

Millennium Coastal Park Pembrey Burrows and Saltings Local Nature Reserve

Circular walk



Distance:
6 km / 3.7 miles
(circular route)

Terrain:
Footpath (with stiles),
sand

Gradient:
Level

Duration:
2 hours

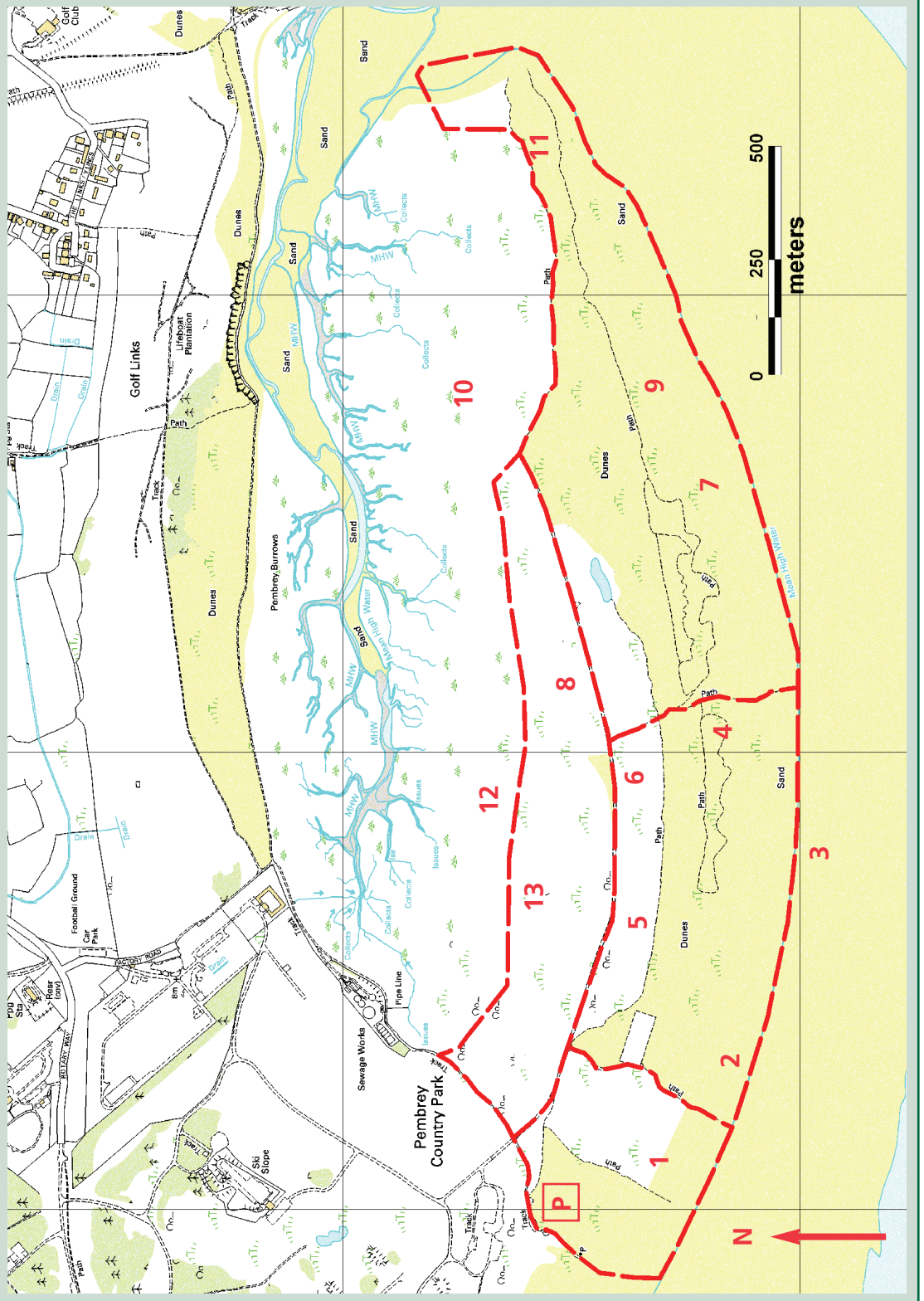


Access along road.
Take turning to left
just before car park.

Public transport:
Bus X11 (X12
sunday) to Pembrey
(www.firstgroup.com)

By car:
SE Carmarthenshire.
A484 to Pembrey.
Follow road to
Pembrey Country
Park for 1 mile, turn
left for 1 mile to free
car park.

Grid reference:
SS 410 996



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Pembrey Burrows and Saltings

Local Nature Reserve

Circular walk

1. Flowers carpet the yellow dunes in spring and summer which are 'lime rich' due to tiny shell fragments. Look out for dune pansy, bird's-foot trefoil, biting stonecrop, seaside centaury, fragrant evening primrose, southern marsh orchid and pyramidal orchid.
2. Sand dunes begin as small embryo dunes just above high tide. Plants able to tolerate high salt concentrations include sand couch grass, prickly saltwort, sea holly and sea rocket. Large semi-stable yellow dunes dominated by marram grass form behind the embryo dunes.
3. The strandline is important as it provides shelter from the wind and sun. Look out for feeding ringed plovers and beetles.
4. Listen out for the constant song of the skylark as it sings high up in the sky. It is joined by the less vocal meadow pipit from time to time.
5. These dunes are grazed in the winter months. Grazing is an essential tool in conservation management as it keeps the rank grasses down and encourages the smaller flowers and herbs.
6. Many butterflies can be seen here including small blue, marbled white, small skipper, dingy skipper, small heath, green hairstreak, and common blue. Also look out for day flying moths including burnet moth, cinnabar moth and yellow shell.
7. The soft sand is perfect for burrowing solitary bees and wasps which can be seen buzzing around on a hot summers day.
8. Green-winged orchids appears here in early spring along with bulbous buttercup which add colour.
9. Many rare moths are found after dusk such as the grass eggar moth whose larvae feed on marram and kidney vetch whilst the larvae of the scarce burnished brass moth feed on hemp-agrimony.
10. Common sea-lavender is a blaze of purple in the salt marsh in late summer. Look out for golden samphire and the rare rock sea lavender in the upper salt marsh close to the dunes.
11. The salt marsh shows a complete succession from pioneer marsh to upper salt marsh and dune vegetation and is one of the best examples of its kind.
12. Look out for large flocks of redwing, fieldfare and starling in winter.
13. A flower rich sward develops in the stabilized dune grassland including herbs such as thyme, eyebright and lady's bedstraw.

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



80% recycled