

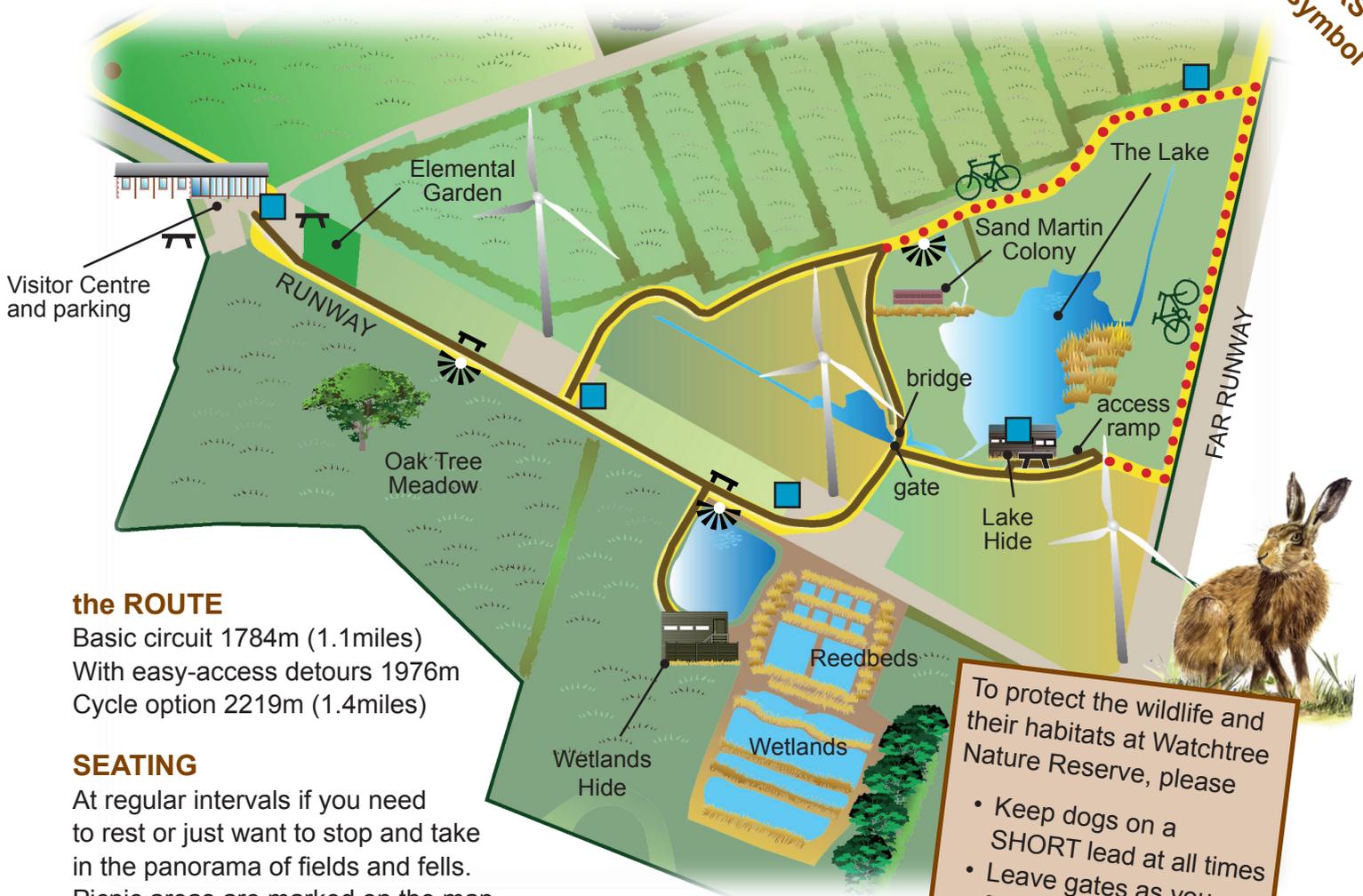
AUTUMN

# a Breath of Fresh Hare



Welcome to Watchtree Nature Reserve's nature trails. If you have limited time or energy, or you're new to exploring the countryside and want to try a 'taster', the Breath of Fresh Hare Trail is for you.

follow WAYMARKERS with a HARE symbol



### the ROUTE

Basic circuit 1784m (1.1miles)  
With easy-access detours 1976m  
Cycle option 2219m (1.4miles)

### SEATING

At regular intervals if you need to rest or just want to stop and take in the panorama of fields and fells. Picnic areas are marked on the map.

### the PATHS

All are suitable for cycles, wheelchairs and buggies, however, to avoid gates, we suggest cyclists follow the signed trail onto the far runway (see map).

### the HIDES

There is ramp-access to the lower level of the Wetlands hide and the Lake hide.

### along the WAY

There are waymarkers with icons showing the way. There are also 'rubbing plaques', part of the longer 'Explorer's Trail'.

To protect the wildlife and their habitats at Watchtree Nature Reserve, please

- Keep dogs on a SHORT lead at all times
- Leave gates as you find them
- Bring your litter back to the Visitor Centre for recycling or disposal
- Don't approach any creatures you see, or pick the wildflowers

THANK YOU  
ENJOY YOUR VISIT!

### LOOK OUT FOR

a Breath of Fresh Hare Trail	Cycle option	Viewpoint
Explorer's Trail	Rubbing plaque	Picnic table
		Seat



Fine days in September, October and November are ideal for taking the Breath of Fresh Hare Trail, whether you want to relax or get some exercise, look for wildlife or just enjoy being out of doors.

### down the RUNWAY

In autumn, the grassland alongside the runway is grazed by sheep and cattle. Autumn is a good time to see hares in this area.

Holly



Rose-hips



Elderberries



Hawthorn berries



Sloes

Brown Hare



### in the HEDGEROWS

Changing leaf colours are accompanied by the red of ripening hips and haws, and the blue-black of maturing sloes.

The seeds of the Common Thistle are a feast for Linnets, Goldfinches and Yellowhammers.

Linnet



### among the REEDS

As the seed-heads of the reeds ripen, the green of summer gives way to brown and beige. The Sedge Warbler leaves for warmer climes, but the Reed Bunting can still be seen, hunting for food among the reeds or on the bird-feeders.

Reed Bunting



### in and around the WATER

Swallows and House Martins leave Britain in September and October, flying as far as South Africa for the winter. However, Moorhen, Coot, Tufted Duck, Mallard, Little Grebe and Mute Swan can still be seen.

Swallows



Moorhen



Coot



Mute Swan



### in the MEADOWS

The meadows are lightly stocked with sheep and cattle in autumn. The cattle are especially beneficial, as they trample grass and wildflower seeds into the earth, which helps to ensure that there will be a strong crop of grasses and flowers the following year.

Red Clover seedhead



Knapweed