



Flitwick Moor is the largest area of wetland in Bedfordshire and renowned for its flora and fauna.

This ancient landscape formed where the Greensand Ridge lies close under the clay and chalk, allowing water in the underlying aquifer to come to the surface in a series of springs. Deep deposits of peat built up here over thousand of years resulting a series of “mires” (peatlands) along the River Flit. Flitwick Moor is the largest of such mires in Bedfordshire and contrasts with the surrounding drier meadows and woodlands, offering a distinctly difference experience for visitors.

The wetland we see today was left behind when peat was cut from the site as recently as the 1960s for use in the purification of natural gas. Long before that, the naturally iron-rich groundwater that bubbled up to the surface from springs was bottled and sold as a tonic for the blood.

It's not the easiest place to find, but it's well worth the effort! The area is rich in wildlife and protected as a Site of Special Scientific Interest (SSSI). Woodlands of oak, birch and alder offer some fantastic walks with a popular circular route around the site of approximately 5 miles. The wetter and boggy places are where some of the real treasures can be found, including fluffy seed heads of cottongrass and ten species of sphagnum moss. The flowers of meadowsweet, purple loosestrife and square-stalked St. John's-wort all bloom here in summer.

Tall reed beds fringe the sections of open water where frogs and toads spawn in spring. The vegetation provides ideal cover for the elusive water rail, only given away by its eerie squealing call. In summer, the distinctive song of warblers can be heard across the woodlands and marshes.

Folly Wood, added to the reserve in 2007, is a haven for mosses, ferns and the spring flowers of golden saxifrage. The grazed meadows, untouched by peat extraction, feature meadow saxifrage, lady's bedstraw and a range of grasshoppers and bush crickets.



Stream on Flitwick Moor

People Say:

"I love exploring the woodlands around Flitwick Moor."

"We come here for family days out in the summer and enjoy walking the route around the reserve, spotting wildlife along the way."

Action Points:



Encourage your customers to visit Flitwick Moor. It's great all year round, but the best time to visit is usually late spring and summer when the paths are driest and there's plenty of wildlife to enjoy.



Download a copy of the nature reserve map, available from the Wildlife Trust website (link below).



Inform visitors that the site can be a little tricky to find, but it's worth the adventure! The car park is at the end of a narrow, bumpy track off Maulden Road at Folly Farm.

Info and Resources:

The Wildlife Trust:

www.wildlifebcn.org/nature-reserves/flitwick-moor-folly-wood

Circular route:

www.my.viewranger.com/route/details/MTY0NjM0NA



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