

Redgrave and Lopham Fen

England's largest valley fen

Suffolk Wildlife Trust's nature reserve offers a variety of trails from the designated easy access Lopham Loop to the intriguingly named Spider Trail and the more adventurous Waveney Trail.

The fenland landscape of the reserve is a haven for wildlife. As well as the resident Konik ponies, expect to see kestrels and hobbies, reed buntings and bearded tits. Look out for stoats and weasels, muntjac and Chinese water deer.

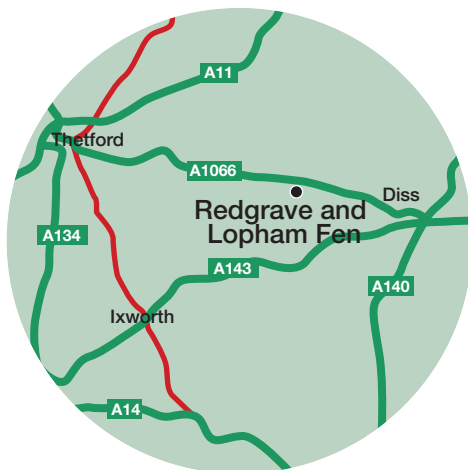
From the Education Centre and picnic site there are lovely views across the reserve. The reserve and toilet facilities are open every day.

Facilities

- **Parking**
- **Toilets** – accessible
- **Picnic area**

Directions

- Clearly signed off A1066, 3 miles west of Diss, between villages of South Lopham and Redgrave.
- **Suffolk Wildlife Trust Redgrave and Lopham Fen** 01379 688 333
www.suffolkwildlifetrust.org
Post Code IP22 2HX



Easy access trail

0.3mile/0.5km



The Lopham Loop is a short path which leads from the Education Centre to a platform with views across the reserve, a lovely spot for bird watching.

Look out too for reptiles basking in the sun, keep an eye open for amphibians for which the fen is a haven, and admire over 270 varieties of plant life within the reserve.



Easy going trail 1.2miles/2km



The Spider Trail starts at the Education Centre and follows a grassy path, with some large kissing gates along the route, making it suitable for all-terrain wheelchairs and pushchairs, especially in dry conditions.

The trail includes a viewing platform where you can learn more about the Fen Raft Spider, the reserve's very special but very rare inhabitant.

The Spider Trail also runs alongside the River Waveney, the source of which is at the western end of the fen and which meanders its way eastwards to meet the North Sea at Great Yarmouth.

