

# Finding your way around Insh Marshes National Nature Reserve

## THE TRAILS

### Invertromie trail

At almost a mile (1.5 km), this trail takes you through a rich variety of habitats to the main viewpoint hide and Gordonhall and Invertromie hides. Each hide has brilliant views over the marshes.

### Tromie Meadow trail

An extension to the Invertromie trail, this walk is almost 3 miles (4.5 km). It leads you to Invertromie Meadows and their remarkable array of plants including orchids. In summer, the meadows are alive with butterflies.



**Please note:** if walking with dogs, please keep them under close control or on a short lead.

There is wheelchair access to the main viewpoint hide from the car park. However, both trails are unsurfaced with steep slopes. We recommend stout shoes or, in winter, wellies. Unfortunately, neither trail is suitable for pushchairs or wheelchairs.

Roe deer and our livestock eat the scrubby vegetation and stop it taking over.



When sunlight catches the lapwings, their plumage shines glossy green and purple.



Dark green fritillaries and other butterflies sip nectar from flowers in the meadows.

### Did you know?

Goldeneye ducks usually nest in tree holes. But we also provide special nesting boxes for them.

During autumn, the changing colours of the sedges turn the marsh a burnished gold.

In winter, look out for flocks of redwings and fieldfares searching for food.

This stand of aspens is one of the best in Scotland.

### Did you know?

Insh Marshes is one of just 13 sites in the UK where the very rare aspen hoverfly is found.

### Key:

- Water
- Woodland
- Rough grass
- Marsh
- Car park
- Circular hide viewpoint



“ Quiet, calm, no crowds, plenty of whooper swans. ”  
Winter visitor to Insh Marshes