

# Norfolk Plant Heritage

A regional group of Plant Heritage,  
conserving the diversity of garden plants

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Dear Members

**Re: 'Wildflower walk with Simon Harrap at Ashwellthorpe Lower Wood Wildlife Trust Reserve.  
Tuesday, 26 May 2026 at 2pm**

Every year we ask Simon to lead us in a wildflower walk and this year we will be visiting the above reserve. Ashwellthorpe Lower Wood is an 'ancient woodland' that was listed in the Domesday Book. It lies on chalky boulder clay, producing a rich and varied flora. Sheets of Dog's Mercury and Ramsons (Wild Garlic) are joined by less common species including Herb Paris, Wood Spurge, Wood Anemone, Early Purple Orchid and Woodruff. Much of the woodland has been managed for many years as coppice with standards – the coppice being cut in rotation to produce a crop of relatively slender poles for firewood or charcoal, whilst the standards are allowed to grow to maturity to produce larger timbers. The wood has significant stands of Alder, as well as Hornbeam, Guelder-rose and Spindle.

Ashwellthorpe Lower Wood lies 4km to the south-east of Wymondham. The reserve entrance is via a small car park on the north side of The Street in the centre of Ashwellthorpe village (between Muskett Road and Greenwood Close, which are on the opposite, south side of the road) Postcode NR16 1HB, grid reference TM 1387 9763, What3Words wades.flamingo.fabricate. Parking is rather limited so car sharing is advised.

Numbers will be limited to 14 participants. The cost will be £13 per person and restricted, at least initially, to members only. In order to reserve a place, please use the reply slip below. Alternatively, you can pay by BACS - Account Name: Norfolk Plant Heritage - Sort Code:30-54-66 Account No:44891760 Reference: (Person's name) – WildFl. **Please email me to let me know you want a place if you use this method of payment. My email is kathygrayc@gmail.com** Thank you.

With best wishes

Kathy Gray  
Kathy Gray  
ProgrammeSecretary

I / We wish to join the 'Wildflower Walk – Ashwellthorpe Lower Wood' on 26 May and would like to reserve .....place(s).

I/We enclose a cheque made payable to **Norfolk Plant Heritage** for £13 per person.

Name(s).....

Address.....

Tel. No: Home:.....Mobile.....email.....

[www.norfolkplantheritage.org.uk](http://www.norfolkplantheritage.org.uk)

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