

WILDLIFE

Watch the wildlife that makes RSPB Stour Estuary its home. Enjoy trails up to five miles long as you stroll through the woods. To watch wading birds, ducks and geese on the estuary, visit during the autumn and winter. From spring to autumn large flocks of knots gather on the estuary, and flocks of black tailed godwits can be seen. Spring also has breeding-plumaged dunlins with black bellies; whilst in winter flocks of brent geese come to feed on the estuary. Listen out for the incredibly rich musical song of the nightingale in late April and in May.



The main spectacle for spring is the spring flowers. From March into April wood anemones and other spring flowers such as primroses and dog violets, carpet Stour Wood spectacularly. Two to three weeks later, Copperas Wood has a stunning display of bluebells.

Wrabness – visit the 60 acre nature reserve with fantastic views over the Estuary.



RESPECT PROTECT ENJOY

Let's help everyone enjoy the countryside in safety and ensure natural habitats, livestock and wildlife are protected.



As you explore the coastal paths, please:

- Leave no trace of your visit and take your food and litter home
- Leave gates and property as you find them
- Keep dogs on a lead, especially around farm animals, horses, wildlife or other people
- Clean up after your dog
- Follow paths and local signs
- Plan ahead and be prepared for changes in weather and tide times
- Some areas may have weak mobile phone signals. Let someone know where you're going and when you expect to return.

BE BIRD AWARE

The Essex coast features mud-flats, saltmarshes and grazing marsh which are internationally important for thousands of waders and wildfowl.



The survival of species, such as avocets, ringed plovers, hen harriers and teals, relies on everyone helping to prevent bird disturbance.

Please keep noise levels low and dogs on leads when walking in these special places.

essexcoast.birdaware.org

GREEN TRAVEL TO THE COAST

Help us to reduce pollution by travelling to the coast by train or bus.

