

# Key

Freshwater  
Saltwater

Marsh

Reedbed

Woodland

Beach

Seawalls

Visitor centre

Car park

Toilets

Viewpoint

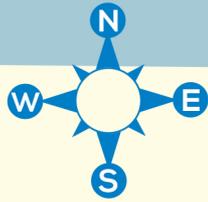
Picnic area

No further access

Access path

Footpath

- Wheelchair access throughout the reserve.
- Dogs are only allowed on the West bank path on a lead.
- There are baby changing facilities in the toilet block.



On the **beach** you can see the remains of an old forest and a Second World War tank at low tide.



Look out for **nesting avocets** and their fluffy chicks on the Freshwater marsh.

**Parrinder hide (North)**

**Parrinder hide (South)**

The **West bank path** is the place to see lots of wading birds and wildfowl.

This is a good place to spot **bearded tits, marsh harriers** and **bitterns**.

Experience the thrill of the birds' autumn migration from the **Autumn trail** (open August to October only).

Keep your eyes peeled for water voles by the dragonfly pond on the **Fen trail**.

**Fen hide**

Along the **Meadow trail** you can see wild orchids in the summer.

Find information, buy a hot snack or do some shopping at the **visitor centre and café**.

You get a great view over Patsy's reedbed from the **East trail**.

Enjoy the fantastic views across the reedbeds from this quiet, reflective spot.

A149 and bus stop

Gypsy Lane