

Finding your way around Mersehead nature reserve

THE TRAILS

Wetland trail

This two-mile (3.2 km) trail leads you through farmland, woodland and past hedgerows to two hides overlooking the shallow pools and reedbed. Easily accessed by wheelchairs and buggies, this trail is suitable for everyone.

Coastal trail

Feeling adventurous? Explore the wild, sandy shoreline and merse on this 2.5-mile (4 km) circular walk, with stunning views of the Solway and the Lakeland fells. This trail can be wet, so waterproof footwear is advised.



Black and white with a long, orange bill, oystercatchers are easy to identify.

“ My friends and myself had a lovely time here, enjoying the space, sounds and wildlife. A pleasure to experience. ”

Visitor to Mersehead



Did you know?
The Sulwath Centre is home to life long learning and education activities on the Solway.

Did you know?
You can stay on the reserve. Join us as a residential volunteer, or get away from it all in one of our cosy holiday cottages.

Key:

- Water
- Sandflats
- Sand dunes
- Merse
- Wild bird cover crop
- Woodland
- Grassland
- Hide
- Car park
- Visitor centre
- Sulwath Centre



Listen out for the beautiful songs of skylarks in summer.

In autumn, you'll see flocks of farmland birds in the hedgerows on the wetland trail.

The shallow pools attract ducks, geese and wading birds.

In winter, the fields are full of feeding barnacle geese.

The coastal trail leads you along the beautiful, sandy beach.

From the top of the dunes, the view of the Solway Firth and the Lakeland fells is amazing.

Did you know?
Almost the entire population of Svalbard barnacle geese spend the winter on the Solway – that's up to 30,000 birds.

Did you know?
Mersehead is home to the UK's most northwesterly population of the rare natterjack toad.