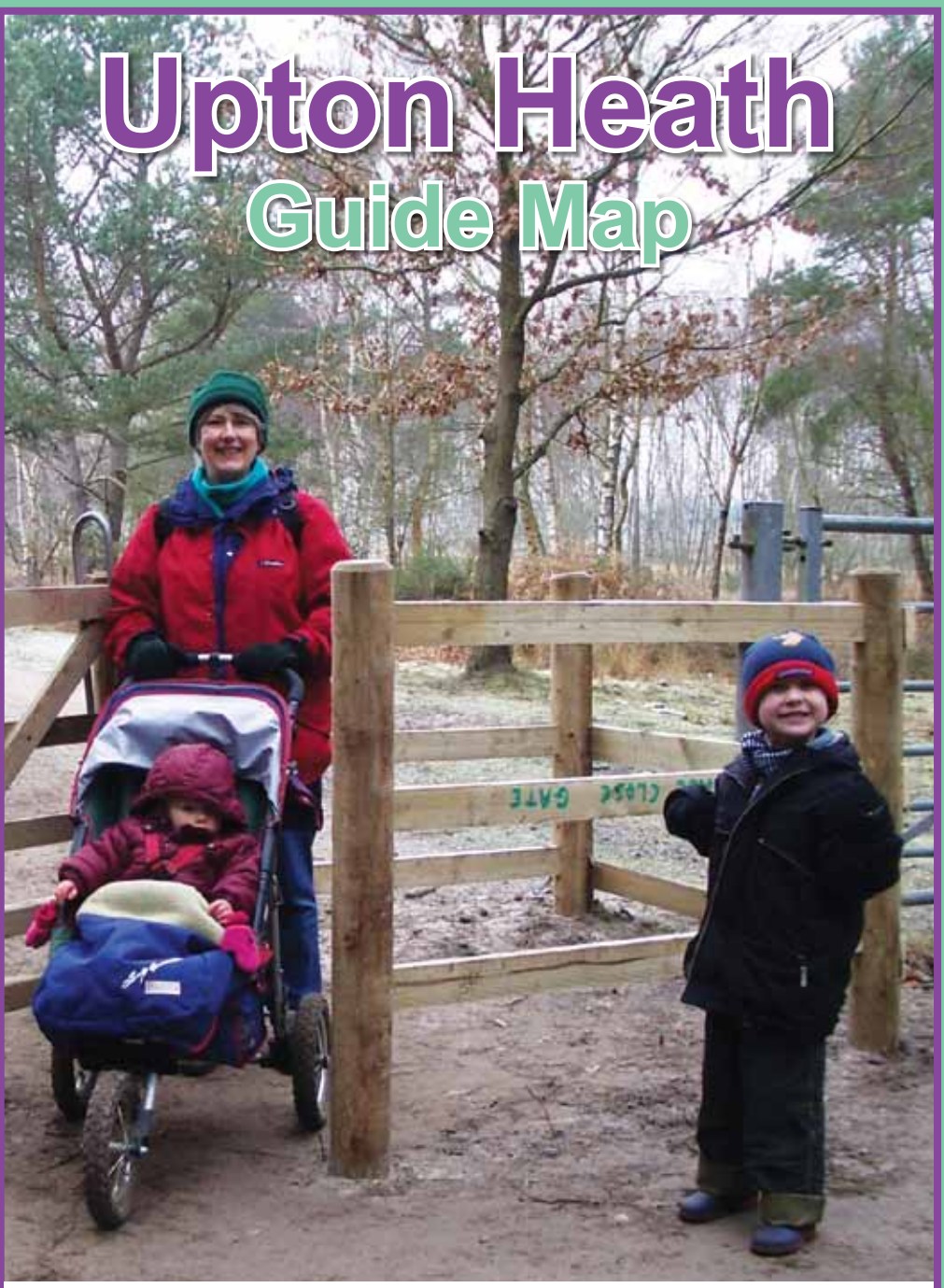
