



Hallsenna Moor NNR

Welcome to the National Nature Reserve

Hallsenna Moor NNR is one of the few remaining lowland heath and peatland habitats in Cumbria.

Why Visit

A colourful mosaic of lowland heath and peaty fens make up this national nature reserve with its varied flora and fauna. The moor is notable for the fact that it has never been cut for peat and supports a diverse collection of plant communities including those typical of woodlands, valley peatland, wet and dry heathland and fen. The bog that has developed here is in places floating on the ground water body, forming a quaking bog or 'schwingmoor' that readily bounces underfoot! These habitats are rare in the UK and this is one of the few remaining sites in the county, and the largest in West Cumbria.

Star Species

The plant life found on the reserve is both diverse and specialised. The plants growing here are adapted to thrive in a nutrient-poor environment, in constant wet conditions. The insect-eating **sundew** is an excellent example. Although it's red and yellow 'mouth' is tiny and easily missed by the human eye, it is perfectly adapted for attracting small insects, which it captures and digests. This helps it to flourish in an environment where nutrients are hard to come by.



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Other peatland plants to look out for include **bog asphodel** with its yellow star-shaped flowers, the fluffy heads of **cotton grasses**, the colourful fruits of **cranberry** and **bilberry** bushes and the spongy multi-coloured **sphagnum mosses**. In late summer, the **heather** flowers covering the Moor in purple hues.

There are also pockets of woodland and scrub around the edges of the peatland. **Willow** and **birch** have grown up here, providing an ideal perch for many of birds found on the reserve. In the north-east corner Addyhouse Wood adjoins the reserve providing an area of mixed semi-natural woodland with mature stands of **oak** and **Scot's pine**.

The reserve is a haven for bird-life. The mix of open moorland and woodland provide the perfect habitat for many species including birds of prey, waders and the seasonal breeding

passerines. Watch for **buzzard** hunting over the moor, **curlew** hiding amongst the peatland flora and the resident **reed bunting** and **yellowhammer** perched on top of their favourite tree post.



Yellowhammer

Gorse bushes and bilberry attract **green hairstreak butterflies** in spring and in early summer **common heath moths** are easily disturbed from the heather. Look out for the male's feathery antennae! Later in summer, colourful **emperor** and **silver hook moths** fly in bright sunshine over the wetter moss. The willow woodlands support a rich community of leaf and flea beetles. Over 60 species have been recorded here including the rare **water-lily reed beetle**.

Other animals to look out for include **brown hare** and **roe deer**, which will graze on the reserve year-round. The **common frog**, **toad**, **lizard** and **adder** can often be spotted from the boardwalk.

Facilities

The nearest toilets and refreshments can be found in the local villages of Seascale and Drigg.

Location and access

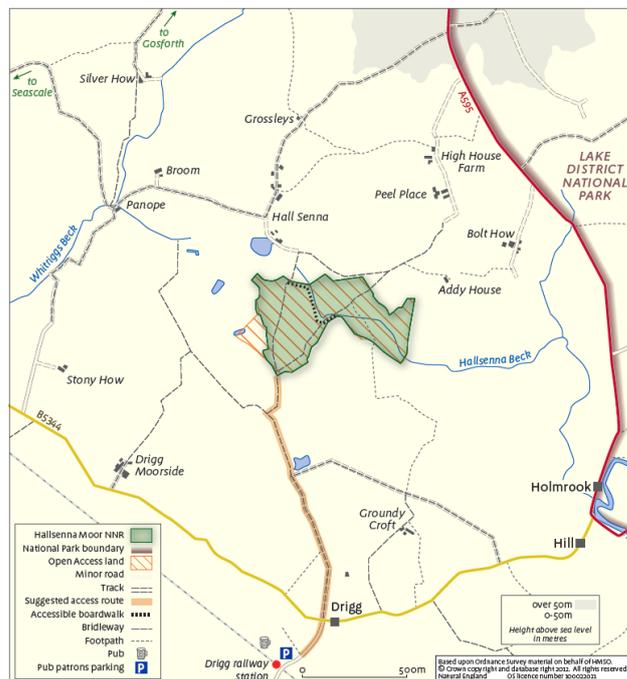
The reserve is accessible either by foot or on horseback using public footpaths or bridleways from Drigg, Holmrook and Seascale. Drigg is the closest village, just 1.5km away, and we have included a suggested access route from here on our reserve map.

Public rights of way and a boardwalk provide routes across the reserve. Due to the hazardous, fragile nature of the peatland and wet conditions we recommend visitors keep to these rights of way. Waterproof clothing and wellingtons are order of the day!

By car: The reserve lies just off the A595 and B5344, 1.5km north of Drigg and 3km south east of Seascale. There is no local parking. Consequently we recommend parking at local villages and continuing on foot to the reserve.

By public transport: The nearest train stations are in Seascale and Drigg, both served by [Northern Rail](#). There are no bus services in the local area.

Walking your dog: From 1 March through to 31 July, ground-nesting birds breed at Hallsenna Moor. In order to minimise disturbance to these birds all members of the public are required to keep their dogs on a short lead (of no more than 2 metres) during these months.



Contact

For more information: Visit our website at <http://www.naturalengland.org.uk/ourwork/conservation/designations/nnr/1006067.aspx>

For general enquiries: Contact Senior Reserve Manager, Steve Benn on 01539 531604 or email: steve.benn@naturalengland.org.uk