On the beach you can see the remains of an old forest and a Second World War tank at low tide.

Look out for nesting avocets and their fluffy chicks on the Freshwater marsh.

Experience the thrill of the birds’ autumn migration from the Autumn trail (open August to October only).

Keep your eyes peeled for water voles by the dragonfly pond on the Fen trail.

Find information, buy a hot snack or do some shopping at the visitor centre and café.

Enjoy the fantastic views across the reedbeds from this quiet, reflective spot.

Keep an eye out for bearded tits, marsh harriers and bitterns.

Thornham Grazing Marsh

Along the Meadow trail you can see wild orchids in the summer.

The West bank path is the place to see lots of wading birds and wildfowl.

Dogs are only allowed on the West bank path on a lead.

There are baby changing facilities in the toilet block.

Wheelchair access throughout the reserve.

Key

- Freshwater
- Saltwater
- Marsh
- Reedbed
- Woodland
- Beach
- Seawalls
- Visitor centre
- Car park
- Toilets
- Viewpoint
- Picnic area
- No further access
- Access path
- Footpath