



Mark Sisson (rspb-images.com)

“Wow! It's amazing. The food was lovely, the birds were brilliant (I saw 39 different species) and the landscape was beautiful. Highly recommended.”
Leo, a visitor to Rainham

Take part with us

Events

Discover more about the amazing wildlife at Rainham Marshes by joining one of our events.

Family activities

We run lots of family activities during the school holidays, such as pond dipping and minibeast hunting. You can borrow activity sheets all year round.

Group visits

We welcome groups of all ages. You can explore on your own, or we can lead guided walks, go pond dipping, minibeast hunting and more.

For dates, prices and full details about all our events, activities and group visits, ask a member of the reserve team or visit

rspb.org.uk/rainham

In this area...

Other local attractions:

RSPB South Essex Wildlife Garden and Visitor Centre, Wat Tyler Country Park,

Basildon, Essex SS16 4UH Tel: 01268 498620

(16 miles) rspb.org.uk/southessex

South Essex has a collection of nature reserves teeming with waders, ducks, minibeasts and mammals. Go and discover the fabulous wildlife.

Chafford Gorges Nature Park, Grays,

Thurrock RM16 6RG

Tel: 01375 484016 (10 miles)

essexwt.org.uk/reserves/chafford-gorges

This former quarry is a brilliant place to discover the amazing range of wildlife that thrives in

chalky conditions.

Top things to do

Spring/summer

A busy time for nature and a great time for you to explore.

- 1 Enjoy the spectacle of tumbling and calling lapwings and redshanks displaying over the marsh.
- 2 Watch colourful dragonflies and damselflies skim over the pools, while butterflies and bees dance around the flowers by the path.
- 3 Play in our fabulous adventure playground – great for the young and young at heart!
- 4 Stop and listen – you may see or hear one of our water voles munching on plants in one of the ditches.
- 5 Hear the amazing cacophony of croaking marsh frogs, day and night.

Autumn/winter

Five things not to miss during the chillier months.

- 1 See swirling flocks of lapwings and golden plovers shimmering in the winter sky.
- 2 Wrap up warm and blow the cobwebs away with a bracing walk along the river.
- 3 If you're still and quiet you might see a flash of blue as a kingfisher whizzes by.
- 4 In winter, watch for peregrines diving steeply as they try to catch wading birds and ducks.
- 5 Warm up with a cuppa and a piece of home-made cake in our café.

How to get here

Nearest town: Purfleet

By train: the nearest station is Purfleet on the c2c line from Fenchurch Street. From there, the reserve is a 15-minute walk along the riverside path, following the brown pedestrian signs.

By bus: the Ensignbus 44 between Lakeside and Orsett Hospital, Grays, stops near the reserve entrance on New Tank Hill Road.

By bike: follow the National Cycle Network route 13. We have plenty of bike racks.

By car: off New Tank Hill Road (A1090) in Purfleet, which is just off the A1306 between Rainham and Lakeside. The A1306 is accessible from the Aveley, Wennington and Purfleet junction of the A13 and J30/31 of the M25.

Opening times

Visitor centre and reserve, 1 November to 31 January: 9.30 am–4.30 pm. 1 February to 31 October: 9.30 am–5 pm. Closed Christmas Day and Boxing Day.

Admission charges

Car park: voluntary £1 donation. The reserve is free for RSPB members and residents of Havering and Thurrock. There is a charge for non-members: £6 adult, £3 child, £4 student.

RSPB Rainham Marshes

New Tank Hill Road, Purfleet, Essex, RM19 1SZ

Tel: 01708 899840

E-mail: rainham.marshes@rspb.org.uk

rspb.org.uk/rainham

The RSPB is the country's largest nature conservation charity, inspiring everyone to give nature a home.

We are very grateful to all the kind funders that help keep Rainham Marshes a special place for nature.

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654. Front cover: Rainham reserve centre by David Norton (rspb-images.com) 860-1810-17-18

Welcome



You don't have to go far to leave the city behind for a day and get some fresh air in your lungs.

Rainham Marshes, part of the landscape of the Thames Estuary, sits on the urban fringe of London. It is the last stretch of ancient riverside marshland inside the M25. It is an international stop over for thousands of migratory birds, as they navigate along the Thames Estuary each year, from all over the world.

Little has changed on this medieval freshwater marsh since its original reclamation from the salty Thames. The Ministry of Defence used it for nearly 100 years and inadvertently saved it from development.

Now you too can enjoy the amazing views from our visitor centre, enjoy some hot food in our café, wander the trails around our nature reserve and stock up in the shop.

rspb giving nature a home

Rainham Marshes

nature reserve

Big views, a big sky and wonderful wildlife

A welcoming wilderness that's full of wildlife

Buggy, wheelchair and toddler accessible

Enjoy the views with coffee and cake

Rainham

Finding your way around

Circular route

If you have a couple of hours, our 2.4-mile (3.8-km) circular walk will take you around the reserve passing hides and lots of wildlife.

This is a lovely walk through the reserve that gets you close to the birds, mammals, minibeasts and plants that the reserve has to offer.

Stop at the hides and viewing places along the way and keep a lookout for lapwings, lots of different types of ducks as well as water voles, bearded tits, and dragonflies and butterflies in summer.

Woodland walk

This half-mile (0.8-km) trail will take you through the woodland area, and back to the visitor centre. Allow yourself at least half an hour.

Keep an eye on the trees; they're great places to spot birds such as blackcaps and kestrels.

The old cordite store has become a haven for minibeasts, such as butterflies, shield bugs and spiders, but is also good for birds – what will you see?

Riverside walk

A 1.5-mile (2.4-km) walk starting at the visitor centre and ending up by the River Thames. Make sure you allow yourself an hour.

There is a brilliant view over the River Thames on this walk and you should also see lots of wildlife.

All routes are suitable for pushchairs and wheelchairs. The good paths and boardwalks mean the reserve is a good place to walk at all times of year.



A wasp spider weaving.



Listen for a lapwing calling "peewit".

