



ESSEX Wildlife Trust

Fingringhoe Wick Nature Reserve & Visitor Centre



Heron



Hen Harrier

Entrance



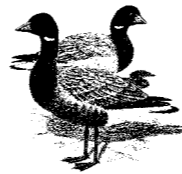
..... 'Blue' Trail*

..... 'Green' Trail*

*Refers to Nature Trail leaflets available from Visitor Centre



Badger



Brent Geese



Curlew



Healthy Life
Mind, Body & Soul

www.healthy-life-mbs.com

Water Safety

Please remember when close to lakes and ponds:

- the water is deep and cold
- swimming is prohibited
- supervise children closely at all times
- stay off the ice in winter