

Hodbarrow

Finding your way around

Discover the wonderful nature that has taken over this once bustling industrial area.

Enjoy a circular route of three miles (4.8 km), which takes at least an hour. The hide is 1.5 miles (2.4 km) from the car park and takes about half an hour to walk to. Instead of completing the circular route, you can then cut back across the grassland, which is 1.3 miles (2 km).

The main track from the car park and along the sea wall is a byway, but the surface is unsuitable for most motor vehicles.

Wrap up well and take a walk along the sea wall in winter, with grand vistas over the Duddon Estuary and Hodbarrow lagoon. Ducks and geese shelter here from the Arctic winters of their nesting places in the north.

Listen for warblers singing in spring, hidden away in the bushes and woods or among the sweeps of wild flowers.

Following the main track around to the hide takes you through areas of gorse scrub, willow woodlands, a flooded quarry and the lime-rich deposits from the old iron works,

which now abound with rare plants. In spring and summer, you can see from the hide nesting terns, lapwings, redshanks and ringed plovers. Hundreds of ducks and geese including teals, mergansers and eiders can be seen at other times of year.

From here you can complete the circuit of the lagoon, back to the car park or return by the grassland path. See a variety of orchids in spring and summer, magnificent dragonflies darting around the pools and sand martins nesting in the ruins of the old sea walls at the lagoon edge.

Terns twist and turn gracefully overhead



Great crested grebes perform an amazing courtship dance

Key

	Water		Parking
	Grassland and scrub		Hide
	Woodland		Picnic bench
	Gravel/shingle		Byway
	Beach		Footpath

● For more information about the accessibility of RSPB Hodbarrow, please visit rspb.org.uk/hodbarrow

