

# Lakenheath

## Finding your way around

### The Brandon Fen family trail

One loop of around a mile that gives an ideal introduction to the habitats on the reserve. It is accessible for all.

You will find a bit of everything around this trail: sandy Breckland heath, reedbed, poplar woods and grazing marsh. In summer, listen out for warblers singing and in winter, look for fieldfares and redwings. Barn owls also hunt over this area regularly during the winter months. Say hello to the cows if they are in the grazing marsh!

### The Trial Wood trail

A circular walk of 1 mile around the second poplar plantation. This can be used as an extension to the East Wood and the main circular trails.

Blackcaps and garden warblers call this wood home during the breeding season. This trail includes Trial Wood viewpoint, which overlooks New Fen North, the first area of reedbed.

### The East Wood trail

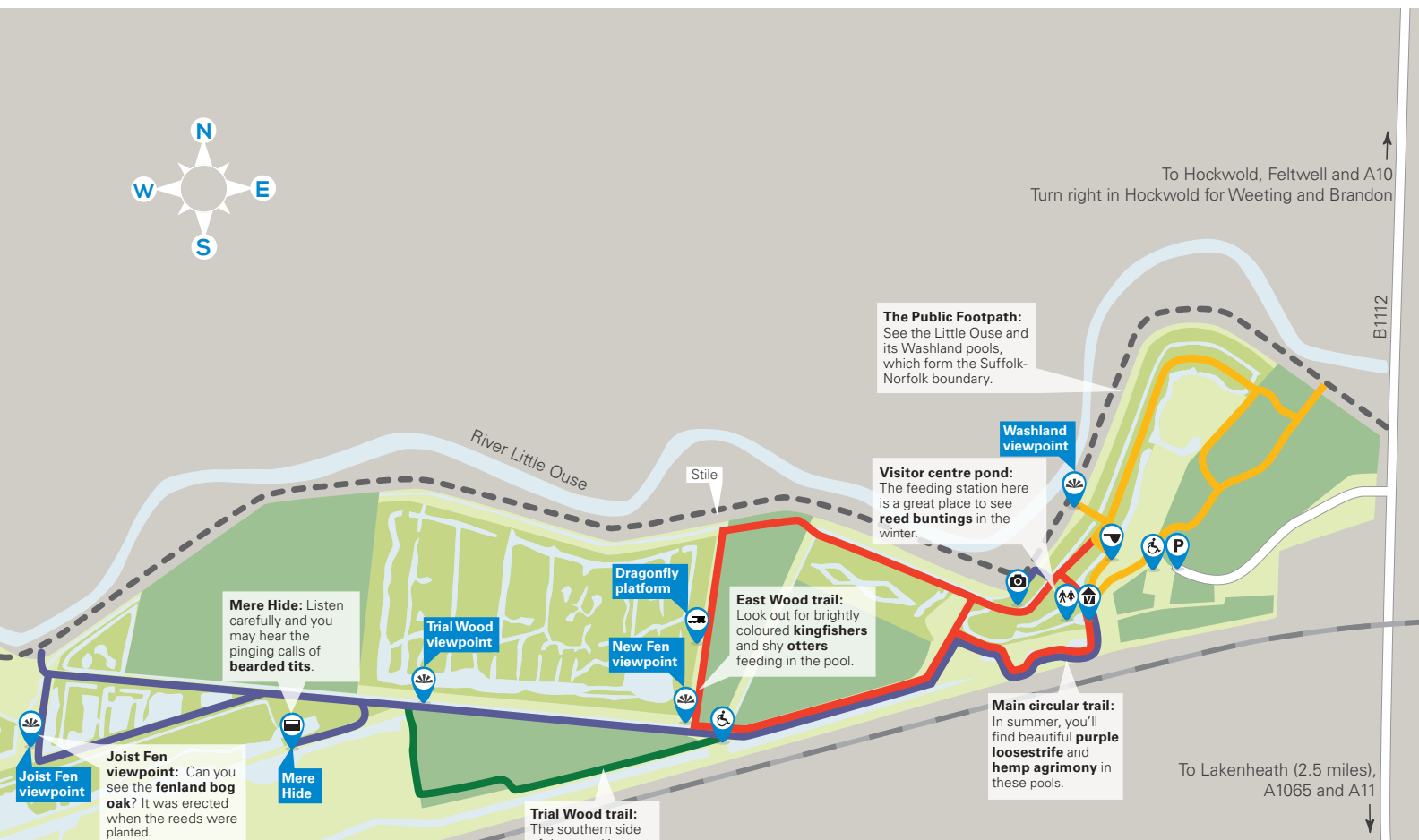
A circular walk of 1.5 miles on a mixture of grass and stone paths. This trail takes you to the New Fen viewpoint.

This begins by passing alongside East Wood, the first poplar wood – treecreepers and tawny owls live here. At the western edge of the wood, you will reach New Fen North, the first area of reedbed. This is the best place on the reserve to see otters. You may even see bearded tits using the grit tray in front of the viewpoint in the autumn.

### The main circular trail

A circular walk of just over 3 miles to Joist Fen viewpoint. This trail also includes the New Fen viewpoint and the hide.

Joist Fen viewpoint is the best place on the reserve to see cranes, bitterns and marsh harriers. The new Mere Hide overlooks a pool that we are hoping will be a good place to see water voles. This trail gives you the choice of returning along the riverbank public footpath or retracing your steps back through the reserve.



### Key

	Water		Visitor centre
	Grassland		Car park
	Woodland		Disabled parking
	Reedbed		Toilets
	Railway line		Pond dipping area
	Public footpath		Photography station

● Please note that dogs are not allowed on the reserve. However, they are allowed on the public footpath that runs adjacent to the reserve. This path can be muddy at times and sometimes cattle graze on it so please keep dogs under close control. Unfortunately bicycles and horses are not allowed on the reserve trails.

● For more information about the accessibility of RSPB Lakenheath, please visit [rspb.org.uk/lakenheathfen](http://rspb.org.uk/lakenheathfen)