

Shells

The most prevalent types on this stretch of sand are the cut trough shell and the American jack-knife clam. This sort was accidentally introduced into the German Bight at Helgoland and in just a short time has spread from there along the European coast.

The shells with brown, blue or grey stripes are old or fossilised examples of the cut trough shell. There are also mainly cockles, Rayed trough shell, Venus clams, banded wedge shells, Baltic tellin and whelk eggs.

With an easterly wind, sea snails, such as the common wentletrap, and thin tellin wash in. They lie in *black beds* formed by black necklace shells. These are places for exceptional finds.



Jellyfish

Not all the jellyfish that are found on the Dutch coast sting. But look out when there is an easterly wind. The blue jellyfish and compass jellyfish then drift towards the shore. The former looks like a bright blue coloured jelly dessert. Their long tentacles can give a nasty sting.

The compass jellyfish has v-shaped stripes on its head. Its stings are not severe. There are also the harmless common jellyfish, sea gooseberry and rhizostome jellyfish.



What to do if you are stung by a jellyfish:

- use insect bite treatments
- dab with table vinegar
- use hot bandages, if possible with table vinegar
- never wash the sting with salt water, this makes it worse

Noordwijk and QualityCoast: First price for sustainable tourism

Since 2008 the municipality of Noordwijk is in the possession of the QualityCoast Award, an international recognition for high quality and tourism sustainability. At the 2012 QualityCoast Award ceremony, Noordwijk had the highest score of all the Dutch seaside resorts.

QualityCoast is a programme of the European Coastal & Marine Union (Kust & Zee). A jury of international experts evaluates the town as a whole. Other certifications like the Blue Flag (for clean beaches) and the Green Key (for sustainable hotels) are taken into account.

The QualityCoast Jury report 2012 expressed great appreciation for the performance of Noordwijk concerning the topics of nature, nature experience, beach management, accessibility, tourism policies and safety. The involvement of residents and visitors in the environment is something that could be improved, especially in terms of waste separation.

For more information, visit: www.qualitycoast.info, www.kustgids.nl/noordwijk-en/



How to behave as a visitor in the dunes?

Dunes are very sensitive to disturbance, pollution and fire. It is therefore very important to have a close look at the signs when entering.

The dune area is only accessible on roads and paths. Horse riders, cyclists and mountain-bikers are only allowed to use the appropriate paths.

Taking the dog with you? Dogs should always be obedient in order not to disturb the deer, foxes and birds. Between March 15 and August 15 dogs have to be on a short leash. Only in the southernmost zone (near the road) are dogs allowed to walk freely.

Colophon

Editor and Publisher

QualityCoast - EUCC, Leiden
P.O. Box 11232, 2301 EE Leiden
www.qualitycoast.info



Text

QualityCoast - EUCC, with thanks to: Jelle van Dijk (Nature society Noordwijk), Noordwijk municipality, Staatsbosbeheer.

Photographs

Mat Vestjens, Anne Frijsinger, Ellen van der Niet, Robert Steenbergen, Marijke Kooijman, Colinda Vergeer, Joos Versfelt, Albert Salman, Noordwijk municipality.

© QualityCoast, 2013

Crabs and lobsters



The Pennant's swimming crab is at its northernmost geographical limit in the Netherlands and has a pear-shaped shell.



The shore crab is mainly a waste and carrion eater. The shore crab does not have any swimming legs, such as the Pennant's swimming crab and flying crab.



To protect themselves against enemies, hermit crabs use an abandoned snail shell as a suit of armour. The head, the walking feet and the robust claws protrude from the opening. They take their shell with them wherever they go.



The flying crab is the most prevalent type on the Dutch coast.

Coastal birds

The herring gull is the most widely known of the coastal birds. Young herring gulls are brown in colour and become whiter and whiter as they grow older. Only in its fifth year is the herring gull full-grown with a completely white plumage, grey back, yellow beak with the familiar red spot and a yellow iris.

The great black-backed gull is mainly a winter guest. The great black-backed gull has a black plumage and pink feet. The lesser black-backed gull has a dark grey plumage and yellow feet. This gull can be seen on the beach from the start of March through to November.