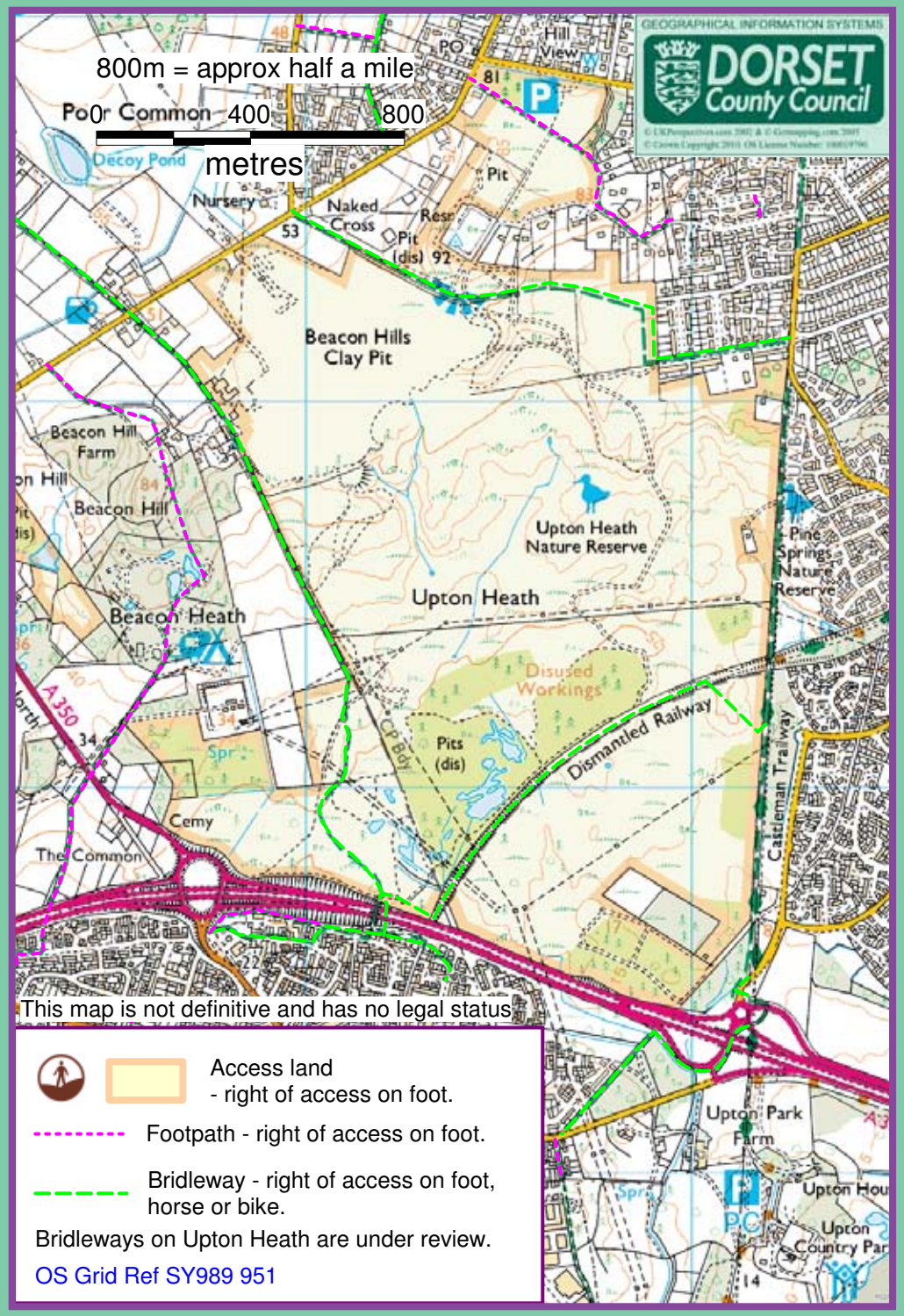
Upton Heath
Guide Map



