

# Make a stroll your goal

## Point of interest

There are many interesting local features to look out for just along this short walk.



There are mooring rings on the Eastern wall of the Church, which are an indication that until 300 years ago, it was possible to sail right up to its wall. On the marshland opposite the church is an ancient salt pan, where valuable sea salt was refined – the faint outline of the square pans can still be seen in the undulations of the marsh.

Hundreds of water birds and waders flock to the Axe Estuary Wetlands in the winter months, many arriving in the early autumn.

If you are walking through the wetlands in the winter months, look out for flocks of magnificent wigeon, a migratory duck with a chestnut head and pale cream strip between the eyes. You can see plenty of birds on the marshes, but even more birds can be seen on the estuary from the bird hide.

On a summer walk, look out for dashing dragonflies and clouds of dainty damselflies, flying above the ditches on the marshes. If you have time for a summer detour, why not follow the surfaced path into the Borrow Pit area of Seaton Marshes, where there are benches overlooking the large pond a brilliant place to sit and enjoy the dancing dragonflies!





Having a walk in the fresh air is great for your health, however it is not always as simple as it sounds. This route has been created to provide a very simple short walk, through a Local Nature Reserve, with all elements of the route clearly explained beforehand.

The stroll starts from the Seaton Tramway station and combines a direct “there and back” walk, as well as a slightly longer loop route. All elements of the stroll are either paved or surfaced paths which are fully wheelchair accessible.

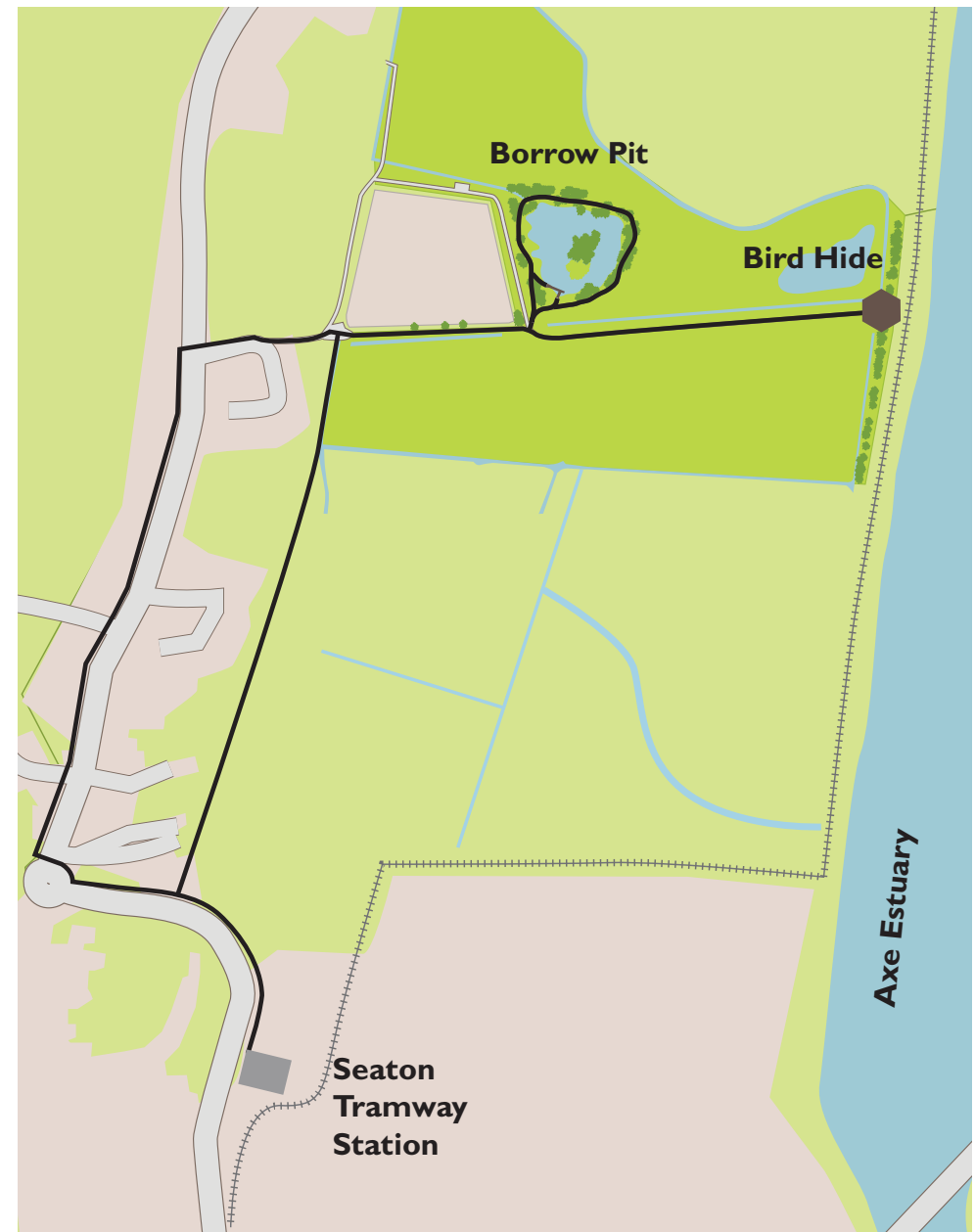
#### The direct route:

1. From the Tram Station, head away from the Seafront on the pavement along The Underfleet, bearing right on the cyclepath just past the playground. (distance to first marker 328 yards, going: flat)
2. Continue along the cyclepath, passing the Church on your left and the lower Axe Esutary Wetlands on your right. (Distance to second marker 550 yards, going: flat)
3. When the cyclepath meets the bottom of Hillymead cul de sac turn right and enter Seaton Marshes Local Nature Reserve. Follow the marked route to the bird hide. (Distance to birdhide 550 yards, going: flat)
4. To return along the same route ensures the going is flat and will be a total of 3/4 mile.

#### The loop route:

1. Follow the directions to the bird hide as before, returning to the entrance to the Local Nature Reserve. Instead of following the cyclepath however, continue up the slope into Hillymead and to the junction with Colyton Road. (Distance from bird hide to road junction 650 yards, one short steep incline of 90 yards)
2. Cross the road opposite Hillymead and turn left walking back towards Seaton. (Distance to next marker post 550 yards, going: very gently downhill)
3. Cross back across the road at the roundabout, following the pavement along The Underfleet back to the car park and the Tram Station. (distance to Tram Station 500 yards, going: very gently downhill).

**Total loop distance, with Borrow Pit circuit, a gentle 2 miles.**



*There is an additional footpath circuit around the Borrow Pit which, although not fully surfaced, is flat and has lots of benches. This is accessed just off the main path to the bird hide.*