

# Fossil FURLONGS

## THE WITHERNSEA FOSSIL TRAIL

Search the beach for fossils from the Jurassic period...  
Or just follow the fossil trail on our beautiful promenade!  
Starting at Pier Towers, just follow the Furlong markers.



### LOOK OUT FOR THESE

The markers can be found on the reclaimed "groynes" from the old sea defences, every 200 metres (furlong) along the promenade in both directions from Pier Towers.

# Fossil FURLONGS

Can **YOU** find the following fossils on our promenade distance markers?

Tick the box when you find one

## BELEMNITES

Belemnites were marine animals. Their closest living relatives are squid and cuttlefish. They had a squid-like body with a unique bullet shaped hard internal shell called the guard. These are the parts normally found as fossils.

Here are two types of Belemnite.



**OXYTEUTHIS**



**HIBOLITES**

## CRINOID

Usually it's the stem which is found as a fossil, but on the right you can see some fossil crinoid arms. Sometimes known as sea lillies, they are actually animals.



## SEA URCHIN

Despite their alien appearance, echinoids, or sea urchins are very common in the seas and oceans of today and are common fossils too.

Echinoids are part of a much larger group of animals known as the **Echinoderms** ('spiny-skins'), which also includes the **Asteroids** (starfish), **Holothurians** (sea cucumbers) and **Crinoids** (sea lillies and feather stars).



## BRACHIOPODS

Brachiopods have a very long history of life on Earth (at least 550 million years).

They first appear as fossils in rocks of earliest Cambrian age, and their descendants survive, albeit relatively rarely, in today's oceans and seas.



## PECTEN

Pecten is a genus of large scallops or saltwater clams.



They are known from the Cretaceous period to the Quaternary period (age range: from 70 million years ago). Fossil shells within this genus have been found all over the world.

## INOCERAMUS

Inoceramus is the largest known bivalve clam on record. It is thought that it grew so large so that it could have a larger gill area to cope with oxygen deficient waters. Inoceramus would have opened its shell to expose its soft tissue and filter food from the water. When threatened it would then close up to protect the fleshy parts within.



## GRYPHAEA

Gryphaea, common name Devil's toenails, is a genus of extinct oysters.



They are mostly restricted to the Triassic and Jurassic periods.

## AMMONITES

Ammonites are perhaps the most widely known fossil. These creatures lived in the seas between 240 - 65 million years ago, when they became extinct along with dinosaurs.

The name 'ammonite' originates from the Greek Ram-horned god called Ammon.

Ammonites belong to a group of predators known as cephalopods, which includes their living relatives the octopus, squid, cuttlefish and nautilus. There are a number of different ammonites.

Here are just two!



## HILDOCERAS



## DACTYLIOCERAS

Have you managed to find all of the fossils?

## WHAT IS A FURLONG?

A furlong is an old-fashioned measure which is just over 201 metres. Furlongs are still used today on horse racing courses.

## WHAT IS A FOSSIL?

Fossils (from Classical Latin "obtained by digging") are the preserved remains or traces of animals, plants, and other organisms from the remote past.

## HOW OLD ARE FOSSILS?

A preserved specimen is called a "fossil" if it is older than some minimum age, most often the arbitrary date of 10,000 years. Hence, fossils range in age from the youngest at the start of the Holocene Epoch to the oldest, chemical fossils from the Archaean Eon, up to 3.48 billion years old, or even older; 4.1 billion years old, according to a 2015 study.

## WHY WALK?

### HEALTHY BODIES AND HEALTHY MINDS

#### Improves your health and wellbeing

With walking, you don't have to do a lot to reap the rewards. The minimum recommendation from doctors to keep your body healthy and prevent illness such as heart disease, cancer and diabetes is 150 minutes of activity a week.

You could look at just 30 minutes a day, 5 days a week - or you can break that down into smaller chunks of ten or fifteen minutes at a time if you prefer or just walk from one wooden marker to the next - 200 metres done!

Being physically active significantly reduces the risk of several major health conditions by between 20% and 60%, including heart disease, stroke, type 2 diabetes, colon and breast cancer and Alzheimer's disease. It can also be very beneficial in helping people with long term health conditions.

Walking can do wonders for your mental well-being and has a whole range of benefits. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

We tend not to think of walking as exercise - perhaps because it's so normal that we take it for granted. But walking is a great way to get active and to feel good.

## MORE INFORMATION

For more information about all Active Coast events, please visit [www.ActiveCoast.org](http://www.ActiveCoast.org) or to see more fossils please visit <http://withernsea1.co.uk/FossilFurlongs.html> or use this handy QR code.

