

# Finding your way around Pulborough Brooks

## THE TRAILS

### Wetland trail

This gentle walk, just over two miles (3.5 km), is suitable for the whole family. There are lovely views over the flood meadows (or brooks) across to the River Arun and the South Downs. Why not take time out at our four wildlife watching hides and three viewing points? The path is suitable for wheelchairs with a strong helper. A motorised buggy is available, but must be booked in advance. Sorry, dogs are not allowed on the trail.

### Heathland trail

Take a stroll along the two trails to see our work to restore this vital piece of heathland: one of the rarest and most threatened habitats in the world. Walk up to the ancient round barrow for views of the whole reserve. The long trail is about 1.5 miles (2 km), and the short trail is just over half a mile (1 km); neither is suitable for disabled access. Dogs kept under close control are welcome.



Green woodpeckers love to eat ants, which they lap up with their very long tongues.

**Key:**

- Water
- Grassland
- Woodland
- Scrub
- Heathland
- Arable
- Visitor centre and play area
- Viewing point
- Parking
- Picnic area



“Wonderful place. I was thrilled to hear and see nightingales for my first time! It is especially lovely here in May when the birds are singing! Very nice shop and centre too.”

Alison, a visitor to Pulborough Brooks

**Did you know?**

For centuries, these brooks have been managed with grazing cattle. The wildlife relies on the conditions the cattle create.

**Did you know?**

Parts of the nature trail date back to the Bronze Age, and the ditch, bank and hedge system is at least 400 years old.



Highland cattle are very hardy and thrive on the coarse grasses that grow here.

Look out across the mid brooks to the river and the Arun Valley.

Keep an eye out for basking adders in the spring.

In winter, see thousands of wild ducks, geese and swans dabble, dive and feed.

On the wetland trail peer in the ponds to see newts in summer.

Enjoy the beautiful views from the top of the ancient round barrow.

Explore the heather along the heathland trail for tigers: green tiger beetles that is!

In summer, dragonflies dart over areas of wet heath.