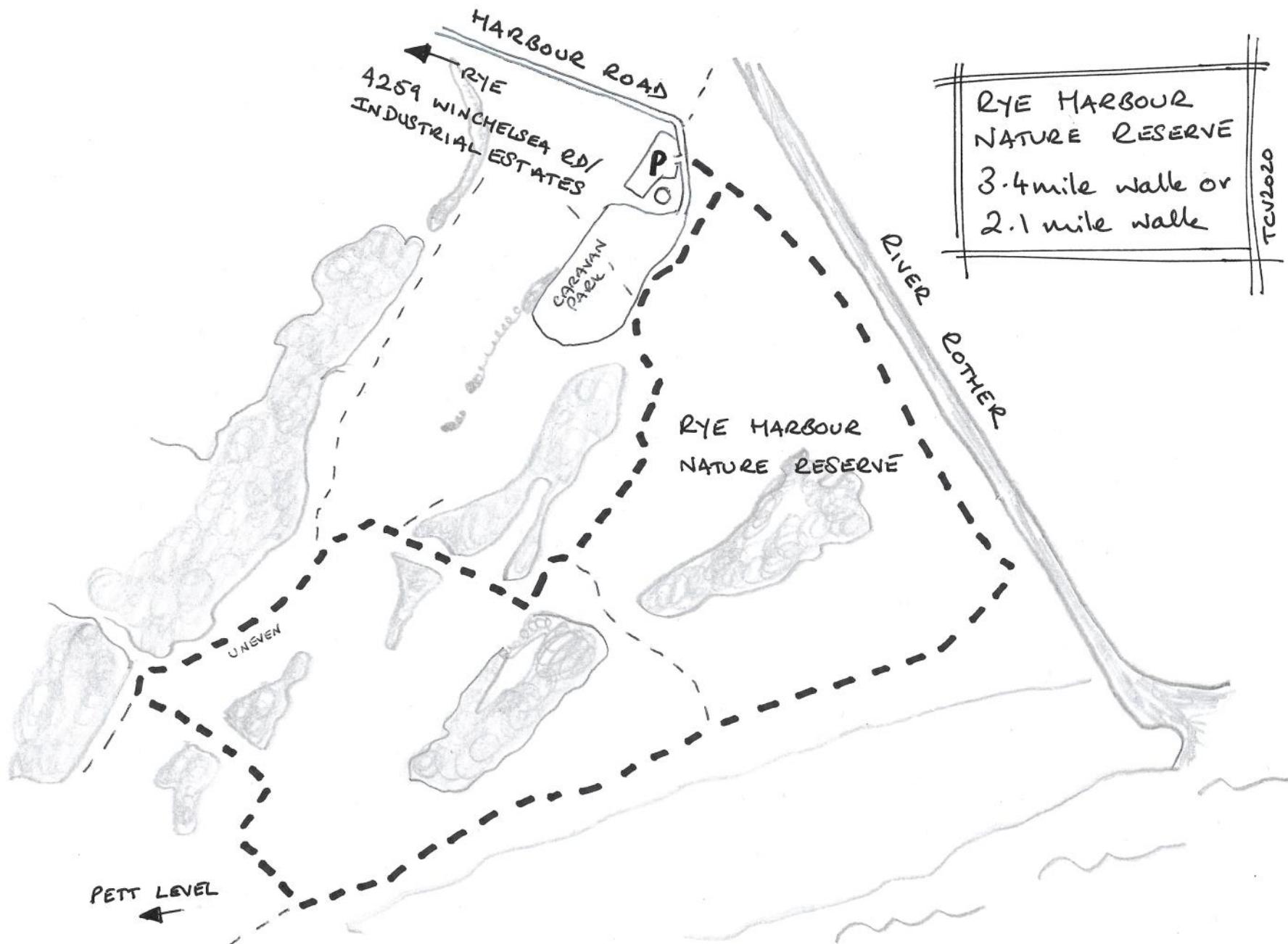


Notice nature,
enjoy exercise,
strengthen
mental health



Description: Coastal nature reserve including shingle, saltmarsh, lagoons, marsh and a wide variety of birds.

Straight down from car park and along coastal path: level surfaced tracks with no steps or stiles. Loop made using minor paths.

Take care: Minor footpaths are unsurfaced or roughly surfaced, can be slightly uneven and might get muddy.

Difficulty level: Easy.

Nearby postcode: TN31 7TX