



RINGWOOD NATURAL HISTORY SOCIETY

Milford on Sea Walk

Date: 13th August 2025
 Weather: Sunny
 Walk Leaders: Judy Thomas and Jean Crawford
 Attendees: 14

Our walk started from The Needles Eye Cafe car park in Hurst Road, Milford on Sea. We walked along Hurst Road passing the bird hide, then part of Hurst Spit which runs to Hurst Castle and alongside Sturt Pond a 10.9-hectare (27-acre) Local Nature Reserve, which is owned and managed by Milford on Sea Parish Council. It is part of Solent and Southampton Water Ramsar site and Special Protection Area of Solent Maritime Special Area of Conservation and of Hurst Castle and Lymington River Estuary, which is a Site of Special Scientific Interest. Sturt Pond itself is tidal and the reserve includes Dane Stream which runs through it, along with reedbeds, lagoons and saltmarsh. These habitats attract many birds and there is also an area of grassland which is grazed by New Forest Ponies.

After crossing a bridge over Dane Stream by now on its way to the sea we circled round walking alongside the pond back to reach Milford on Sea village. Its home to 14 acres of Ancient Woodland known as Milford Nature Walk or the Pleasure Gardens, we walked through it with its network of winding footpaths, grassland and with the Dane Stream running through it. The nature walk runs parallel to the coast and the length of the parish. We returned back by walking along the cliff tops.

Flowering Plants	Flowering Plants cont.	Birds	Butterflies
Sea Purslane	Hoary Plantain	Mute Swan	Painted Lady
Rock Samphire	Sea Plantain	Little Egret	Large White
Spear-leaved Orache	Stinging Nettle	Cormorant	Small White
Perennial Sow-thistle	Hemp Agrimony	Black-headed Gull	Green-veined White
Knotgrass	Common Mallow	Herring Gull	Comma
Sea Astor	Creeping Thistle	Coot	Speckled Wood
Wild Carrot	Common Ragwort	Mallard	Moths
Sea Beet	Spear Mint	Black-tailed Godwit	Mint Moth
Common Cord-grass	Large Bindweed	Turnstone	
Common Reed	Purple Loosestrife	Wheatear	Insects
Sea Mayweed	Great Willowherb	House Sparrow	Hornet
Bramble	Common Comfrey	Pied Wagtail	
Hedge Bindweed	Meadowsweet	Moorhen	Dragonflies etc
Sea Radish	Herb Robert	Swallow	Common Darter
Honeysuckle	Enchanters Nightshade	Wood Pigeon	Beautiful Demoiselle
Common Fleabane	Thrift	Raven	Blue-tailed Damselfly
Butterfly Bush	Yarrow	Blue Tit	
Common Teasel	Seaside Daisy	Great Tit	Crustations
Spear Thistle		Long-tailed Tit	Brown Crab

Field Bindweed	Fruits	Robin	
Knapweed	Sloes	Rook	Molluscs
Canadian Fleabane	Blackberry	Jackdaw	Cuttlefish Bone
Watercress	Damson	Sandwich Tern	
Marsh Ragwort	Haws		
Water Pepper	Honeysuckle		
Restharrow	Sea Buckthorn		



Turnstone by Gerry Traves



Sturt Pond by Gerry Traves