

Finding your way around Stour Estuary nature reserve



Stour Wood trail

A short, circular trail around the wood, along open woodland rides and densely wooded footpaths. It can be a little muddy in winter so wellies are advisable.

Stour Estuary trail

A longer (1.5 hour), circular trail that leads through Stour Wood and follows the Essex Way for a short distance. There are stunning views of the estuary as you cross the railway bridge.

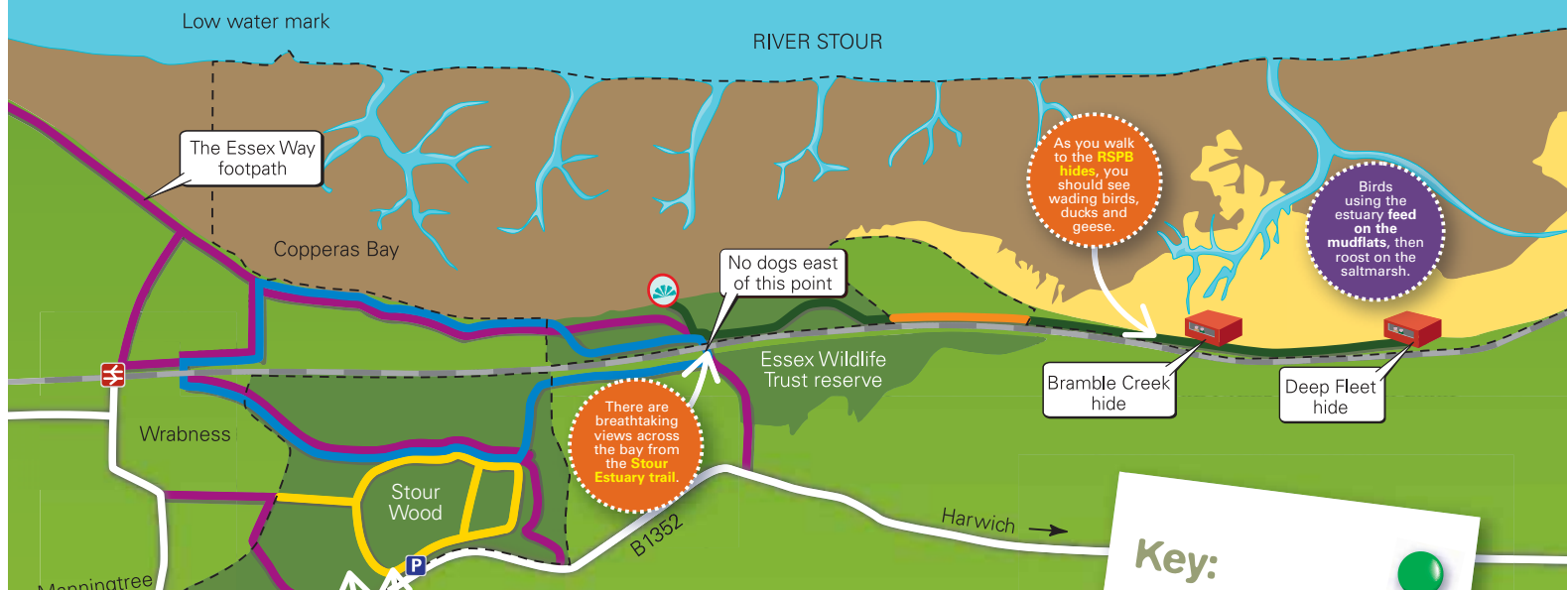
RSPB hides

Our longest trail (2 hours+) through Stour and Copperas Woods and alongside the railway to Bramble Creek and Deep Fleet hides. Dogs are not allowed.

We ask that all visitors keep to public footpaths and marked trails. Please respect our neighbours' privacy.

This plan is indicative.

In autumn the sweet chestnuts' spiky seed cases split to reveal the edible nuts inside.



As you walk to the RSPB hides, you should see wading birds, ducks and geese.

Birds using the estuary feed on the mudflats, then roost on the saltmarsh.

There are breathtaking views across the bay from the Stour Estuary trail.

Most of the trees are sweet chestnuts, probably planted by the Romans.

Along the Stour Wood trail in spring, listen to the nightingales' fabulous songs.



Redshanks, with their red legs and long, slender bill, are a common sight here.

Key:

- Woodland
- Mudflats (tidal)
- Saltmarsh (tidal)
- Public footpaths
- Private right of way for RSPB members and visitors only
- Permissive path
- Reserve boundary
- P Car park
- S Wrabness railway station
- C Copperas Bay viewing point

Did you know?
Nightingales, although incredible singing birds, hide themselves in dense bushes. The best time to spot them is in early May.

Did you know?
Copperas (bisulphate of iron) used to be mined in Copperas Bay during the 1800s. It was used in the dyeing and ink industry.

