

## Saltmarsh trail

An easy walking 1.5 mile trail

Walk through open woodland and meadows amongst redstarts and butterflies. The trail then leads to the saltmarsh giving stunning views over the estuary. See if you can spot a kingfisher or otter in the freshwater pools and look out for herons, little egrets and grass snakes.

## Woodland trail

A 1.5 mile trail that takes you to the heart of the oak woodland

During spring and summer this is a beautiful walk through a bluebell wood. Enjoy a wealth of wildlife including pied flycatchers, wood warblers and great spotted woodpeckers. From Ynys-hir hide enjoy a bird's eye view into the tree tops with the panorama of the reserve below you.

## Wetland trail

A 2.5 mile trail that takes you around the reserve

Along this wetland route you will see pools, peat bog, reedbeds and saltmarsh. In winter, watch lapwings, wigeons and teals from the Ynys Feurig hide. In summer, spot dragonflies flitting around and lizards lounging on the boardwalk.



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