

Labrador Bay

Finding your way around

There's only one way to find out what calls Labrador Bay home – get out there and start exploring!

While our trails can be quite difficult in places, there is an abundance of wildlife to be seen wherever you are on the reserve. Summer will bring you plenty of fascinating insects, with marbled white butterflies being amongst the most striking. You'll need to wrap up warm in winter but it can be a fantastic experience to stand at the top of the reserve and immerse yourself in the sounds of nature.

Pick a trail to suit you and let nature do the rest – we hope you have a wonderful time here.

■ Sea view trail

A short, mostly level walk. Allow half an hour as this trail is less than a mile there and back.

Take a wander along the top of the reserve and enjoy the great views out to sea. This trail also offers the best chance to see the charismatic cirl bunting – a Labrador Bay speciality. There are lots of fascinating flowers and plants along the route too, so why not see how many different species you can find?

■ Field trail

Steep in places, you should allow just under an hour as the trail is just over a mile there and back.

Offering dramatic views of the land and seascape, in spring and summer this walk comes alive with the sounds of birds chirping and insects buzzing. In autumn and winter wrap up warm and enjoy exhilarating blustery days in this exposed part of the nature reserve. This walk gives you a good chance to spot the rare cirl bunting at any time of year, look out for them flying in to the hedgerows and listen for the high pitched 'tsip' as they call to each other.

■ Hillside trail

A steep and challenging trail. Please only attempt if you are physically fit and able. Allow an hour.

This is a more challenging walk and offers the full range of reserve highlights. You'll cover everything and leave with some great memories. Spectacular sea views, birds diving into the undergrowth ahead and insects fluttering, buzzing and crawling all around. Take your time and enjoy the wonder of nature.

