



- Car park
- Accessible parking
- Information
- Toilets
- Accessible toilets
- Baby changing
- Café
- Picnic area
- Covered viewpoint
- Viewpoint (showing direction of view)

- Bench
- Steps
- Gate

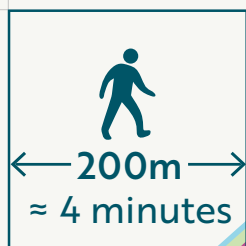
5%10m
Gradient (higher is steeper) and distance

- Public bridleway
- Public footpath (off site)

- Road
- Sea bank
- Reedbed
- Wet grassland
- Vegetated saltmarsh

Except public rights of way, paths shown are permissive routes which are maintained by the RSPB for your enjoyment. © Crown Copyright. All rights reserved. RSPB licence AC0000813580.

Walking speed based on 2 miles per hour at a gentle pace.



Reedbed Trail

Reedbed Hide

9%12m
5%5m

North Scape

Middle Scape

Roads Farm Grassland

South Scape

13%9m

5%7m

Visitor Hub

-
-
-
-
-

Fen viewpoint

Hidden viewpoint

12

5%52m

Marsh Farm Reservoir

Marsh Farm Grassland

Raptor viewpoint

12%8m

Grassland Trail

Seabank viewpoint

Wash Trail

East Hide

River mouth

King Charles III England Coast Path



- Dogs on short leads welcome on the Grassland Trail and seabank
- Assistance dogs only on all other trails

Discover Frampton Marsh



The reserve was founded in 1984 to protect Redshank breeding grounds.

Reedbed Trail

2.3km (1.4 miles)
35-minute loop walk
Gradient: up to 9% Steps: 0



Trail conditions

A mainly flat, firm gravel path with occasional short gentle slopes. There is one swing gate on the trail, near to the Visitor Hub.

Description

This trail takes you around the reedbed lagoon. Here, in the summer warblers chunter in the reeds, and in the winter ducks dabble in the water. The trail passes the Reedbed and 360 Hides and the pond dipping pool.

Grassland Trail

4.5 km (2.8 miles),
95-minute loop walk
Gradient: Up to 13% Steps: 12 to the Hidden Viewpoint



Trail conditions

An uneven path with grassy and stony sections, with some parts of firm gravel or tarmac. There are three short moderate slopes and four gates around the trail.

Description

Our wildest trail, and one where you're welcome to bring your dog on a short lead. Listen for songbirds in the hedgerow in spring, and marvel at flocks of ducks and plovers on the fields in winter. Watch out for the local Peregrines who hunt here.

Reflector is one of several artworks on the reserve.

Wash Trail

Distance: 3.4km (2.1 miles),
Time: 75-minute loop walk
Gradient: up to 13% Steps: 20



Trail conditions

A mostly smooth, flat path, with occasional gentle slopes and a gravel surface. There are some grassy, uneven sections. There's one short moderate slope, and one set of steps. There are four gates around the trail.

Description

Discover all the habitats of the reserve along this trail, with reedbed, scrapes, wet grassland and saltmarsh all on view. The trail passes all three hides. Great for wildlife watchers, with birds galore!

Good to know

Dogs on short leads are welcome on the seabank section of this trail.

The Reedbed Hide has space for two wheelchairs The 360 hide has space for three wheelchairs, and is accessed through a gate. The East hide has space for three wheelchairs.

Large flocks of Golden Plovers gather at the reserve over winter.

Site facilities

If there's anything we can do to help during your visit, please contact us in advance, or ask when you arrive.

Entry to the Visitor Hub is via a short ramp. Toilets (including two accessible toilets) and baby changing are available in the Visitor Hub. One additional toilet (not accessible) is available when the centre is closed.

Mobility scooters can be booked in advance and collected from the Visitor hub.

There's a hearing loop at the welcome point.

Out and about

Please read the trail descriptions for details of the surfaces and gradients so that you can decide if they are suitable for you. All covered viewpoints (hides) have doors at least 800mm wide and have low windows.

For full details on accessibility at Frampton Marsh please visit rspb.org.uk/days-out/reserves/frampton-marsh/facilities

For a general visitor map, please scan the QR code



Protecting habitats, saving species and helping to end the nature and climate emergency.

Stay connected

Keep up to date with the latest, news, events and information from Frampton Marsh.

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The Royal Society for the Protection of Birds (RSPB) is a registered charity: England & Wales no. 207076, Scotland no. SC037654. Redshank, Golden Plover and Avocet by Ben Andrew, Reflector at first light by N Smith (rspb-images.com).

Please recycle after use.

Key

Viewpoint Picnic area Covered viewpoint Dogs on short lead