

Points of interest



1 The visitor centre at RSPB Titchwell Marsh includes a nature themed shop, a small café and plenty of information on the wildlife and habitats of the reserve.

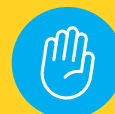
2 Look out for the water rail bird skulking in the ditches either side of the path, particularly in the winter months. This is a common but highly secretive inhabitant of freshwater wetlands.

3 Look out for the southern marsh orchid in the fen meadow during the summer alongside busy dragon and damsel flies.

4 Along the fen trail, look out for water voles and spawning frogs and toads. This is also a great part of the reserve to witness the dawn chorus during the spring.

5 Parrinder Hide was completed in 2010 and is a state-of-the-art bird hide, sitting on top of a sea wall.

About this walk



This circular walk is approximately 0.44km along the West Bank path (120m), meadow trail (100m) and fen trail (220m) of RSPB Titchwell Marsh, giving you the opportunity to take in big skies, bird-filled reedbeds, lagoons and marshes.

This walk has features designed to be accessible for people living with dementia:

- **Flat hard surfaces underfoot**
- **Wide walkways**
- **Seating during route**
- **No steps at any point**
- **Sheltered seating, toilets and refreshments at the start point**
- **Pay and display car park close by with spaces for blue badge holders**

Experience more on your walk

Using our senses when we walk can help us connect with the world, jog our memory, and spark a conversation. Can you use all your senses on this walk? Here are some examples:

- **Listen:** Can you hear any birds? What do they sound like?
- **Smell:** What can you smell? How does it make you feel?
- **Sight:** Look up, look right, look left. What do you notice?
- **Touch:** Stop and touch something on your walk. Is it hard or soft? Rough or smooth? Warm or cold?

Brancaster Walk

An accessible walk suitable for people living with dementia

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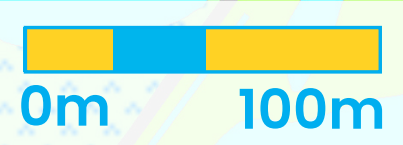
Photo Credit: RSPB, Les Bunyan

Location: RSPB Titchwell Marsh, PE31 8BB

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- Key
- Start/Finish
 - Parking
 - Café/Restaurant
 - Accessible Toilets
 - Seating/Benches

Brancaster Walk

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