An area of wildlife-rich heathland with spectacular landscape and views. This guide aims to provide information so that you can choose the routes that are most suitable for you.



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Upton Heath

Upton Heath is largely managed by the Dorset Wildlife Trust. At 205 hectares, it is one of the largest remaining fragments of a heath that once stretched from Christchurch to Dorchester and beyond. It is a fascinating mosaic of dry, humid and wet heath, mire systems, scrub belts, acid grassland and bare ground.

Upton Heath is also full of history, with the Roman Road running along the eastern boundary, the old Somerset and Dorset railway running across the middle of the heath and much evidence of clay extraction.

Upton Heath is home to a wide variety of species, including:

- All 6 native reptiles
- Nightjar, Dartford warbler and stonechat
- Silver-studded blue and Grayling butterflies
- 21 species of dragonfly and damselfly
- Marsh Gentian and Dorset Heath (rare flowering plants).

Many heathland species are hard to spot, so take some time to see what emerges. Please observe, don't disturb. Visit: ***www.dorsetwildlifetrust.org.uk***

Trail leaflets describing various wonderful walks on Upton Heath are available from Dorset Wildlife Trust, including an easy access trail leaflet. Email ***info@dorsetwildlifetrust.org.uk*** or phone 01305 264620.

Visit ***www.transportdirect.info*** for car directions and public transport information. There is one car park at Upton Heath and limited parking on roads bordering Upton Heath, with some dropped kerbs.

On access land dogs should be on leads near grazing animals and also from March 1st to 31st July to protect ground-nesting birds.

For more information about open access visit ***www.countrysideaccess.gov.uk***.

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Upton Heath Map Key

ROUTE COLOURS

For most people, yellow routes will be easiest and orange quite easy, grading down to black being the most difficult. See back page.

Less than 1:12

- Flat, with little or no slope.
- Quite even, no or very few trip hazards, no steps or gates.
- Path usually 1.2m wide or more.

1:12 to 1:10

- Slight slope in places.
- Fairly even, few trip hazards, steps or gates.
- Path usually about 1m wide.

1:10 to 1:8

- Some steeper areas.
- May have gates & some trip hazards like stones and roots.
- Some parts may be rather muddy, sandy or stony.
- Path may be less than 1m wide.

1:8 to 1:6

- May be steep or very steep in places.
- May be very uneven, muddy, lots of big loose stones, puddles or deep loose sands, with many trip hazards like stones or roots.
- Path may be narrow, 80cm or less.

More than 1:6

- May be very or extremely steep with unstable ground.
- May be very uneven, boggy, deep loose sands or large stones, lots of obstacles.
- May be very narrow, down to 30cm or less.

SYMBOLS

- public toilet
- disabled toilet
- bench
- dog bin
- bus stop
- information board
- car park
- wide kissing gate, also has radar key access
- stile
- squeeze stile
- FORD — stream crosses, variable depth/ width
- S — steps
- bridge
- narrow gate
- > — steep - 1 in 5 up to 1 in 7
- >> — steeper - over 1 in 5

Please be aware this is only a guide, paths change, so the description above may not be correct. Angle of slope on triangles not to scale.

Practical advice

Please be aware path routes and surfaces do change, so information given in this guide may not be correct!

If you have difficulties walking or if you use a wheelchair you may find you can use yellow routes, you may also be able to use orange and perhaps blue routes. This may depend on things like whether you have someone with you and the weather.

People with pushchairs will also often be able to use the yellow and orange routes and sometimes the blue ones too.

Once you know what colour paths you enjoy using, you might like to try some other sites – contact the Urban Heaths office (see box below) or look on ***www.dorsetforyou.com*** and search for 'open access' for more sites.

Be aware there may be adders on heaths but if you stick to paths you will not normally see them. If they hear you coming they will move away.

There may be ticks on the heath, if you get one on yourself or your dog you should remove it as they can cause disease. Look at ***www.nhs.uk/Conditions/Lyme-disease*** or call the NHS helpline for advice (0845 4647).

If you have a dog visit the website for dog owners in Dorset - ***www.dorsetdogs.org.uk***.

The Urban Heaths Partnership … working together on Action for Heaths

The Urban Heaths Partnership aims to reduce the problems and pressures on the urban heathlands. For more information on any aspect of the heathlands please contact the project office on

01202 642787 • urbanheaths@dorsetcc.gov.uk • www.dorsetheaths.org.uk

Urban Wildlife Centre,
Beacon Hill Lane, Corfe Mullen, BH21 3RX