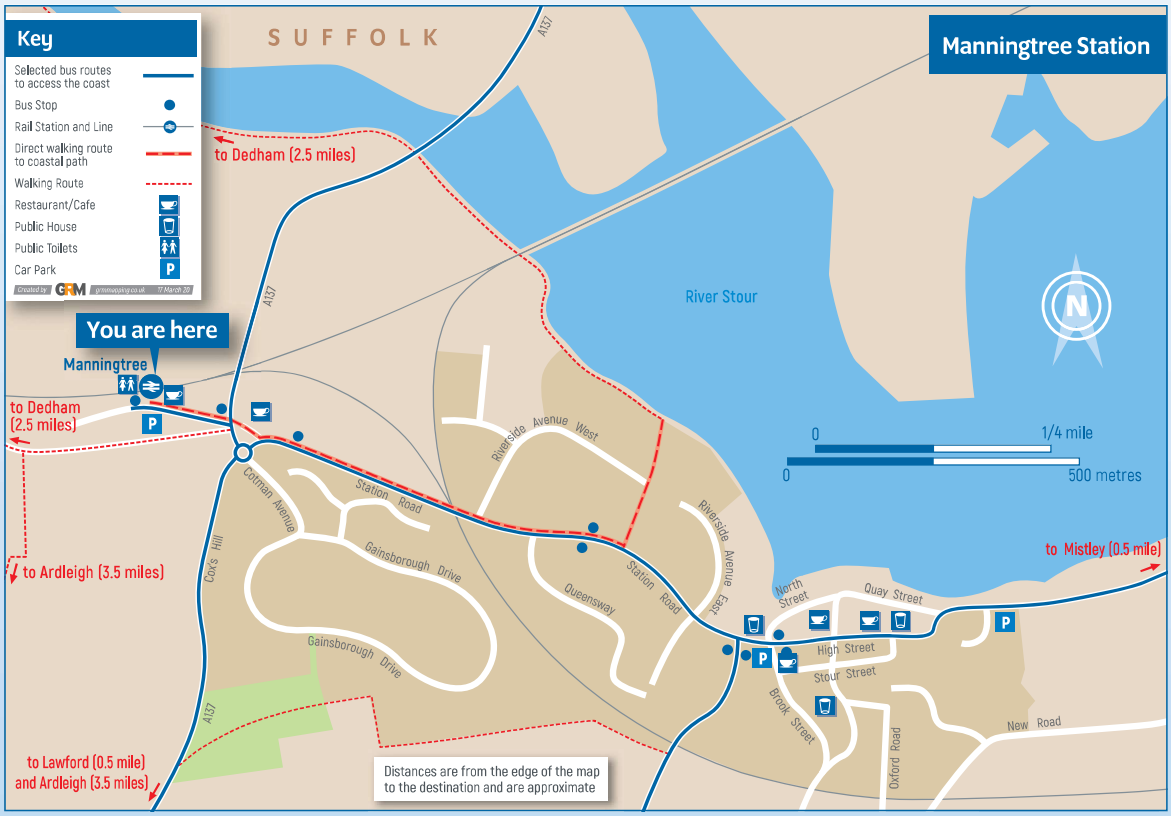
◆ THE ESSEX COAST – EXPLORE, EXPERIENCE, ENJOY ◆

Essex is home to 350 miles of coastline from award-winning beaches to wildlife-rich saltmarshes.

It's easy to discover and enjoy all that the Essex coast has to offer by walking its network of coastal paths.

To help you explore, look out for our way-marking maps located at bus and rail stations around coastal Essex.



DISCOVER MORE

The River Stour passes through the Dedham Vale nearby to meet the tidal waters of the estuary at Manningtree. Close by the station, you can enjoy views of the Suffolk Coast & Heaths Area of Outstanding Natural Beauty from the riverside. The estuary is an important area for wildlife with thousands of birds coming here to rest and feed.

USE YOUR SMART PHONE

Simply scan this QR code using your photo app to access your map location and plan your route.

RESPECT PROTECT ENJOY

Let's help everyone enjoy the countryside in safety and ensure natural habitats, livestock and wildlife are protected.

As you explore the coastal paths, please:

- Leave no trace of your visit and take your food and litter home
- Leave gates and property as you find them
- Keep dogs on a lead, especially around farm animals, horses, wildlife or other people
- Clean up after your dog
- Follow paths and local signs
- Plan ahead and be prepared for changes in weather and tide times
- Some areas may have weak mobile phone signals. Let someone know where you're going and when you expect to return.

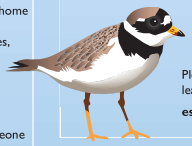
VISIT ESSEX

Why not create your own itinerary of things to do during your trip to the coast?

Find out more at **visitessex.com**

BE BIRD AWARE

The Essex coast features mud-flats, saltmarshes and grazing marsh which are internationally important for thousands of waders and wildfowl.



The survival of species, such as avocets, ringed plovers, hen harriers and teals, relies on everyone helping to prevent bird disturbance.

Please keep noise levels low and dogs on leads when walking in these special places.

essexcoast.birdaware.org

GREEN TRAVEL TO THE COAST

Why not leave your car at home and plan a visit to the coast by train or bus?

For buses visit **essexbus.info**
For trains visit **greateranglia.co.uk**

WATER ON THE GO

You can refill your water bottle for free at Refill Stations. Look for the Refill droplet in shop windows or get the app to find your nearest station. **refill.org.uk/app**

Coastal Communities Fund
The Great British Coast
Ministry of Housing, Communities & Local Government
Suffolk Coast & Heaths Area of Outstanding Natural Beauty
EXPLORE. EXPERIENCE. ENJOY theessexcoast.com
Essex & South Suffolk Community RailPartnership
Essex County Council