

Welcome to Rye Harbour Nature Reserve

Rye Harbour Nature Reserve is one of the largest and most important wildlife sites in England, set in an exceptional coastal and wetland landscape and home to more than 4,500 species of plants and animals including 300 that are rare or endangered.

Whether you're a regular visitor or it's your first time, we hope this activity trail inspires you to connect with the reserve in a unique and interesting way.

The approximate distance for this trail is 3.3 km (2 miles). This route passes **three** birdwatching hides and is **wheelchair** and **pushchair** friendly with frequent benches along the way to rest.



Start at the Discovery Centre and walk towards 1

Head down to the beach and have a go at a range of games, activities and challenges. You can then either continue along the short circular route or return to the Discovery Centre.

In the winter, the Environment Agency moves shingle in large trucks from the river mouth to Pett Level along the coastal path. Please give the convoy of trucks plenty of room to pass by getting off the road – thank you.

If you look back over your shoulder, you'll also see the Martello Tower which was built in 1806 to mark where the coast was.



to 1 Gooders Hide

Gooders Hide is a great place to watch the birds that feed in the saltmarsh on your way down to the beach.

Look for
Redshank, Curlew and Skylark.



The hide is named after John Gooders who was a wildlife author and broadcaster and chairman of the Friends of Rye Harbour Nature Reserve.

1 to 2 The beach

Welcome to the beach. How many of these activities can you complete while you are here?

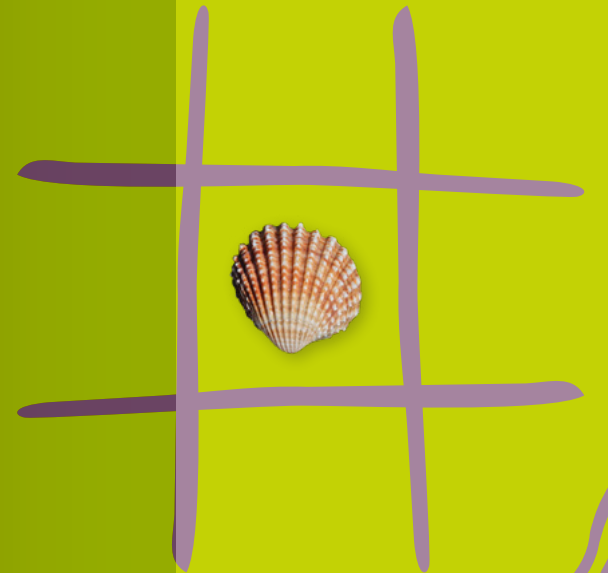
Activity 1 Skimming stones

Look amongst the pebbles for smooth flat stones to skim in the sea.



Activity 2 Cockle and Limpet noughts and crosses

Can you find five Cockle shells and five Slipper Limpets? Play the seaside version of noughts and crosses.



Activity 3 Whacky races

Pick your favourite marine creature and think about how it moves. Can you win a race along the beach scuttling sideways like a crab, in a wibbly wobbly way like a jellyfish, gliding like a stingray or leaping like a dolphin?



Find out more by visiting:
rye.sussexwildlifetrust.org.uk

Keep in touch on Twitter, Facebook and Instagram:

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Share your photos, videos, sounds and stories:
#RyeHarbourNR

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Sussex TN31 7FW. Phone: **01797 360960**

Rye Harbour Nature Reserve welcomes all visitors
and we work hard to make sure our facilities are
accessible to everyone. For more information
about accessibility, please visit our website.



Thanks to National Lottery players

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Activity 4 What am I?



My name's Lucy, I'm a Slipper Limpet and I stick tight
to rocks. Can my family or friends guess what I am
just by my actions? No words allowed!



Activity 5 Tallest tower

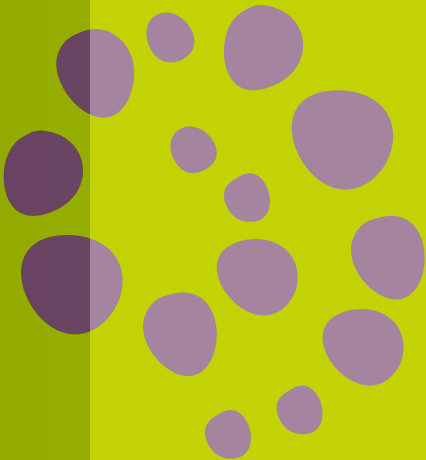
Who can build
the tallest tower of
balancing stones?



Activity 6 Pebble pictures



Leave a little artwork behind for others to enjoy by
creating a picture on the beach using only natural
materials that you find.



Activity 7 #2minutebeachclean

Always leave the beach
even better than you
found it. Take any litter
you spot back to the
bins in the car park.



Activity 8 Scavenger hunt



Can you find the following items?

- ☐ Four different types of shell
- ☐ A feather
- ☐ Something slimy
- ☐ Something smooth
- ☐ Something rough
- ☐ Something man-made
- ☐ A footprint
- ☐ An egg case or Mermaid's Purse
- ☐ A piece of driftwood
- ☐ A pebble with a hole in it

Head to the info board at trail point **2**
to find out more about what you have found.

Back to the Discovery Centre



There are two high tides every day and its height
changes through the monthly cycle, controlled by
the moon and the sun. When they line up they make
higher tides by pulling on the sea and these are
called Spring Tides. Did you know, the word month
comes from the moon!

Well done, you've completed the trail!

There are two ways back to the Discovery Centre
from the beach: the first is to return the way you
came, and the second is to take a slightly longer
route past the Parkes and Denny Hides, following
trail points **3** and **4**.

Pop by the Discovery Centre for a well deserved
treat. You will also find a wealth of information
about Rye Harbour Nature Reserve on a series
of panels, short films and interactive displays.
Look out for our knowledgeable volunteers who
will be pleased to offer more information about
the reserve and local history.

If you're still feeling adventurous, try another
one of our trails.



Discover
Rye Harbour



Play Trail