

Finding your way

■ Wetland trail

This 5 km (3 mile) trail leads you into the depths of the marshland. Immerse yourself in the reserve as you walk past lagoons, grazing marsh and reedbeds. The paths are hard surfaced and level, with the exception of the step access to East Haven viewing point.

■ Lapwing trail

Explore the wetland and grassland on this 2 km (1.2 mile) trail, perfect for the family to explore the reserve. What can you see as you walk past hedgerows, ditches and fields? Keep your eyes peeled and ears open! The paths are hard surfaced with a gentle slope to the north east corner of the reserve.

■ Hedgerow trail

This 1 km (0.6 mile) trail is perfect for little legs or a quick breath of fresh air. Look out for butterflies in the summer and birds feasting on berries in autumn and winter. The paths are hard surfaced and level.

