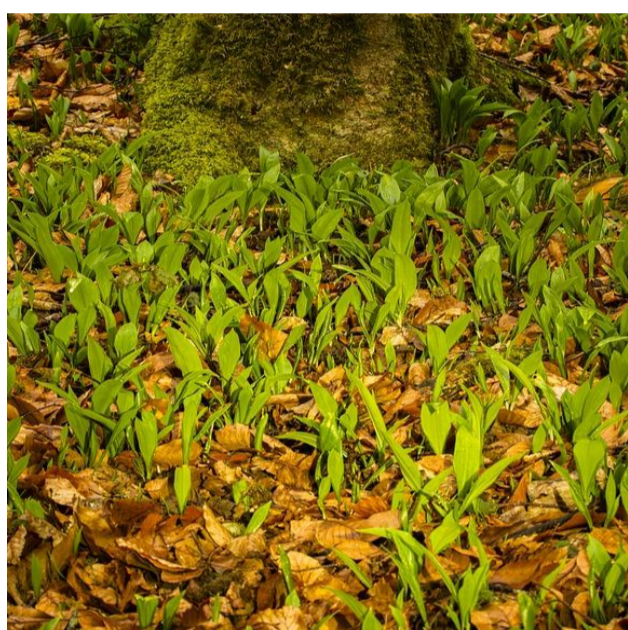
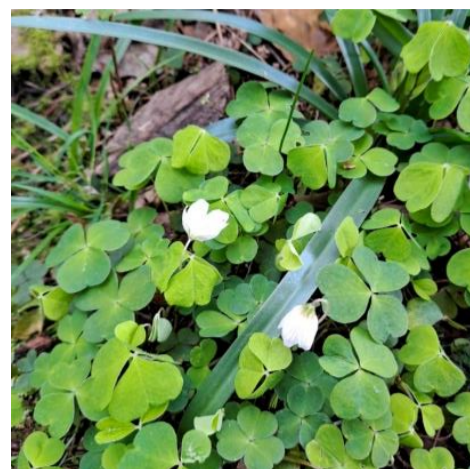


Please avoid disturbing the local biodiversity

Please look out for woodland wildflowers while running. Avoid treading on them. These are indicators of ancient woodland, some common, some are locally rare, and **all are precious**.



Wild garlic, Bush vetch, Yellow archangel, Bluebells, Wood sorrel, Dog's mercury, Wood melick, Cuckoo pint, Wood anemone, Cow wheat. **Can you identify them?**