

Frampton Marsh

Finding your way around

To discover what makes RSPB Frampton Marsh so special for nature, start exploring today.

Reedbed trail

Allow up to an hour to fully enjoy this 1.2-mile surfaced trail around the reedbed.

Head to the 360 hide to be surrounded on all sides by birds. Look out for avocets pacing gracefully in the shallows and ducks dabbling for food. There's plenty to keep young visitors amused here too, including colouring sheets and activities. Having almost completed the loop, you can rest by the pond dipping pool, to watch whirligig beetles dance on the water's surface.

Wash trail

Get where the action is on this 2.2-mile circular trail. It visits all three hides, so allow up to two hours to walk the loop.

From the sea bank, you'll be treated to panoramic views over Frampton Marsh, including one of the largest expanses of saltmarsh in the world. In winter, this area is home to thousands of brent geese, whose burping calls are the soundtrack to the season. You can get incredibly close views of wading birds from the hides, especially at high tide.

Grassland trail

This 2.8-mile circular trail leads you to the quieter parts of the reserve. Taking about two hours, it's perfect for a relaxing ramble.

In spring, this trail provides a chance to see the dramatic boxing matches of courting hares. Come summer, you'll be serenaded by the sound of birdsong, including the soothing purr of the rare turtle dove. As winter takes hold, thousands of lapwings and golden plovers feed here, while merlins and hen harriers hunt over the fields and saltmarsh.

Large flocks of golden plovers come here in winter.

Keep a lookout for hares along the Grassland trail.



Key

	Water		Footpath
	Wet grassland		Visitor centre
	Reedbed		Parking
	Freshwater scrapes		Toilets
	Saltmarsh		Viewpoint

• The visitor centre, hides and Reedbed trail are accessible for wheelchairs and pushchairs. For more information about the accessibility of RSPB Frampton Marsh, please visit rspb.org.uk/framptonmarsh

• To avoid disturbing wildlife, no dogs (except registered assistance dogs) or bikes are allowed on the Reedbed trail or the paths to the hides.

