



ENGLISH  
NATURE

# Rimac Trail Guide

Saltfleetby-Theddlethorpe Dunes NNR

This is the best known part of the reserve with good trails giving access to the sand dunes, the freshwater marsh and views across the saltmarsh. This easy access trail is suitable for wheelchairs, pushchairs, people with impaired mobility, schools and children's groups. A unique opportunity to experience this natural area and its wildlife.

## 1. Saltmarsh viewpoint

From the carpark the track runs straight for 150 metres, then there is a gentle slope leading to the viewing platform. On either side of the track are the spiny bushes of sea buckthorn. This is an important plant on the reserve offering places for birds to nest, and in the winter, food in the form of bright orange berries. However it is very invasive and areas are cleared in order to allow the grassland to survive.

Out on the saltmarsh the specially adapted plants, able to withstand being covered by the sea water, have colonised the mud and sand, washed in by the tide. In spring, redshank breed here and in summer the purple sea lavender add a blaze of colour. Later in the winter the seeds of these plants



provide food for flocks of finches and buntings. Brent geese, shelduck and curlew can be seen from autumn onwards.

## 2. Short circuit

This trail passes over rich dune grassland with plants such as pyramidal and bee orchids. It then turns past the pond platform which allows a closer look at the pond life. Look out for leaches and water scorpions. As the trail circuits the marsh, other wet loving plants can be seen, like marsh helleborine and southern marsh orchids.



southern marsh orchid

## 3. Figure of eight circuit

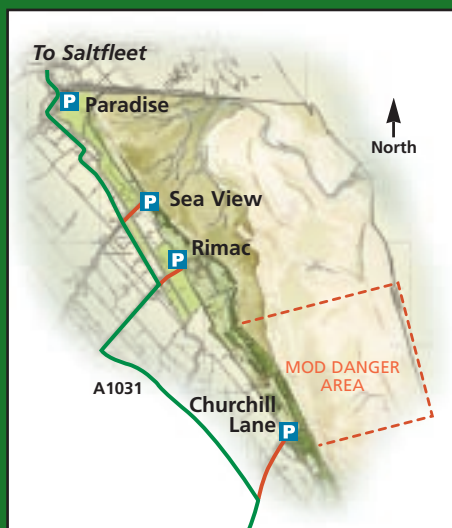
This trail continues from trail 2 and travels further into the freshwater marsh. When crossing the bridges listen out for the sound of water voles diving for cover. The willow bushes along this trail are used as song posts for warblers such as chiff-chaffs and hunting areas for large dragonflies such as the emperor dragonfly.

### The following aids are available for loan:

- A self-propelled wheelchair
- Braille and large print guides to trails
- Audio guide complete with tape player

Toilets suitable for wheelchair users are available from May to September

For further information or to arrange a group visit please contact the reserve staff on **(01507) 338611**



### Getting there

The sea view car park is signposted off of the A1031, opposite the B1200 to Saltfleetby St. Clements. There are bus services running Mon-Sat from Grimsby, Louth and Mablethorpe.

### Walks Information

#### 1. Saltmarsh viewpoint ● ● ● ● ●

Distance: 170 metres

#### 2. Short circuit ● ● ● ● ●

Distance: 500 metres

#### 3. Figure of eight circuit ● ● ● ● ●

Distance: 850 metres

### Map reference

OS Explorer 283 – Louth & Mablethorpe

- Please keep to the marked paths and keep dogs on a lead
- Please clear up after your dog

