

# Finding your way around Labrador Bay nature reserve

## THE TRAILS

**Warning:** the cliffs are extremely dangerous. Please keep away from the edge at all times.

Some areas of the reserve can be wet and muddy, especially in winter and where cattle are grazing. We recommend sturdy, waterproof footwear. All the trails are public footpaths and the coastal sections are part of the South West Coast Path.

### Green trail (easy)

A short, mainly level walk through the farmland in the southern part of the reserve that leads to some beautiful sea views south towards Torquay and Hope's Nose.

### Red trail (difficult)

This loop of the reserve is steep and challenging in places, but gives rewarding views over the sea and takes you through a range of habitats. If you continue on the South West Coast Path to Maidencombe, you can catch the 32T bus back to the reserve car park or Teignmouth.

### Orange trail (moderate)

This walk brings you onto the grazed fields in the northern area of the reserve, where you can admire views of Teignmouth, Hole Head and Exmouth.

## Key:

- Arable land
- Grassland
- Woodland
- Sand (no access from the reserve)
- Cliff
- Rock
- Car park
- Information
- Viewpoint
- Steep cliff

## Did you know?

We use cattle and Dartmoor ponies to graze and create good habitat for grasshoppers – the favourite food for cirl buntings to feed their growing chicks.

## Did you know?

The word "cirl" is derived from the Italian for chirping.

## Did you know?

Field mushrooms on the reserve can grow to the size of large dinner plates.



Male cirl buntings sing to attract a mate and defend their territory.

Why not continue your walk on to Shaldon along the South West Coast Path?

Out to sea, gannets glide high then dive headfirst to catch fish.

On the orange trail, admire the view north to Teignmouth and Shaldon.

In late summer listen out for peregrines calling – a loud kek-kek-kek.

In winter you can see flocks of cirl buntings around the car park.

Small migrating birds, like whitethroats and blackcaps, gather in scrubby areas.

In springtime the carpet of bluebells looks and smells amazing.

You can continue your walk to Maidencombe and then catch the bus back to our car park.

From the green trail on a clear day you can see Portland Bill in Dorset, 50 miles away.

Plenty of grasshoppers and crickets chirp in the grass during the summer.

From the red trail the view towards Torquay and Hope's Nose is stunning.



The best times to spot shy roe deer on the reserve are in the early morning and at dusk.



Bluebells are an iconic British flower. They usually bloom in April and May.

