

**Millennium Coastal Park
North Dock Dunes
Local Nature Reserve
Circular walk**



Distance:
2km / 1.2 miles

Terrain:
Footpath, sand

Gradient:
Level

Duration:
40mins

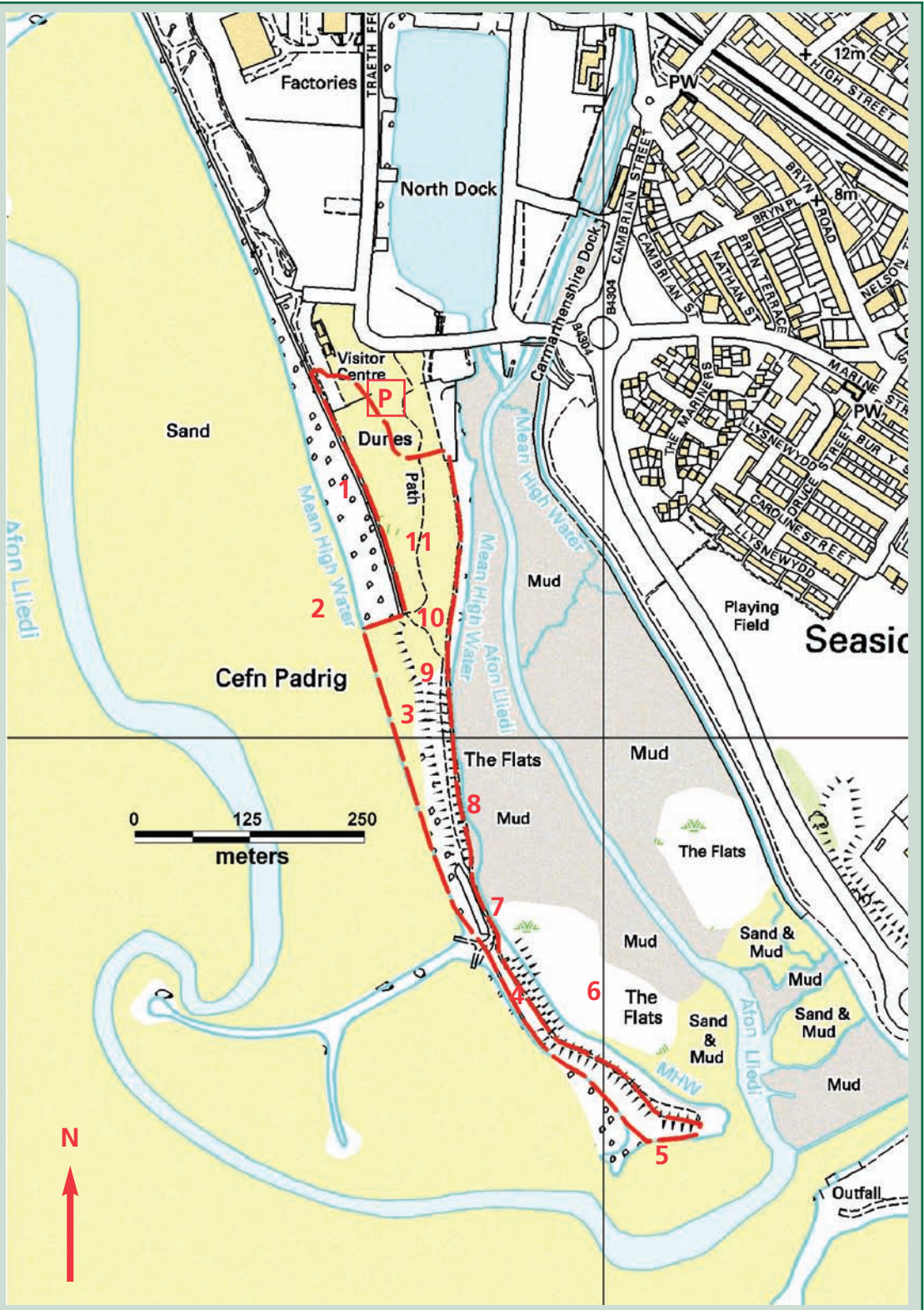


Access along promenade by visitor centre.

Public transport:
Bus 181 to North Dock, Llanelli
(www.firstgroup.com)

By car:
SE Carmarthenshire.
A484 and B4304 to pay and display car park in North Dock, Llanelli.

Grid reference:
SS 497 995



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North Dock Dunes Local Nature Reserve

Circular walk

1. Pioneer plants grow closest to the sea and can withstand high salt concentrations. These include sand couch grass, saltwort, sea sandwort and sea rocket.
2. The strandline is very important for invertebrates where it forms a damp refuge from the heat of the mid-day sun. Look out for sand hoppers and beetles.
3. Sand dunes defy gravity! They are formed when dry sand is blown up the beach and becomes trapped by pioneer plants. Marram grass is found on the larger dunes.
4. The grassland is a blaze of colour in spring. Look out for cat's-ear, autumn hawkbit and smooth hawk's-beard all with the characteristic yellow daisy-like flowers. The distinctive sea holly, sea spurge and the elusive yellow-horned poppy also occur here. The pink sea bindweed grows trailing along the ground.
5. Look out for over wintering birds such as pintail, redshank, dunlin and curlew. The area is also a popular high-tide roost for gulls, waders and ducks.
6. Characteristic plants of the saltmarsh include sea purslane which fills the mid salt marsh. Sea couch grass is found right at the top of the saltmarsh by the path.
7. Look out for the small blue butterfly which occurs along with its only food plant the kidney vetch. The rare marbled white butterfly whose food plant includes the grass red fescue now has its stronghold in dune grassland.
8. Flowers adorn the sheltered bank such as the locally common sea campion, the intensely yellow bird's-foot trefoil and the uncommon greater knapweed. Butterflies include common blue, red admiral and large white.
9. Look out for the 'sand hill' snail which can be seen clinging to plant stems in the summer to avoid the hot sand. This Mediterranean species is at its most northerly point in its distribution.
10. In winter mixed flocks of finches such as linnet, goldfinch and greenfinch can be seen feeding on seeds contained in dead flower heads whilst kestrel can often be seen hunting over the dunes for small mammal prey.
11. The distinctive sand sedge grows here, which spreads by suckers helping the sand to bind. Uncommon plants are found here because of the unusual conditions where the dry sandy soil can get very hot in summer.

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

Please keep to the paths during spring and summer to avoid disturbance to nesting birds. As birds use the beach and estuary to rest, especially at high tide, please prevent dogs from chasing birds.

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

