

Rampton

Explore village green spaces and discover the wildlife living within the surrounding countryside.



★ Start/finish grid reference:

TL42666796

The Green,
Rampton.

Distance: 2 miles

Time: 1 hour

Mindfulness Moment

Take a minute to listen to the wildlife around you. By connecting with nature, you may notice new things, and can experience calm.

See [BCN Wildlife Trusts](#).

Which tree species can you see?

For help with identification see the [Woodland Trust](#).

A bug hotel and habitat pile will be created in the church yard. See [our website](#) for more information.

Wildflower seeds will be sown on the pond margin as part of the [NLOW project](#).

Viewpoint!

I-spy

What wildlife can you spot?

Reminder: Record your sightings with [us](#)!

Share your walk with us!

Twitter: @NewLifeOldWest

Facebook: New Life on the Old West

Rampton

Explore village green spaces and discover the wildlife living within the surrounding countryside.

Find out how
to become
a volunteer

Wildflowers

Can you spot any wildflowers on your walk?

Wildflowers (e.g. dog rose) are invaluable for pollinators but have recently experienced a decline in diversity and variety.

The NLOW project will involve creating flower-rich areas on pond banks, along the Old West River, on community green spaces and farms.

See [RSPB](#) for more information on wildflowers.

The Old West landscape

The landscape around the Old West River is recognised as an important stronghold for rare and threatened species.

An extensive ditch network exists across the landscape. The ditches in this part of the Fens are often referred to as “the hedgerows of the Fens”.

We need your help!

To volunteer on the NLOW project [get in touch](#) with us!

I-spy: Gate Keeper



Widespread in southern Britain, often seen at hedge gaps, such as farm gateways, hence its name. Keep an eye on vegetated areas along this route. See [Butterfly Conservation](#).

I-spy: Dunnock



A small shy bird which is currently on the amber list due to a reduced population caused by a lack of food availability over winter. Listen out for their song from bushes and hedges. See [Springwatch](#).

I-spy: Dog Rose



Dog rose flowers are an important nectar source for insects and their fruits are a food source for birds. They can be found along agricultural fields on this walk. See [Woodland Trust](#).

