

Welcome to Rye Harbour Nature Reserve! We invite you to explore the reserve's shingle beaches, its pools and saltmarsh habitats, to discover its amazing wildlife and to have a lot of fun too! This short trail will walk you from the car park down to the sea (approx. 1km) in about 45 minutes

- Stay with adults or you could get lost
- Stay away from the water, you do not want to fall into it
- Stay away from the electric fences, they could hurt you
- Stop on the side of the road as trucks or cars pass by you
- Do not touch or eat plants, they can be stingy or poisonous
- Wash your hands thoroughly afterwards!



Let us introduce our 3 friends who will help you along the way:

- to spot some beautiful wildlife,
- to learn interesting facts and solve nature problems,
- and also to join in fun activities!



S
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SPOT IT!

I am a **Gull**. When I fly above the ground, I can spot plants and animals living here in spring, summer, autumn and winter.

Do you want to try to spot them too?



S
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SOLVE IT!

I am a **Stonechat**. I chat and chat and chat all day long!

I know secret stories about the reserve and its inhabitants...

So listen to me carefully to be able to solve some tricky problems.



D
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DO IT!

I am an **Oystercatcher**. I love playing on the beach and by the river.

I am super active, I run and jump, I search and build.

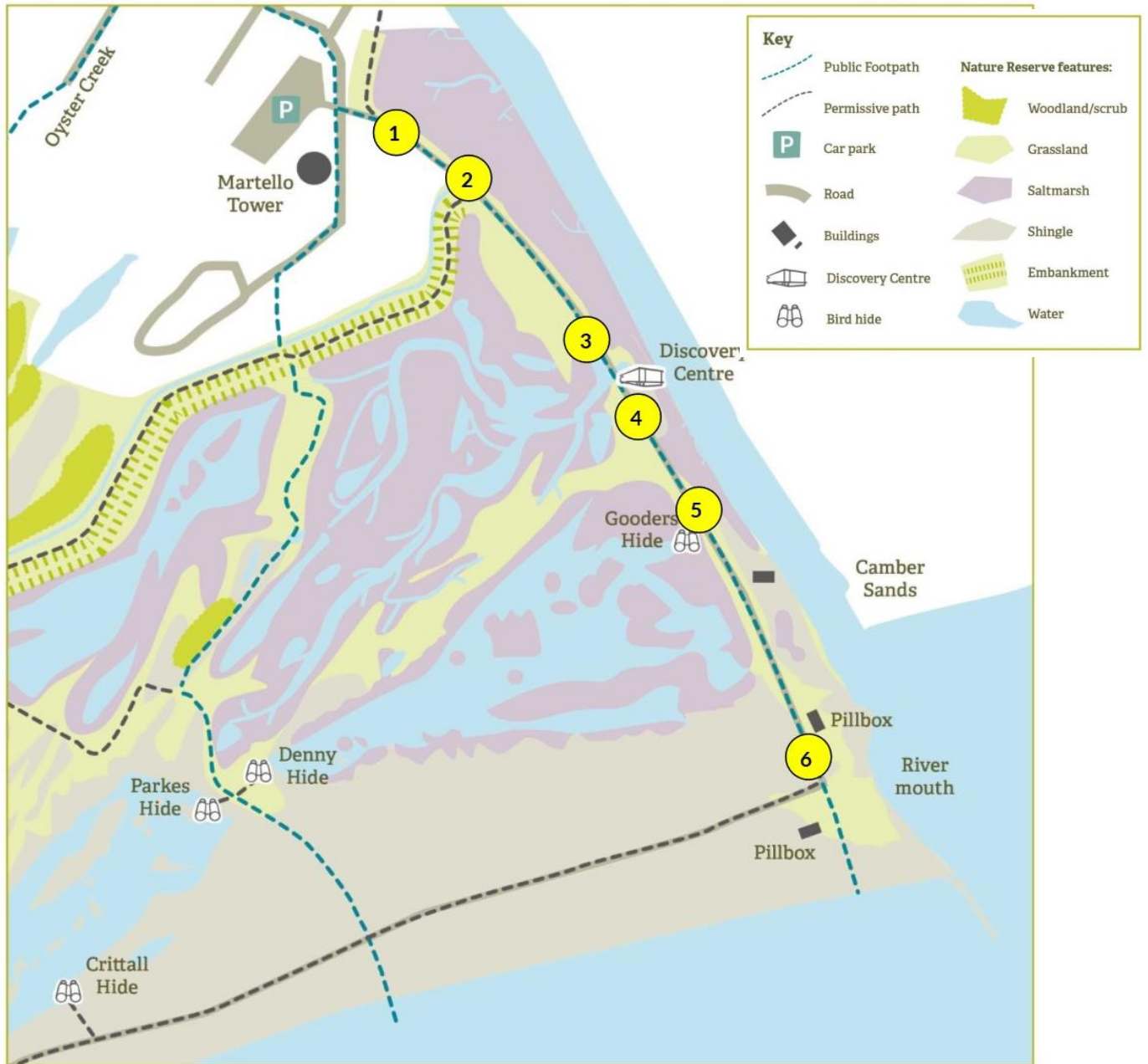
Would you like to join me for some fun activities?

So, are you ready to go on a big adventure?

Find the location of your first activity on the [Reserve Map on the first page](#)

Thank you to The National Lottery Heritage Fund for providing funding for this trail #discoverryeharbour





1 Nature Reserve gate



LEAF SHAPES

Along each side of this path are many different plants; can you spot all these different leaf shapes? Can you find any more?



2 At the sea defence bank



PANEL – DEFENDING THE COAST

Read all of the information on the panel. Can you answer these questions?

1. When the Martello Tower was built, where was the sea?
2. What is one of the best flowers for bees?
3. What wildlife should you *look out for* at this time of year?

3 Near the Discovery Centre

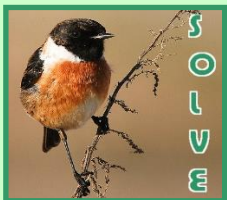


PANEL – SALTMARSH, OLD & NEW

Read all of the information on the panel. Can you answer these questions?

1. Name 3 saltmarsh plants
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2. What's the name of the river behind you?
3. Which birds feed in the mud?

4 At the culvert



PANEL – TIDAL RHYTHMS

Read all of the information on the panel. Can you answer these questions?

1. When do the highest spring tides happen?
2. What do Herring Gulls love to eat?
3. What fish might you see here?

5

At the Gooders Hide



GO AND HIDE

Are you at the birdwatching hide? A hide is good to look at birds without disturbing them. The Wader Pool in front of this hide attracts many **wading birds**: birds that walk with their feet in shallow water, such as:



Redshank



Ringed Plover



Oystercatcher



Lapwing

Which of these can you see? What are they doing? Which is your favourite?



COLOURS OF THE RAINBOW

As you carry on walking from the hide to the river mouth, look at the variety of plants growing in the shingle. Many of them have colourful flowers – can you find all the colours of the rainbow (*remember – no picking, just looking!*)



6

At the River Mouth



LOCAL LANDMARKS

Look at the landscape around you; how many of the landmarks on the panel can you see?

Write down the ones you've spotted here:

This is the end of your trail.

We hope you have enjoyed it, learned some new information about the special wildlife at Rye Harbour and want to come back again to find out more.