

## WILDLIFE

The area's varied coastal environment offers a haven for birds and wildlife. For the bird watcher - head to the Rochford peninsula to visit Wallasea Island. On a winter's day, wrap up warm, grab a coffee and doughnut and head out along Southend pier to watch the wading birds feed on the intertidal flats exposed at low tide.

As the seasons change so do the area's 'local residents' along the coast. The over wintering water birds are the dark bellied Brent goose and Knot. The spring and autumn passing migrators include whimbrels, green sandpiper, dunlins, greenshanks, black-tailed godwits and redshanks. Whilst in the summer months visitors can observe nesting birds such as avocets, oystercatchers and common turn.

Wallasea Island is a RSPB reserve and covers more than 740 hectares. A project to create the reserve saw three million tonnes of earth that had been removed from the London Crossrail tunnels and shafts brought in by boat. This raised the site above sea level and the soil was placed to create diverse bird and wildlife habitats including saltmarsh, islands, lagoons, ditches, grazing marsh and mudflats. To explore further - follow the different walking trails around the island. [rspb.org.uk/reserves-and-events/reserves-a-z/wallasea-island/](http://rspb.org.uk/reserves-and-events/reserves-a-z/wallasea-island/)

The intertidal salt and sand marshes and grazing marshes found along this coastline supports a diverse range of plants and invertebrates, many of which are nationally rare or important.

Rochford District Council [rochford.gov.uk](http://rochford.gov.uk)  
Visit Essex [visitessex.com](http://visitessex.com)

## 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](http://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](http://essexbus.info)

For trains visit [greateranglia.co.uk](http://greateranglia.co.uk)

**greateranglia**



For more information go to [www.esscrp.org.uk](http://www.esscrp.org.uk)

