



## **RINGWOOD NATURAL HISTORY SOCIETY**

### Milford on Sea, Sturt Pond and Milford Riverside Nature Walk

Date: 2<sup>nd</sup> June 2021  
 Weather: Sunny with light cloud  
 Walk Leaders: Sonia Wilkinson and Judy Thomas  
 Attendees: 11

Our walk started from The Needles Eye Cafe, we walked along Hurst Road passing the bird hide, then along the spit which runs to Hurst Castle alongside Sturt Pond a 10.9-hectare (27-acre) Local Nature Reserve in Milford on Sea. It is owned and managed by Milford on Sea Parish Council. Also part of Solent and Southampton Water Ramsar site, a Special Protection Area of Solent Maritime Special Area of Conservation and of Hurst Castle and Lymington River Estuary which is a Site of Special Scientific Interest. Sturt Pond itself is tidal, and the reserve also includes Dane Stream, reedbeds, lagoons and saltmarsh. These habitats attract many birds, and there is also an area of grassland which is grazed by New Forest Ponies. After crossing a bridge over Dane Stream by now on its way to the sea we circled back to Milford on Sea village, home to 14 acres of Ancient Woodland known as Milford Nature Walk or the Pleasure Gardens. With a network of winding footpaths and grassland alongside the Dane Stream, it runs parallel to the coast. The stream forms part of the Milford on Sea conservation area and runs the length of the parish. We returned back by walking along the cliff tops.

<b>Flowering Plants</b>	<b>Flowering Plants cont</b>	<b>Birds</b>	<b>Others</b>
Sea Plantain	Herb Robert	Black-headed Gull	Meadow Brown Butterfly
Buckshorn Plantain	Enchanter's Nightshade	Swan	Red Admiral Butterfly
Sea Beat	Greater Stitchwort	Little Egret	Banded Demoiselle Damselfly
Thrift	Stinging Nettle	Common Tern	
Prickly Sow Thistle	Wood Dock	Starling	
Greater Sea Spurry	Herb Bennet	Mallard	
Horned Poppy	Yellow Flag Iris	House Sparrow	
Grass-leaved Orache	Field Horsetail	Herring Gull	
Sea Purslane	Bittersweet	Jackdaw	
Wild Carrot	Pink Purslane		
Sea Bindweed	Creeping Buttercup		
Crow Garlic	Cut-leaved Cranesbill		
Hogweed	Dovesfoot Cranesbill		
Common Reed	Small-flowered Cranesbill		
Marsh Sow-thistle	Cut-leaved Cranesbill		
Ribwort Plantain	Cinquefoil		
Birdsfoot Trefoil	Red Clover		
Sea Lavender	White Clover		
Sea Milkwort	Yarrow		
Sea Mayweed	Selfheal		
Cleavers	Germander Speedwell		
Bramble	Scarlet Pimpernel		
Common Orache	Groundsel		
Opium Poppy	Yellow Sorrel		

Hedge Bindweed	Redleg		
Nipplewort	Mouse-ear		
Comfrey	Ragwort		
Hemlock Water Dropwort	Sea Campion		
Oxeye Daisy	Pineappleweed		
Common Mallow	Rest Harrow		
Hedge Mustard	Common Centruary		
Red Sorrel	Rock Samphire		
Common Fumitory	Seaside Daisy		
Spotted Medick	Wild Teasel		
Creeping Thistle	Hedge Bedstraw		
Ground Ivy	Daisy		



Horned Poppy at Milford on Sea  
By Lyn Traves