

WILDLIFE

The Naze Wildlife Trail is 3.7 miles long and starts from the Naze Tower, with over 50 acres of grassland bordered by rugged cliffs, you can explore some stunning scenery where wildlife thrives. The trail takes you along the clifftop and along the seawall past the John Weston Nature reserve, returning alongside Walton channel, the main waterway leading back into the town.

The John Weston Nature Reserve is located in the northern part of the Naze. This 9 acre reserve is dedicated to the leading Essex naturalist John Weston, who was warden at the reserve until his death in 1984 and consists of blackthorn and bramble thickets, rough grasslands and four ponds. Nesting birds include Common and Lesser Whitethroat. The Naze is also a perfect place to get an introduction to marine wildlife, with harbour porpoise out to sea, common and grey seals in the backwaters and a whole host of species to find on the beach and in the mud pools including crabs, scallops and whelks.

Much of the area and adjoining Hamford Water National Nature Reserve are sites of special scientific interest. The 70ft high cliffs are made up of London clay, you can see examples of 50 million-year-old fossils and you may be able to find sharks teeth and other animal relics on the beach below. Hamford Water with its mud flats, marsh and sands is known for its large populations of over-wintering birds, including dark-bellied Brent geese, black-tailed godwits, redshank, finger and grey plover and shelduck. There are a number of birds that breed on the site, including nationally important colonies of little tern and avocet. The coastal grasslands above the salt marshes also support one of Britain's rarest plants sea hogs fennel. The reserve is also a good place to spot common grey seals.



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

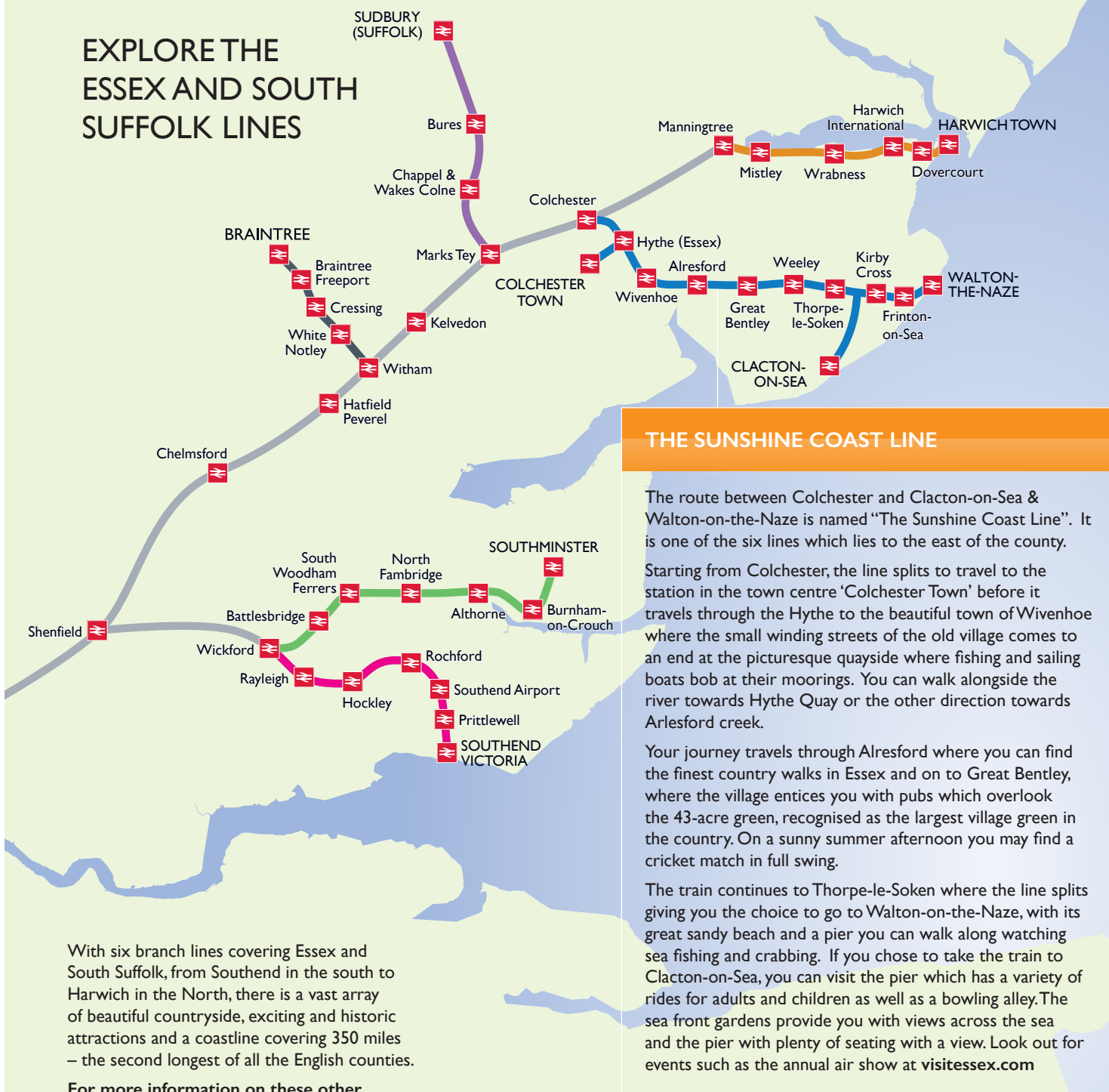


THE SUNSHINE COAST LINE

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EXPLORE THE ESSEX AND SOUTH SUFFOLK LINES



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

Walton-on-the-Naze – As well as its wonderful beaches, Walton has a pier which is the third longest in the UK (2,600 ft). The pier has bowling, funfair rides, bar and a café. From the pier you can stroll along the beach to the Naze (30 minutes) and visit the Naze Tower which has a 111 step spiral staircase to the top of the 86-ft tower for a 360 degree view of the beach and the countryside. It has an art gallery on six floors as well as a tearoom. <http://www.nazetower.co.uk/> Open 1st April – 1st November.

The Walton Maritime Museum based in The Old Lifeboat House at the end of East Terrace is worth a visit and displays information on Walton's past lifeboats, as well as its colourful history. The museum is run by Frinton and Walton Heritage Trust – enquiries@fwheritage.co.uk

Arlesford – A little-known secret are the ruins of St Peter's Church, built c. 1300. The ruins are a 0.6 mile flat walk from the train station at 18 Ford Lane Arlesford CO7 8AS. Turn right out of the station on Station Road to the crossroads, cross over onto Church Road past Arlesford primary school onto Ford Lane and the ruins are on the right. The church was destroyed by fire in 1971, it had been given Grade II listed status in 1966. There is a haunted history and the ruins are a big attraction for paranormal teams.

There are footpaths from the church where you can meander across the fields or head down to Arlesford Creek.

The Pointer, a traditional pub, is two minutes from the station and has a beer garden and serves traditional home-cooked food and bar meals.

Hythe Colchester – This station is often used by university students – when you leave the train you can read about the history of The Hythe which used to be a large port in the 14th century. You can walk the Wivenhoe Trail along the River Colne to Wivenhoe (40 mins) and catch a train back.

You could also walk up East Hill from the Hythe to visit Firstsite a visual arts organisation which has a cinema, ongoing exhibitions, children's events and a café. <https://firstsite.uk/>

From Firstsite you are five minutes' walk from Colchester Town railway station, or you can explore Colchester's shops and cafes and walk 20 minutes to Colchester Station.