Gulls eat anything, from small fish that they can get when the fishermen haul up their nets and earthworms inland even to tired migratory birds. Since the return of the Red fox, gulls have started to breed on the roofs of buildings. In Noordwijk, this is mostly on the ESA-ESTEC and Willem van den Bergh buildings.

The sanderlings often run in large groups with the ebbing and flowing waves in search of small crustaceans and shellfish remains.



Natural Noordwijk

Blooming seaside resort Noordwijk is proud to belong to the select company of local authorities with the rare combination of the Blue Flag and QualityCoast Awards and is literally a district with many faces. For visitors (and inhabitants) who love to walk and/or cycle, there is a varied pallet to choose from. For culture and history, a glimpse at the rustic Inner Noordwijk is highly recommended. In Noordwijk on Sea, the unique coastal defence reinforcement "*dike in dune*" has been completed. This is certainly something to stop and pause at if you point your walking shoes or bicycle wheels in the direction of the beach.

If you want to more about the green character of Noordwijk, you should take a look at the website www.strandloper.nl or at the website www.noordwijk.nl. On this local authority website, it is possible to gain an extensive view of the Noordwijk nature area.

For more events and activities in Noordwijk, please visit Noordwijk Marketing via www.noordwijk.nl



QualityCoast Walk



Gemeente
NOORDWIJK



12 km



Start at the Lighthouse

Open dunes • Dune wildlife

Beach • Marine wildlife

ROUTE DESCRIPTION

1 Vuurtorenplein (Lighthouse Square):

To the northeast of the lighthouse, enter the Bosweg. At signpost nr 23221, turn left onto the footpath. At the junction turn right along the State Forestry information panel, cross the cycle and bridle path. At the T-junction, turn left and then immediately right into the sand drifts.

2 Sand drifts

In the 1990s Noordwijk town council and State Forestry decided to restore the dune landscape, by removing the greens of an old golf course. Sand was allowed to shift again, and new mobile dunes were again colonized by marram grass. In the sand, you can see the tracks of animals that live here: roe deer, fallow deer, fox and rabbit, next to dog and human foot prints.



At the crossroads, turn left. At the triple-fork go straight on, over the small hill, turn left before the cycle path (blue poles).



3 Dune shrubs

On the land side, the dune fringe is marked by trees (oak, beech, sycamore, white poplar) and various shrubs. Most shrubs bear red berries: sea-buckthorn, spindle tree, barberry, ramanas rose, dog rose and hawthorn. These plants provide a habitat to birds such as Willow warbler, Nightingale and White-throat.



At the Zeeweg, signpost 21589/001, cross the cycle path. Turn left and follow blue poles.

4 Back to the sea; open dune

In the direction of the sea, the vegetation is lower (privet, elder and oak) and the dune open. There are many wild pansies.



Noordwijk has obtained the international QualityCoast Award for sustainable tourism. This regards the municipality as a whole.

Warning: Ticks can kill

Always check yourself well for ticks after each walk. If you find a tick, twist it off with a tick-pen or tweezers and take note of the date and place. Go to the doctor if a red ring appears or if you feel unwell, and report the tick. The tick is a transmitter of diseases incl. Lyme, which can be revealed by blood tests. When you are in time, Lyme disease is curable.

Regional information

QualityCoast Walk

Noordwijk

The dune landscape to the north of Noordwijk is mainly open and dry. There is a spectacular mobile dune area, the result of a nature restoration project in the 1990s. At the start of the 20th century, pines were planted in the whole area to stop the dunes from shifting. From this time, a pine forest remains as well as scattered trees. From viewpoints you can see the dune landscape, the sea, Noordwijk and surrounding villages, and bulb fields. If you are lucky you will see deer, foxes and rabbits.

Accessibility

Vuurtorenplein: bus 20, 21 and 221 from Leiden Central Station, Interliner 95 from Den Haag CS and bus 90 from NS Station Nieuw-Vennep or Den Haag CS and bus 361 from Schiphol.

