Tring Reservoirs Wild Walk

Berkshire Buckinghamshire Oxfordshire



Explore Tring: stroll along the waterside and look for waterbirds on this gentle walk

Starting at Tring train station, this 13 km circular walk takes in the Berks, Bucks & Oxon Wildlife Trust's (BBOWT) College Lake nature reserve, a section of the Grand Union Canal and three reservoirs.

- 13 km/8 miles (about 3 hours)
- There is an additional 2-mile wildlife walk around College Lake
- There is a café at the visitor centre at College Lake, check www.bbowt.org.uk/nature-reserves/college-lake for opening times

How to get to the start

Postcode: HP23 5QR Grid ref: SP 951 122

By bus: Check www.traveline.info for information about local buses

By train: The walk can start at Tring train station, check www.nationalrail.co.uk for train times

By car: There is parking at Tring train station, in Tring town centre and at College Lake

By bike: There is cycle storage at Tring train station and College Lake



Please help us look after wildlife at College Lake. Only assistance dogs are allowed at this nature reserve.

College Lake Nature Reserve

This former chalk quarry has been restored to create a variety of habitats, now brimming with wildlife. Open water and marsh provide feeding, roosting and breeding areas for numerous waterbirds such as common tern, lapwing and other seasonal visitors.

Accessible bird hides provide comfortable viewing of this bird activity and stunning panoramic views over the site. In summer, the islands are home to lapwing and redshank. Their chicks feed on the damp, muddy fringes. The grassy margins, full of colourful flowers, buzz with insects and the song of skylark and meadow pipit. Developing scrub and young plantations provide shelter for visiting warblers, such as chiffchaff and willow warbler, in spring and summer.

The site offers a glimpse of rare cornfield weeds such as pheasant's eye, weasel's snout, cornflower and field cow-wheat during June and July. There are also displays of fascinating fossils uncovered during the quarry excavation and old farm machinery. The Wildlife Walk around the reserve takes in most of these features.

Berks, Bucks & Oxon Wildlife Trust (BBOWT)

BBOWT relies on the support of our members to help us look after local wildlife. By joining BBOWT you can help to secure the future of special landscapes like College Lake. Join us today!

NATURE NOTES

Alder is found on stream and riverbanks and on boggy ground in wet woodland. The long, yellow catkins in spring and tiny cones that develop from the female flowers in summer make it easy to recognise. It is the food plant for several moth caterpillars and also provides seed for birds and nectar and pollen for bees early in spring. Moorhens may nest among the roots and vegetation on the riverbanks.



and Russia. They can gather in large numbers on wet grassland and flood meadows near reservoirs and rivers. They are a dabbling duck, feeding on aquatic plants. The males are easy to identify with a yellow stripe running over their chestnut heads, pink breasts and dark tails. The brownish females resemble female mallards but have pointed tails.



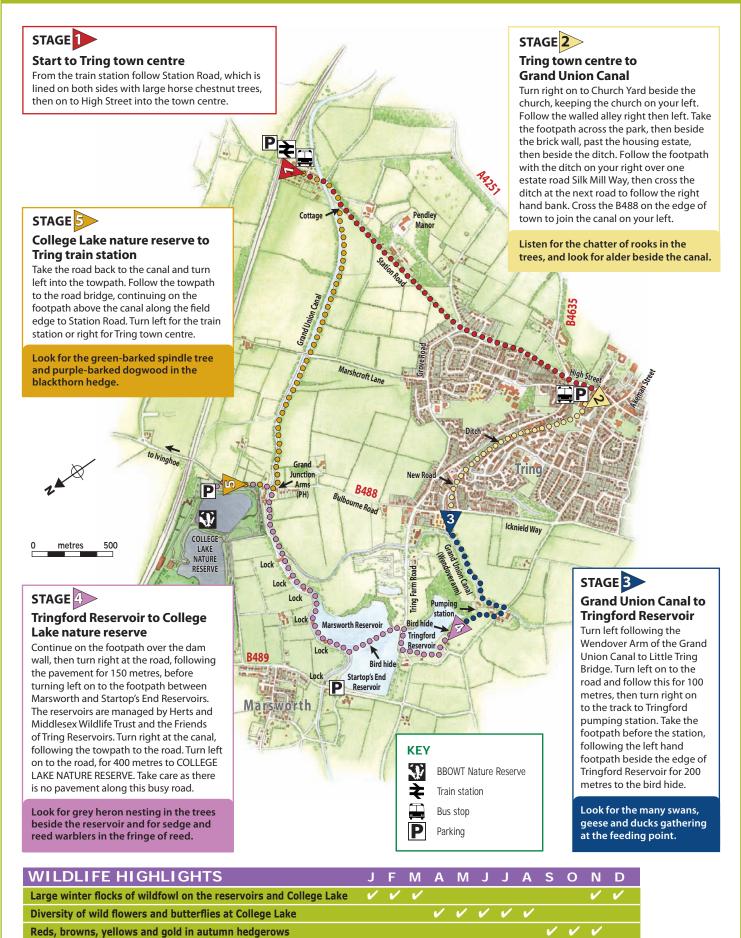
black crests and black and white plumage, although up close the black actually has an iridescent purple and green sheen. They gather in large flocks in winter on farmland and wetlands but can be seen here all year round as some remain to breed. Lapwing nest on the ground and the adults will mob any potential predators to try to

protect their eggs and chicks.



Cornflowers were once considered a weed of arable fields, but

herbicide use and modern farming techniques mean that these bright blue flowers, seen in June and July, are now very rare in the wild. They tend to be found growing after wildflower seeding, when old soil containing seeds has been disturbed or when seeds have come from plants growing in nearby farmland. Wild flowers are an important source of nectar for insects.



Warblers singing within the reservoir reedbeds at dawn and dusk

Rare arable 'weeds' at College Lake