

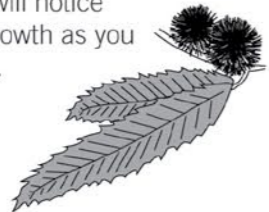
The Norsey Wood trail guide

The **Norsey Wood Trail** is about 1½ miles/2km long and is marked by red topped posts that direct you and point out features of interest. It includes a number of steep slopes and can be muddy, especially in the winter.

If you prefer a shorter stroll, there is the **Easy Access Trail**, a surfaced path of about ¾ mile/1km. This is suitable for the less mobile, including wheelchair users.

4 Sweet Chestnut coppice

Norsey Wood is coppiced annually on a rotation to increase the variety of habitats, and you will notice various stages of regrowth as you walk round the wood.



5 Main Ride

The main ride is thought to date back to the Iron Age. The sides of parts of this ride are cut annually to encourage wild flowers and insects. Flowers seen here in spring include Bluebells, Violets, Yellow Archangel and Foxgloves.



6 Valleys

Several valleys run through the wood and eventually run into the river Crouch. The wetter soils in this area lead to a change in the plant species, with trees like Alder, Ash and willows along with ferns and sedges.



3 Heather glade

Over the last few years we have been aiming to encourage the spread of heather in this area. The glade is well used by dragonflies, Grass Snakes and Slow Worms.



2 Trenches

These were dug by London Defence Volunteers during World War One as practice trenches. Although now partly obscured the route and design of the trenches can still be seen.

Hornbeam coppice
Pure Hornbeam areas like the recently coppiced ones off to the right here are an Essex speciality. Some Hornbeam coppice stools at Norsey Wood are probably more than 500 years old.



Features of interest

Large coppice stool

Bridge

Mature chestnut

1 Ponds

There are three ponds in this area. Woodland ponds can be shady places so we aim to coppice round them to let in more light. Wild flowers include Water Violet and Skullcap. There are also healthy populations of **Palmete Newt**.



10 Butterfly ride

The only grassy ride in the wood. Flowers you may see here include Yellow Pimpernel, Selfheal, **Common Centaury** and Common-spotted Orchids. Keep an eye out for Peacock, Comma and Meadow Brown butterflies too.



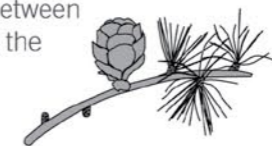
9 Tumulus

This is reputed to be the only authenticated Bronze Age burial mound in Essex. It was excavated in 1865 and three **clay urns** containing cremation remains were found.



8 Larch trees

Larch is not native to Britain, but was planted in the wood between 1825 and the 1930s. This is the largest remaining area.



7 Wood bank

Norsey Wood was once surrounded by a bank that helped to protect the coppice regrowth from browsing by deer, and this is still visible here.

Ancient Meadow
Norsey Meadow is part of an area of ancient grassland that has become invaded with trees and scrub. We are in the process of restoring this to a mixture of open grassland and wood pasture by a combination of tree felling and grazing. This should create good habitat for wild flowers, meadow ants, and adders



Map and leaflet partly funded by the Forestry Commission



Key



Entrances

Ponds



Norsey Wood Trail



Easy Access Trail



Tumulus



Car Park



Wood boundary

Other paths



Picnic sites (both picnic sites are dog free areas)