

Suitable for: Suitable for everyone. Firm surface with no stiles, gates or other obstructions.

Start: Car park at the main entrance off Lings Way

What will I see?: The fitness trail takes you around the edge of the reserve, along firm paths. Why not stop at the following fitness equipment?

- 1 Chin-up Bars
- 2 Walk and Stretch
- 3 Stepping-stones
- 4 Leapfrog
- 5 Log Walk

Distance: 1.4km

Finish: The Fitness for all trail (yellow) finishes close to where it starts.

Suitable for: There are no stiles on this walks. They follow a level woodland path, although there is a slight incline and can be uneven in places, and possible branches to step over.

Start: Car park next to Lings House

What will I see?: At Mini-beast Wonderland roll the small logs and hunt for bugs and creepy-crawlies.

Close your eyes and listen to the birdcalls at Nature's Orchestra. Can you hear any?

On Lings Heath can you see any of the heathland species we hope will return soon?

Look for dragonflies at Hibernation Hollow. What makes the Hollow such a good wildlife home?

Lie in Molehill Meadow and look through the grass. Imagine life as a tiny ant. Can you see the other creatures that live here?

Distance: 1.1km

Finish: The Adventure trail (green) finishes at the top of car park next to Lings House.

Suitable for: There are no stiles on this walks. They follow a level woodland path, although there is a slight incline and can be uneven in places, and possible branches to step over.

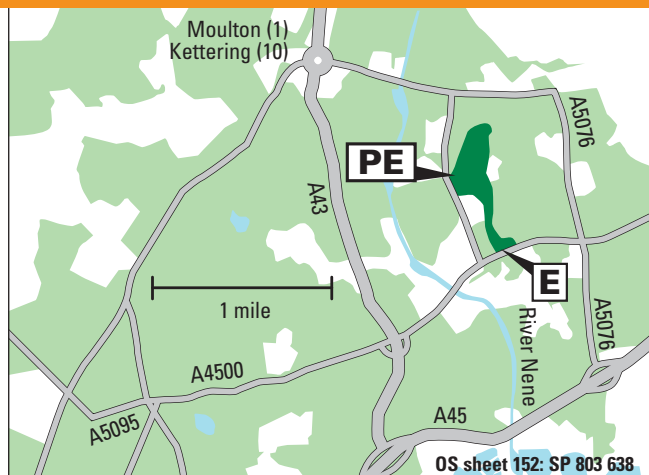
Start: Car park next to Lings House

What will I see?: Discover underwater creatures at the Pond Dipping Area. Head into the Un-charted Territory, which has been left to grow wild. On your return try navigating your way around our Deadwood Maze.

Distance: 1.1km

Finish: The Mystery trail (red) finishes at the back of Lings House.

We hope you enjoy your visit



How to find the reserve

From the centre of Northampton take the A4500 Wellingborough Road. Go past Weston Favell Shopping Centre on your left and the junction with A43 towards Kettering on your right. Turn left at mini-roundabout onto Lings Way. The reserve is signposted on the right. Park in the outer car park or follow the signposted track to Lings House.

First buses to the Eastern District pass close to Lings. Route numbers 3, 5 and 5b

Address: Lings Local Nature Reserve, Lings House, Billing Lings, Northampton NN3 8BE

Tel: 01604 405285

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www.wildlifebcnp.org

In Partnership with:



Illustrations by Mike Langman

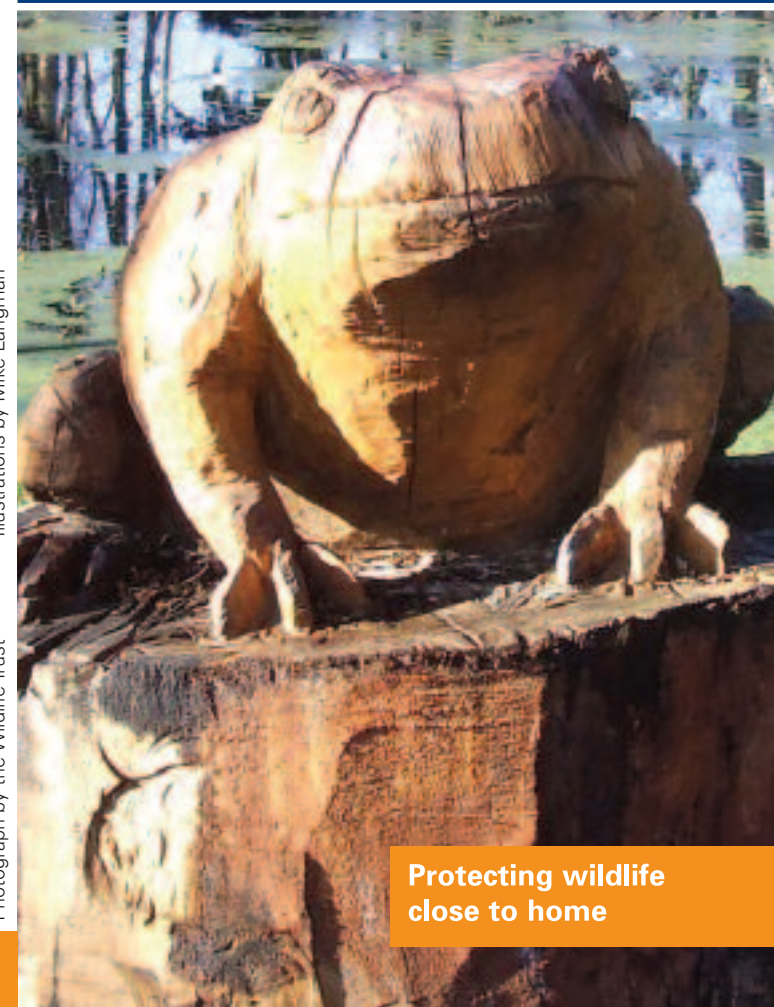
Photograph by the Wildlife Trust



Bedfordshire
Cambridgeshire
Northamptonshire
Peterborough

Welcome to

Lings Local Nature Reserve



Protecting wildlife
close to home

Welcome to Lings Local Nature Reserve

Hibernation Hollow

This is a brilliant home for frogs and newts. Come and see how many you can find.

Lings Heath

Many years ago the whole of Lings LNR was a beautiful heathland. We are restoring a small area of this rare habitat for future generations to enjoy. Ask us how you can help!

Pond Dipping Area

Discover what lives beneath the surface of Spring Pond.

Molehill Meadow

This is a special grassland and provides homes for many plants and animals that need acidic soils. Look for ants, rabbits and the bright blue flowers of germander speedwell.

The Un-charted Territory

Lings House Environmental Centre (Education Centre)

All events are based here. This is also the headquarters for the Wildlife Trust staff in Northamptonshire.

Key

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|--------------------|-------------------------|
| ① Chin-up bars | Ⓟ Car park |
| ② Walk and Stretch | --- Fitness for all |
| ③ Stepping-stones | - - - Adventure trail |
| ④ Leapfrog | - · - · - Mystery trail |
| ⑤ Log walk | |
| ⑥ Dead wood maze | |