Route description

You will walk through open dunes, dune forest, climb three viewpoints, cross a dune ridge towards the beach (at Duindamseslag) and return along the beach. The complete walk is 12 km and takes 3 hours. The walk starts and ends at the Vuurtorenplein in Noordwijk.

Note: The route is not suitable for pushchairs.



Go down via the steep steps, straight on over the road, turn left at T-junction. At the 2nd T-junction go straight on, but at the 3rd, turn left.

8 Pine forest and dune forest

From the start of the 20th century, many pine trees were planted to prevent sand drift. When in 1963 the pine shoot beetle appeared, many pine trees were cleared. There now remains a small pine forest and the true dune forest is returning; oak, beech, elm and sycamore, with honeysuckle. From the gnawed pine cones you recognise the animals that live here; squirrels and the great spotted woodpecker.

At the T-junction, go straight on (do not follow the green poles), at the next T-junction turn right. You are now walking in the open dunes again. At the crossing, turn left (green poles).

9 Sand-hill screw-moss, winter decoration

In winter, the fresh green mossy areas are especially striking. Also on scorching hot summer days, the Sand-hill screw-moss looks bright and fresh early in the morning due to the dew from the humid sea air.

Cross the cycle path. You are now walking along the Duindoornweg. At the T-junction, turn left. After 100 m turn left, up the steps of the Kachel dune.

10 Kachel dune viewpoint 29 m

The form of the dune and the bushes are determined by the wind from the sea.



Leave the Kachel dune and turn right onto the Oorlogsweg.

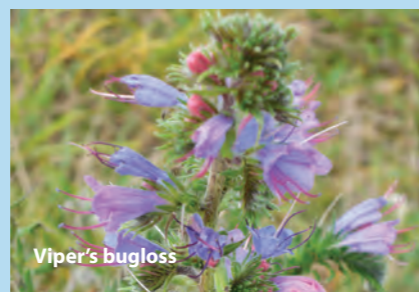
11 Oorlogsweg

This road was used in WWII to transport materials for the bunkers. Towards the sea you see a deep and green valley and the beach ridge, habitat of deer and fox. Next to the path grow mosses and lichen, such as the reindeer lichen.

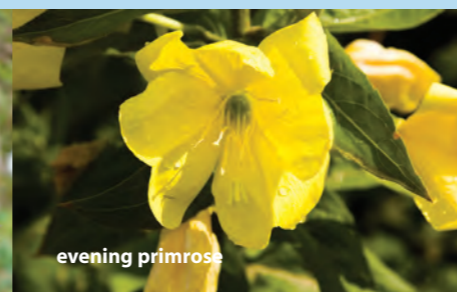
12 Go straight on to the bicycle racks, turn left in the direction of the sea, across the Duindamseslag.

On the backside more information on shells, jelly fish, coastal birds, crabs and lobsters.

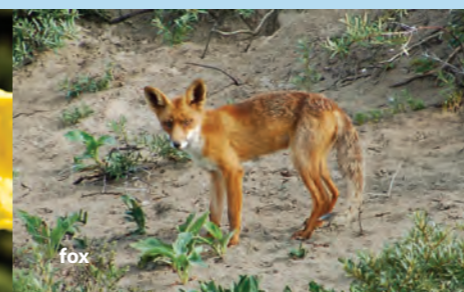
ROUTE GOES BACK TO NOORDWIJK ALONG THE BEACH



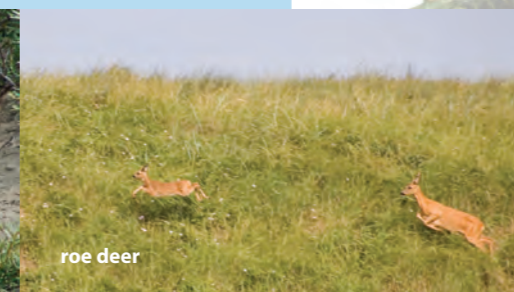
Viper's bugloss



evening primrose



fox



roe deer



sand-hill screw-moss and reindeer lichen