

# Finding your way around Strumpshaw Fen nature reserve



## Woodland trail

Discover the magic of the bluebell woods in spring on this 2.4km walk taking about 1 hour. Listen for woodpeckers drumming and warblers in full song. Return along the riverbank and admire the peaceful views. Gentle paths, uneven in places and sloping up to the riverbank.

## Meadow trail

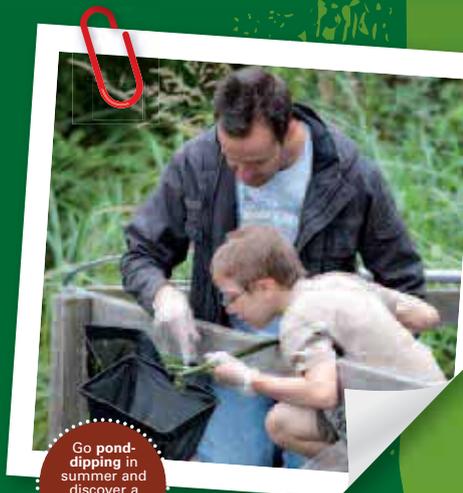
Open in spring and summer only. A 1.2km stroll through meadows buzzing with insects and rich with wild orchids, taking around 30 minutes. Can you spot a rare swallowtail butterfly with its startling yellow and black wings? Gentle but uneven paths with steps to the riverbank.

## Fen trail

This relaxing walk through reedbeds and alongside pools is 3.8km and takes about 1.5 hours. The tower hide offers stunning views. Watch for marsh harriers, bitterns and other reedbed birds. Gentle but uneven paths that can be muddy or flooded in winter.

### Trail information

We've designed and signposted all three trails to start from the reception hide, so you'll get the best experience if you start there.



Go pond-dipping in summer and discover a watery world of mini-beasts.

**Did you know?**  
More than 40 volunteers work here – they help at reception, during events, in the office and with outdoor work.



**Key:**

- Water
- Meadow
- Reedbed
- Woodland
- Railway
- Reception hide
- Toilet
- Car park

Enjoy dramatic views over the reedbeds from the tower hide.

Look out for otters hunting in the pools and dykes.

Fen hide

Marvel at marsh harriers 'sky-dancing' in spring.

Borrow a net from the reception hide to go pond-dipping.

The Meadow trail is a great short walk for the family in the summer.

Look out for dragonflies zipping around the meadow bridge.

Stretch your legs and enjoy the views on the Fen trail.

Listen for woodpeckers drumming on the Woodland trail.



Stroll through bluebell woods in spring and listen for woodpeckers.



Listen for the bitterns' booming calls in spring.

“Had a great day out with my daddy and sister. We saw a bittern and a kingfisher, also lots of butterflies and dragonflies.”  
Natasha, aged 10

**Did you know?**  
We still carry out the traditional practices of reed-cutting, mowing and cattle-grazing to help wildlife to thrive here.

**Did you know?**  
The male bittern's 'booming' song sounds like someone blowing gently over the top of a bottle.