

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 for fantastic sights of 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.

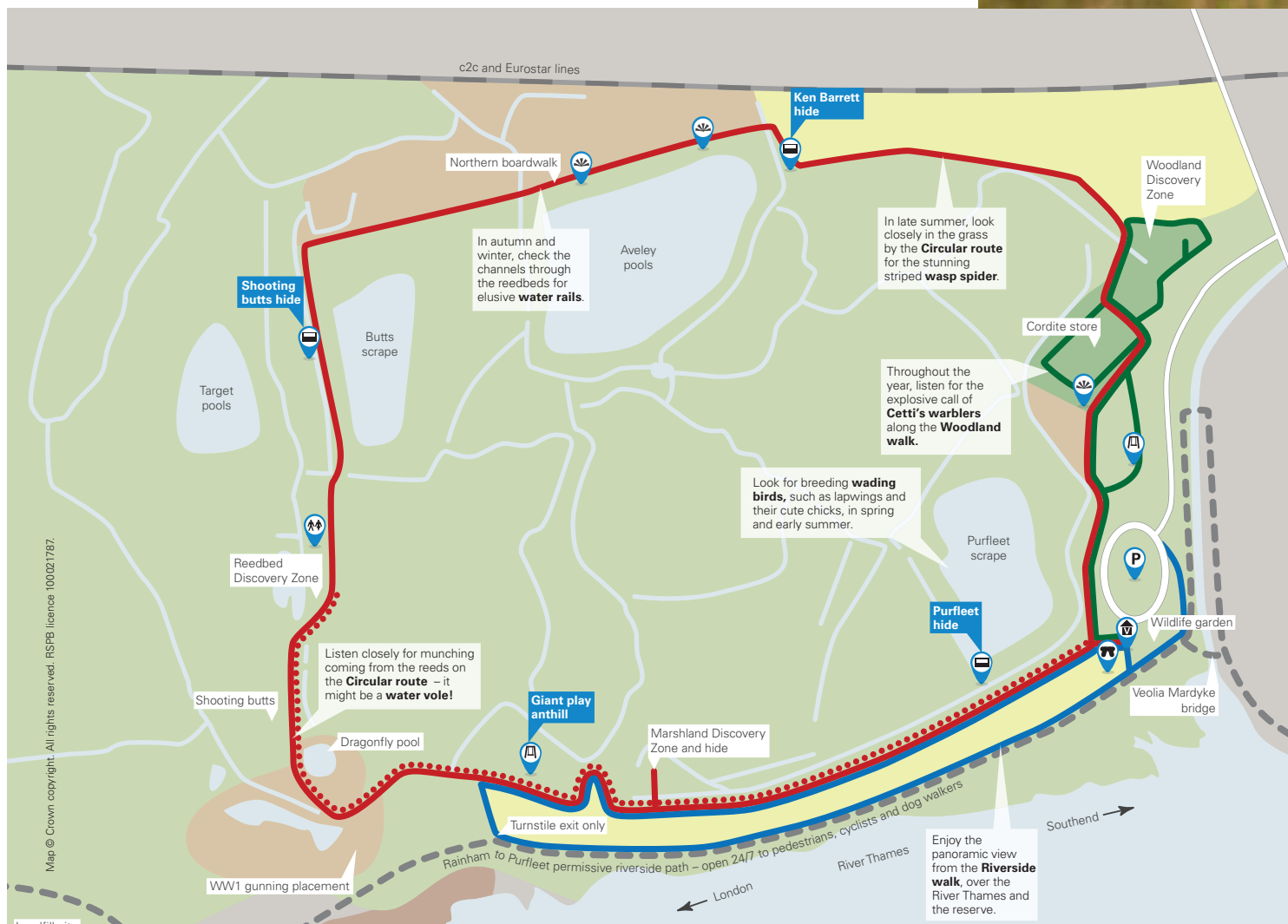
All routes are suitable for pushchairs and wheelchairs. The good paths and boardwalks mean the reserve is a good place to walk at all times of year.



A wasp spider weaving.



Listen for a lapwing calling "peewit".



Key

	Water		Parking
	Saltmarsh		Toilets
	Marsh		Visitor centre
	Woodland		Picnic area
	Reedbed		Adventure play area
	Grassland		Viewing platform
	Family friendly southern trail		

- The four hides and viewing platforms have flat entry or adapted entrances so everyone can get the same views.
- For more information about the accessibility of RSPB Rainham, please visit rspb.org.uk/rainham
- To avoid disturbing wildlife, we only allow dogs along the permissive riverside path section of the reserve, except for registered assistance dogs.
- We can loan you a mobility scooter or wheelchair. Please ask for details.