## ◆ THE ESSEX COAST ◆

EXPLORE  
EXPERIENCE  
ENJOY

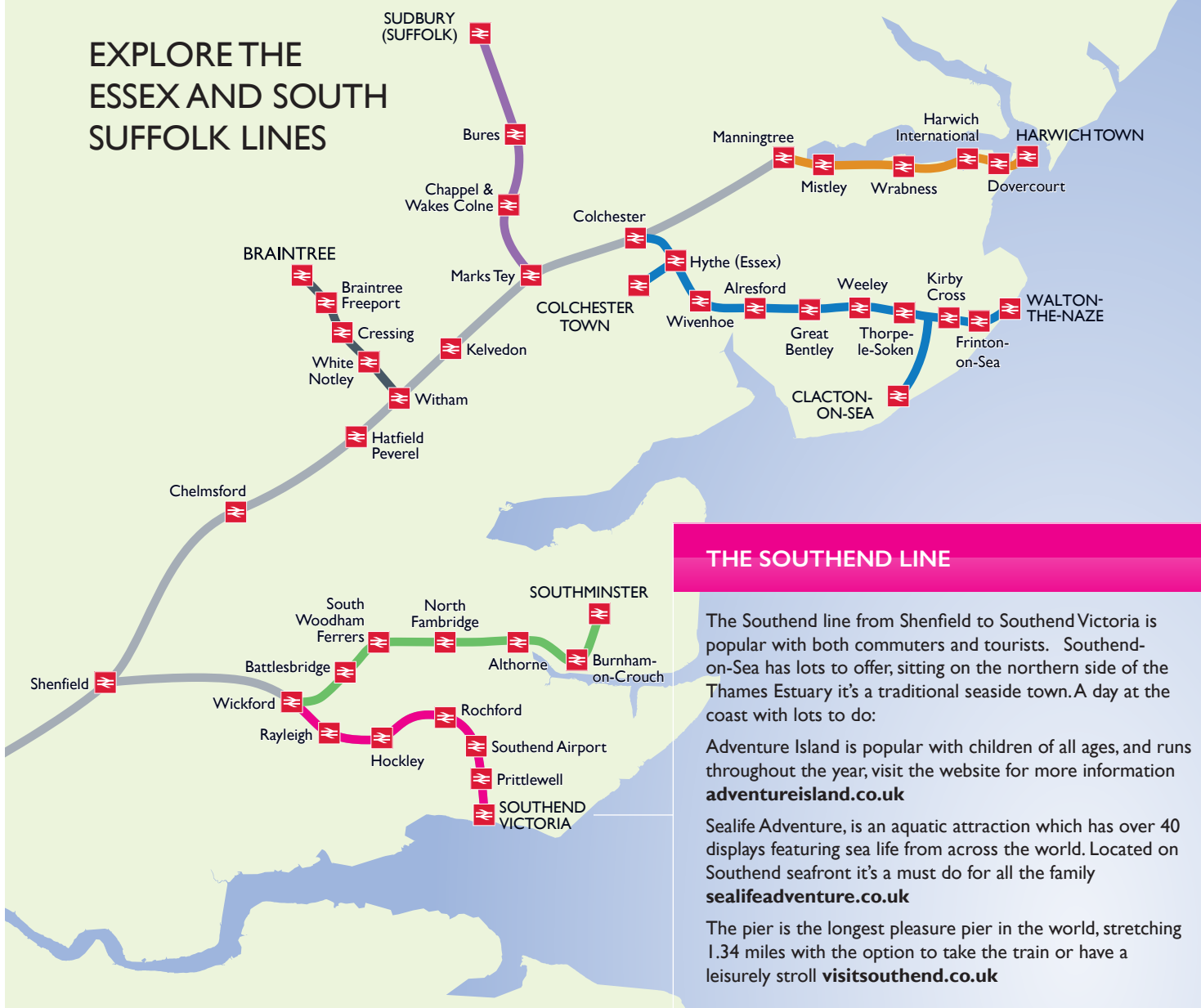


## THE SOUTHEND LINE

*Experience the Unexpected*



## EXPLORE THE ESSEX AND SOUTH SUFFOLK LINES



### THE SOUTHEND LINE

The Southend line from Shenfield to Southend Victoria is popular with both commuters and tourists. Southend-on-Sea has lots to offer; sitting on the northern side of the Thames Estuary it's a traditional seaside town. A day at the coast with lots to do:

Adventure Island is popular with children of all ages, and runs throughout the year; visit the website for more information [adventureisland.co.uk](http://adventureisland.co.uk)

Sealife Adventure, is an aquatic attraction which has over 40 displays featuring sea life from across the world. Located on Southend seafront it's a must do for all the family [sealifeadventure.co.uk](http://sealifeadventure.co.uk)

The pier is the longest pleasure pier in the world, stretching 1.34 miles with the option to take the train or have a leisurely stroll [visitsouthend.co.uk](http://visitsouthend.co.uk)

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](http://esscrp.org.uk)

## THINGS TO DO

Southend on Sea – Bright, vibrant and exciting; Southend offers a glorious seven mile stretch of coastline. Award-winning beaches, beautiful parks and gardens, family fun attractions, and museums. The Central Museum houses collections of local and natural history and contains a planetarium constructed by astronomer Harry Ford. [southendmuseums.co.uk](http://southendmuseums.co.uk).

Southend has unlimited shopping opportunities with the Victoria Centre and the Royals. [victoriasc.co.uk](http://victoriasc.co.uk) [royalsshoppingcentre.co.uk](http://royalsshoppingcentre.co.uk)

Prittlewell – Priory Park and Museum: A stunning Grade I listed priory telling the story of this historic house's former residents. Follow in the footsteps of the 13th century Cluniac monks through to Victorian times. [southendmuseums.co.uk](http://southendmuseums.co.uk)

For walkers – the unspoilt coastline is a historical and picturesque place to explore: By the village of Canewdon is the site where King Canute landed his longships to conquer England in 1016 and change our history forever. The village of Paglesham is the recognised final resting place of the boat HMS Beagle which is linked to Charles Darwin – author of the ground-breaking work 'Origin of the Species'.

