

Finding your way around Leighton Moss nature reserve

THE TRAILS

Please note:
within the nature reserve, dogs are allowed only along the public brideway (the Causeway). Please keep them on leads.

Lilian's trail
A 300 m (330 yards) walk – there and back. This trail takes you to our largest hide with a stunning view from a bay window overlooking the pools. This path is fully accessible to wheelchairs (slope at the start).

Griesdale trail
A 1.5 km (one mile) path – there and back. A lovely walk through woodland then the reedbed to Griesdale hide. Come back the same way and stop off at the Tim Jackson hide. This path is fully accessible to wheelchairs (slope at the start).

Lower trail
Almost 3.5 km (two miles) there and back. This trail leads you to the wildest part of the nature reserve. The path is not accessible to wheelchair users.

Coastal trail
The trail leads to the coastal hides that overlook Morecambe Bay, saltmarshes and coastal pools. There is another car park about 2.5 km (1.5 miles) from the visitor centre. It is 1.1 km (1,200 yards) from this car park and back. The path is not accessible to wheelchair users.



There's beautiful scenery and amazing wildlife to enjoy here all year.

Did you know?
In the summer red deer come to the pools and love munching the seed pods of the yellow flag irises.



Key:

- Water
- Reedbed/marsh
- Woodland
- Scrub
- Saltmarsh
- Visitor centre
- Hide
- Wheelchair-accessible hides
- Car park

You'll be amazed by the view from this part of the Lower trail.

One of the best places to glimpse an otter – if you're lucky!

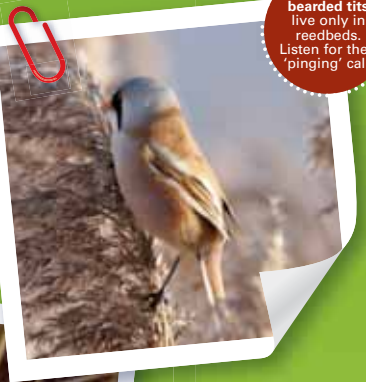
Spot colourful butterflies from spring to autumn.

Can you guess what lives in the nestboxes along the Griesdale trail?

Watch woodland birds at the feeding station at the start of Lilian's trail.

Bats love to hunt along the Causeway on summer nights.

Rare bearded tits live only in reedbeds. Listen for their 'pinging' call.



See wading birds from the hides at the end of the Coastal trail.

Bitterns are shy birds. They are well-camouflaged in the reedbed and hard to spot.



Did you know?
You can hear the bitterns' amazing 'booming' calls in spring and early summer.

“ This is one of the best places I have ever been! I was showed things that I didn't even think I would want to see, but it turns out I was really interested. I loved it and would come again. ”

Callum (on a school visit)