For buses visit essexbus.info

For trains visit greateranglia.co.uk

greateranglia



For more information go to www.esscrp.org.uk

◆ THE ESSEX COAST ◆

EXPLORE
EXPERIENCE
ENJOY

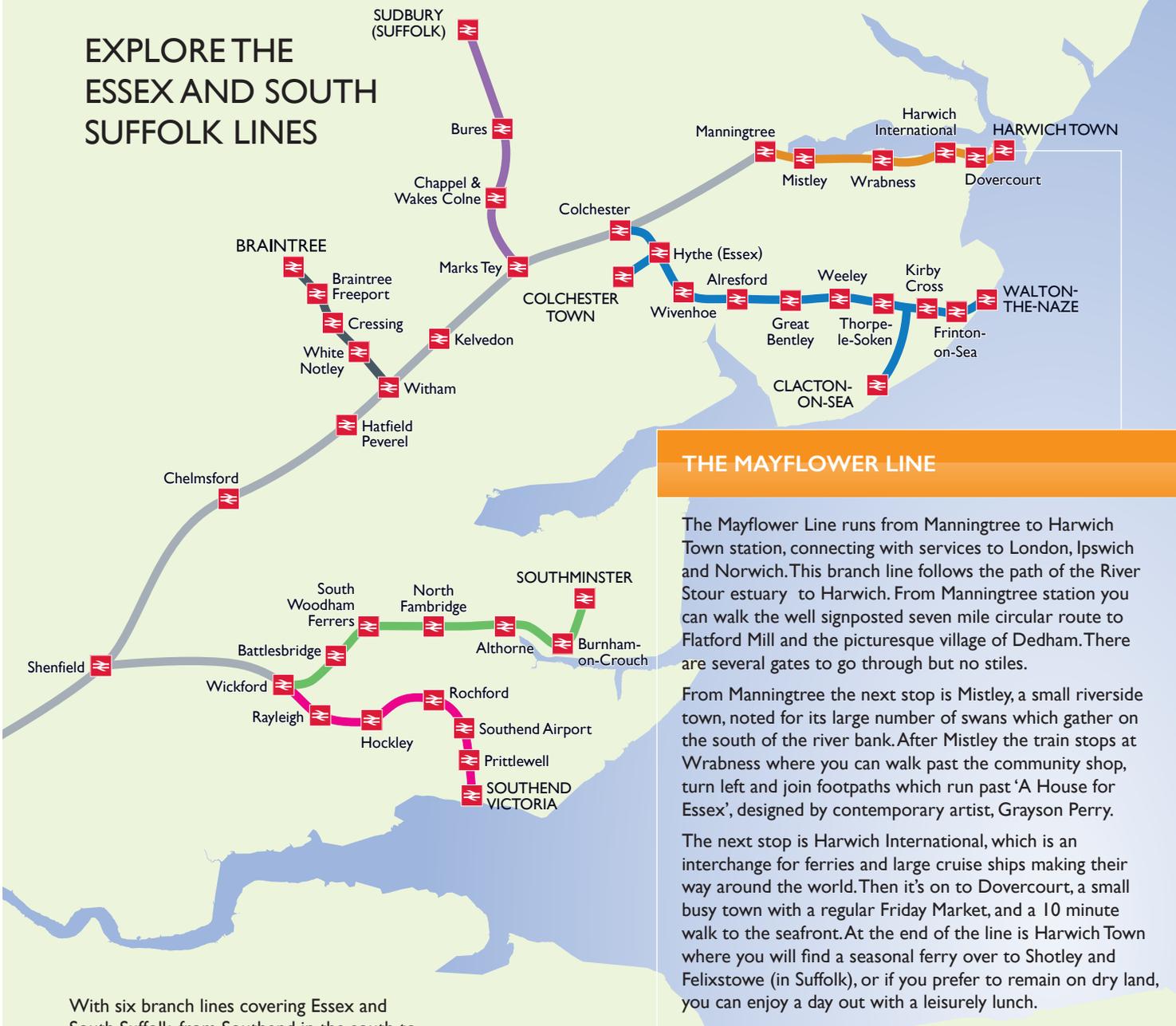


THE MAYFLOWER LINE

Experience the Unexpected



EXPLORE THE ESSEX AND SOUTH SUFFOLK LINES



THE MAYFLOWER LINE

The Mayflower Line runs from Manningtree to Harwich Town station, connecting with services to London, Ipswich and Norwich. This branch line follows the path of the River Stour estuary to Harwich. From Manningtree station you can walk the well signposted seven mile circular route to Flatford Mill and the picturesque village of Dedham. There are several gates to go through but no stiles.

From Manningtree the next stop is Mistley, a small riverside town, noted for its large number of swans which gather on the south of the river bank. After Mistley the train stops at Wrabness where you can walk past the community shop, turn left and join footpaths which run past 'A House for Essex', designed by contemporary artist, Grayson Perry.

The next stop is Harwich International, which is an interchange for ferries and large cruise ships making their way around the world. Then it's on to Dovercourt, a small busy town with a regular Friday Market, and a 10 minute walk to the seafront. At the end of the line is Harwich Town where you will find a seasonal ferry over to Shotley and Felixstowe (in Suffolk), or if you prefer to remain on dry land, you can enjoy a day out with a leisurely lunch.

With six branch lines covering Essex and South Suffolk, from Southend in the south to Harwich in the North, there is a vast array of beautiful countryside, exciting and historic attractions and a coastline covering 350 miles – the second longest of all the English counties.

For more information on these other routes please visit esscrp.org.uk

THINGS TO DO

Manningtree – go for a walk from Manningtree town high street along the River Stour to Mistley Towers. There is a beautiful vista across the Stour and lots of bird wildlife including the famous Mistley swans and views of ancient Manningtree.

Mistley – Mistley adjoins Manningtree, and for a full day out visit both of them.

Wrabness – don't miss Turner prize-winning artist Grayson Perry's 'Julie's House', a lavishly decorated folly-cum-artwork. Grayson has described the building as the Taj Mahal on the river Stour because it tells the (fictional) story of a local woman, Julie, whose husband had the house built as a shrine on her death.



Dovercourt – Dovercourt Bay has a superb stretch of sandy beach and has a 'Blue Flag' Beach award. The promenade stretches for miles and you can enjoy walking and cycling or taking part in water-based activities. There are spectacular views of Felixstowe as well as Harwich and Landguard Forts.

Harwich – the place oozes history. The streets around its old port are lined with buildings dating back as far as the sixteenth century. Then there's the circular Redoubt Fort which dates back



to the Napoleonic Wars and has a diameter of 180ft and ten guns sitting on its battlements. It is the only such example open to the public and along with the military museum it is well worth a visit. Wander down to the pier and watch the boats and catch the ferry www.harwichharbourferry.com which takes you across to Felixstowe or Shotley.

