

HEALTH AND SAFETY WARNING

Members and visitors should take reasonable care for their own health and safety and cooperate with walk leaders and others to maintain safe practices. If you bring children you must supervise them at all times.

Take care if you have to share a path with cattle or sheep, cross a road or climb over stiles, and please stay well away from all cliff top edges as cliff falls are frequent and very dangerous.

Please also be aware of overhanging branches, brambles, and do not eat or suck wild berries, fruits, fungus, leaves or grasses. You are strongly advised to wear appropriate footwear. Most walks are on uneven grass paths, and the obvious risks are of pot holes, tripping, and slipping especially after rain.

*Affiliated Member
of Sussex Wildlife
Trust*



In a friendly atmosphere, the Society aims to promote interest in plants, birds, and animals and how the groups interact with each other.

It was formed in 1959 to provide interest and knowledge of our local flora and fauna and is affiliated to the Sussex Wildlife Trust. We have a group of Recorders available to whom records may be sent and where help may be obtained in the identification of species.

In Spring, Summer and Autumn there are gentle walks organised for which transport can be arranged.

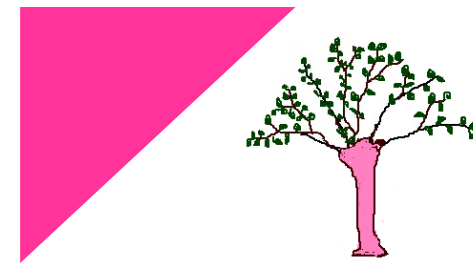
In Winter there is a programme of illustrated talks on Tuesday afternoons at St Luke's Church Centre, Walmer Road at 2.15pm and walks as indicated.

A magazine is published three times a year in March, July and November.

For further information

Visit our website
www.seafordnaturalhistory.org.uk
01323 490184
or e-mail
richardmongar@btinternet.com

Current membership - £20 per year,
plus £10 per additional member at same address
Visitors to meetings or walks £3



Seaford Natural History Society

Outdoor Programme

2020



DATE	LEADER	LOCATION	MAIN FOCUS	PARKING/MEETING POINT	GRID REF
7 th April 10.00 a.m.	Bob Self	Cuckmere Estuary	A bird spotting walk down the estuary to the shingle ridge	Use any Exceat/Seven Sisters C P* Meet and start from outside the main doors of the Pump Barn, by the toilets.	TV 5191 9952
21 st April 10.00 a.m.	Nick Lear	Knowlands Farm	Woodland Walk focussing on tree identification plus Spring woodland wildlife	Go down the lane to the farm, and park in the field on the right, just before the pond. See additional information sheet for more details.	TQ 4212 1686
5 th May Members only outing		Bedgebury	Day Trip	See separately circulated Booking Form	
19 th May 10.00 a.m.	Simon Hurt	Butts Lane Meadow	Exploration of this SSSI meadow which is nearing the end of a restoration programme	Meet at the entrance to the meadow in Butts Lane. See additional information sheet for more directions and car parking options.*	TQ 5847 0214
2 nd June 10.00 a.m.	Evan Jones	The Wildlife of West Rise Marsh	General wildlife of this part of Eastbourne / Pevensey Levels	Meet at free car park See additional information sheet for more details.	TQ 6261 0240
16 th June 10.00 a.m.	Tim Parminter	Charleston Reedbeds	The wildlife of the reedbeds, especially plants, birds and butterflies	Forestry Commission C P* Please do NOT park on the verge opposite. See additional information sheet for more details.	TQ 5180 0018
30 th June 9.00 a.m.	Steven Teale	Seaford Head LNR	Opening moth traps and identifying moths which have been trapped overnight.	South Hill Barn Car Park See additional information sheet for more details.	TV 5045 9806
14 th July 10.00 a.m.	Paul Dixon and Colin Whiteman	Friston Gallops	Butterflies of the Gallops. Some steep sections and rough tracks.	Butcher's Hole Car Park CP* See additional information sheet for more details.	TV 5553 9943
28 th July 10.00 a.m.	Marion Trew	Arlington Village Meadows	An exploration of the farmland at Arlington, focussing on the vegetation and wildlife of the hedgerows	Arlington Village Hall Car Park	TQ 5440 0745
11 th August 10.00 a.m.	Dave Morgan	Cradle Valley	Butterflies Some steep sections and rough tracks.	High and Over Car Park See additional information sheet for more details.	TQ 5091 0110
25 th August 10.00 a.m.	Michael Blencowe	Southerham Nature Reserve	A circular walk of approx. 5 km through flower-rich chalk grassland which will include some steep slopes that will be taken slowly.	Meet at Cliffe High Street Bridge, next to Argos. See additional information sheet for more details.	TQ 4194 1023
8 th September 10.00 a.m.	Chris Brewer	Tide Mills	A walk along the shingle to Tide Mills, exploring the vegetation and general wildlife along the way.	The Buckle Car Park See additional information sheet for more details.	TV 4689 9966
22 nd September 7.00 & 10.00 am	Bob Self	Seaford Head LNR	Birdwatching on two similar walks, each starting from South Hill Barn.	South Hill Barn Car Park See additional information sheet for more details.	TV 5045 9806

CP*= pay car park

NB: Unless otherwise stated walks will last 2-3 hours, mostly on uneven ground - and sorry but NO DOGS are allowed

Please contact the lift co-ordinator, Coralie Tiffin (Coralie.tiffin@gmail.com), if you need a lift to an event, or if you can offer a lift to someone else.

The additional information sheet can be found on our website at www.seafordnaturalhistory.org.uk