

Saltholme

Finding your way around

To discover what makes RSPB Saltholme so special for nature, start exploring today.

Lake walk

A 20-minute stroll around this 0.7-mile circular trail takes you to the wildlife garden, Paddy's pool hide and the wildlife watchpoint.

In the summer months, remember to pause in the wildlife garden and watch colourful butterflies flutter through the scented flowerbeds. You might even find some inspiration to help you give nature a home in your own garden.

In winter, marvel at the vast flocks of ducks and geese that have flown here to escape the harsh continental weather.

Kestrel trail

This is a tranquil, half-mile extension to the Lake walk.

As you circle the meadow, listen out for the beautiful summer song of the skylark. Kestrels hunt voles and mice over the short grass in winter.

Wildflower walk

Allow 20 minutes to walk this hilly, 0.7-mile addition to the Kestrel trail.

Scan the grassland for pretty, yellow cowslips in spring, and keep your eyes to the skies in winter, when starlings perform their aerial displays.

Dragonfly path

This 0.9-mile linear path offers different wildlife wonders with every season. Allow around 20 minutes to walk from the visitor centre to the end of the trail at Saltholme pools hide.

On a summer's day, you'll experience the whirr of wings as a multitude of colourful dragonflies dart to and fro, like jewelled arrows.

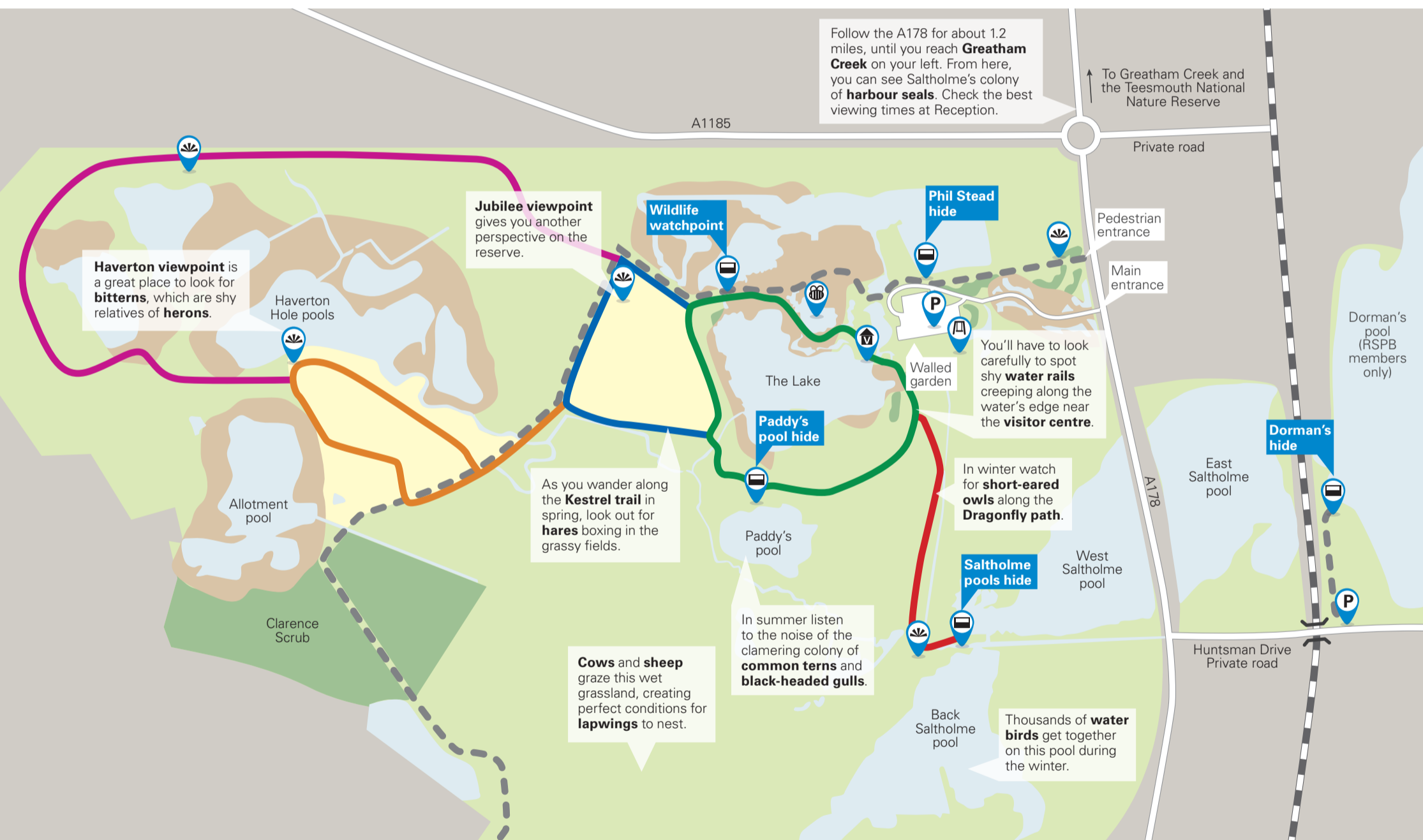
Come winter, Saltholme pools hide is a great place to take in spectacular views of ducks, geese, swans and wading birds as they gather in their thousands.

Wilderness trail

This 1.3-mile path links the Kestrel trail and the Wildflower walk. Although it's way-marked, it's off the beaten track and certainly not for the faint-hearted!

Allow 40 minutes to clamber over stiles and wade through the mud to get a real sense of how wild this wet grassland reserve really is.

Robust footwear and a sense of adventure are a must!



Key

	Water		Visitor centre		Railway line
	Grassland		Parking		Bridge
	Reedbed		Viewpoint		Cycleway and footpath
	Trees and bushes		Play area		
	Meadow		Discovery zone		

- The trails are made of crushed stone – most are pushchair- and wheelchair-friendly. Some places might be a bit more challenging, so talk to us at reception before you set out.

- Two mobility scooters can be borrowed from the visitor centre.
- For more information about the accessibility of RSPB Saltholme, please visit rspb.org.uk/saltholme

