



Walk 13: North Gare

by Jessica Harrison

A short walk along the bottom of the dunes at North Gare looking at the rich and varied grassland wildflowers. The area is within the Natural England Teasmouth National Nature Reserve.

From the car park take the track signed for North Gare. Take care crossing the Golf Links and follow the footpath towards the beach, passing a red waste bin. Just after a path branches to the left look out for a small path that takes a sharp cut to the right with a short sharp descent to a footpath leading along the base of the sand dunes. Take this footpath. Red Clover lines the path with the tiny white flowers of **Fairy Flax** (1) in amongst and the short-stemmed purple-flowered **Selfheal** (2) also. In the stretch of flowering grassland to the right of the path the tall flowering spikes of **Marsh Thistle** (3) are easily seen as are the pink spikes of **Common Spotted-orchid** (4) and the purple-flowered **Northern Marsh-orchid** (5).

The path passes over a shallow ridge with the yellow dandelion-like flowers of **Cat's Ear** (6) on the left and a large patch of sweet scented Lady's Bedstraw (see walk 3) on the right just as the path descends again. Follow the path along the side of the fence that appears on the right and watch for a clump of **Upright Hedge Parsley** (7) growing with Tufted vetch (see walk 9). On reaching a gate in the fence, look to the left of the path to find a small patch of the sprawling **Purple Milk-vetch** (8). Look over the gate to see a few spikes of **Fragrant Orchid** (9).

Follow the path to the end of the fence. All along this stretch are large areas of wildflowers with **Yellow Rattle** (10) and **Common Restharrow** (11) and the distinctive seed-head of **Goat's Beard** (12) here and there. Just after the end of the fence on the right is an open area covered in Common Bird's-foot-trefoil (see walk no 3).

Keep to the path until it joins a wide track and turn left towards the beach. Wild Carrot (see walk 5) grows on the left-hand side just before the Nature reserve sign. Turn left and return along the beach to the North Gare. Once on the North Gare track turn left and return to the car park.

fact file

Season	End June/early July	Parking	North Gare Car Park (off A178)
Distance	1.5 miles	Paths	Mostly even, some steep slope
Time	2 hours	Toilets	Not available
Start	North Gare Car Park	Public Transport	Stagecoach Service1 from Middlesbrough
Grid Ref.	NZ533282		

