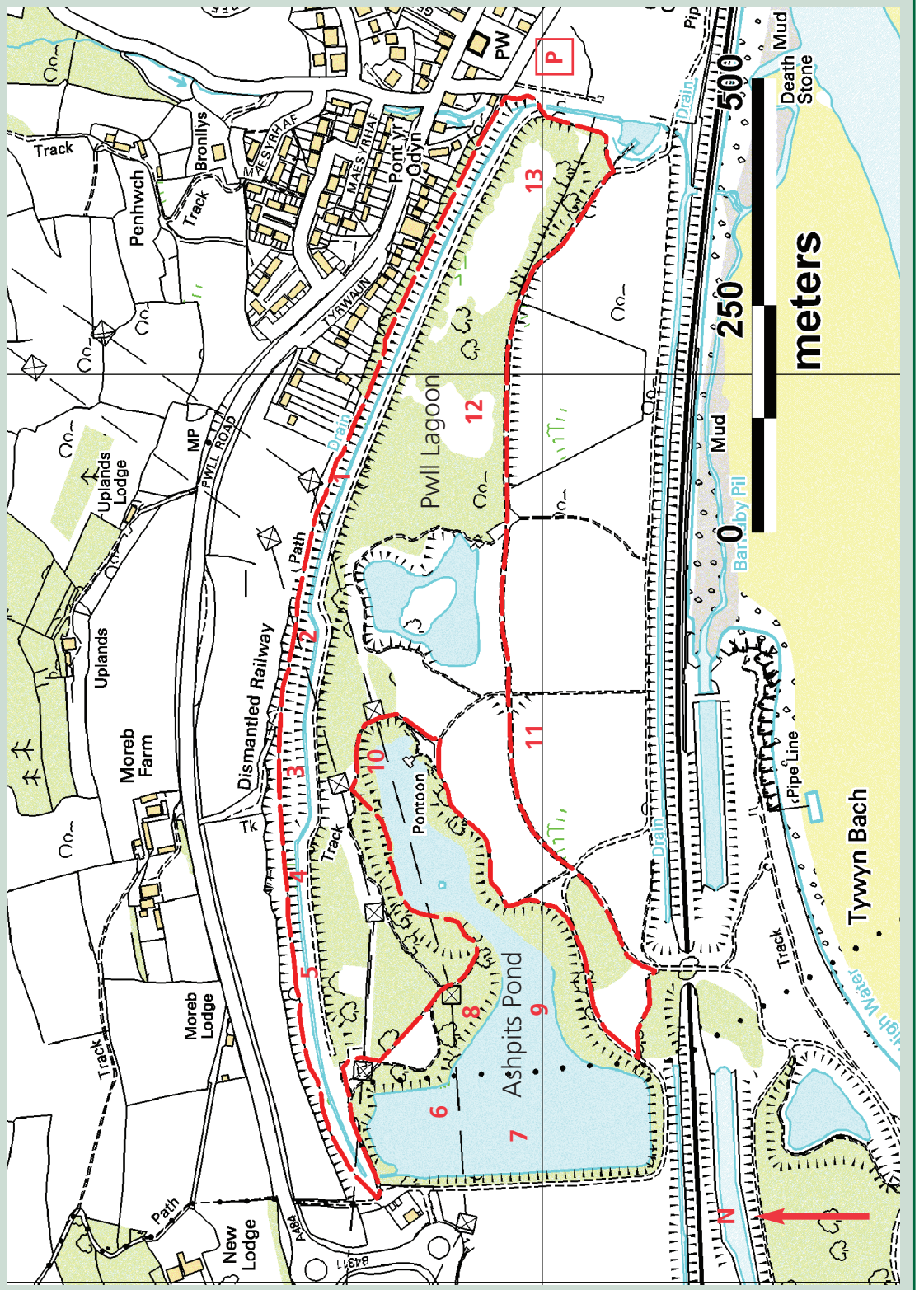
Bus X11  
(X12 Sunday) to Pwll  
([www.firstgroup.com](http://www.firstgroup.com))

### By car:

SE Carmarthenshire.  
A484 to Pwll. Turn by  
Talbot public house  
to free car park by  
playing field.

### Grid reference:

SN 475 008



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# Ashpits Pond and Pwll Lagoon

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1. The favourite habitat of the rare dormouse is found along Ffordd y Wagen which includes hazel, bramble and tangles of honeysuckle. It spends most of its time above ground in the canopy.
2. In late summer the rare white-letter hairstreak butterfly can be seen above the canopy with its jerky flight. The foodplant of the caterpillar are the elm trees that grow here.
3. Listen out for the woodland dawn chorus of goldfinch, greenfinch, song thrush, blackbird and robin. Evening birdsong is almost as good.
4. Many ferns grow here adding a green luxuriance. Look out for soft shield fern, hart's-tongue fern and male fern.
5. The area is also a stronghold for the all-yellow brimstone butterfly as its alder buckthorn foodplant is common here, upon which its caterpillars feed.
6. The area of reed surrounding the pond provides shelter especially during the breeding season. Look out for mute swan, mallard, tufted duck, little grebe, great crested grebe, coot and moorhen.
7. Water rail, pochard, shoveler and gadwall are all winter visitors.
8. Listen out for the songs of the warblers. They're all quite different and blackcap, reed warbler, sedge warbler, Cetti's warbler and chiff chaff can all be heard here.
9. The pond is also favoured by sand martins in summer and they can be seen hawking for insects above the surface of the water.
10. Dragonflies to look out for include the emperor, the migrant hawkler and the blacktailed skimmer.
11. The summer meadows are a blaze of colour in the summer with meadow plants such as tufted and common vetch, bird's-foot trefoil, yellow rattle and grasses including cock's foot, Yorkshire fog and sweet vernal grass.
12. Within the birch-willow woodland acid loving plants occur such as royal fern and lemon-scented fern.
13. The fen is a rare habitat and is particularly rich in plant life. Six species of rush including the localised blunt-flowered rush are found here. Ragged-robin, purple loosestrife and southern marsh-orchid grow along with common reed. More open areas of fen are covered with sedges, such as false fox-sedge whilst there are also populations of lesser centaury and common sundew.

**If you would like any further information about Local Nature Reserves please contact the Reserves Ranger on 01554 772 368.**

#### The Countryside Code

##### *Respect - Protect - Enjoy*

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people



80% recycled