



Sitting at the heart of Somerset's Avalon Marshes is the Avalon Marshes Centre – providing visitor information, a café, arts & craft shop, replica historic buildings and toilets!

A visitor information point located in the craft gallery provides maps and leaflets about the nature reserves and local area. When the gallery is closed a map and a selection of leaflets are available outside, alongside the café area.

01458 860556 info@avalonmarshes.org  
The Avalon Marshes Centre  
Shapwick Road, Westhay, BA6 9TT

## SOMERSET CRAFTS

Open 10am – 5pm seven days a week, an attractive gallery and shop is operated by Somerset Crafts, a group of local artists and craftspeople, selling a wide range of original hand-crafted items, many drawing their inspiration from the wildlife and landscape of the Avalon Marshes.

01458 860426 somersetcrafts2@gmail.com



The Marshes Hub Tea Stop café serves hot and cold drinks, ice creams, homemade cakes, breakfast and a range of sandwiches. There is both indoor and outdoor seating and you are assured of a warm welcome.

Open 9.30am to 5pm seven days a week.

07727 257798 cherishedeventscatering@hotmail.com

# BITTERN TRAIL CODE OF CONDUCT



This is a tranquil family friendly cycle trail along flat roads and tracks. It is **NOT SUITABLE** for professional mountain/racing bikes and groups.



The trail follows public roads and permissive routes through the nature reserves. Please take care, wearing appropriate safety clothing and be mindful for other road/trail users. The trail passes through extremely important and wildlife sensitive reserves. Please try and avoid making too much noise and appreciate the quiet beauty and wildlife.



The trail is also a walking route where pedestrians take priority. Please be respectful of other users and give way and slow down if required.



Unfortunately dogs cannot access the whole route through the reserves, even in buggies, so please plan accordingly and seek guidance before undertaking the trail. Information can be found at [www.avalonmarshes.org](http://www.avalonmarshes.org)



Most importantly, enjoy this wonderful trail through the heart of Somerset's Avalon Marshes.



# BITTERN TRAIL

WALK/CYCLE



Enjoy a 4 mile family walk or cycle between Glastonbury and the Avalon Marshes Centre

Produced by Glastonbury Town Council in collaboration with listed attractions. © Glastonbury Town Council 2019

# THE BOOMING BITTERN

The bittern, a rare type of heron, is a secretive species found in tall, wet marshy habitats, especially reed-beds. They eat a wide variety of prey, but predominantly fish and amphibians. They became extinct in the UK at the turn of the 20th century through habitat loss. After making a recovery in the 1950s they were nearly lost again in the 1990s. However, a second extinction was averted by some concerted conservation work to create new reed-bed habitats, especially in the Avalon Marshes. We now have one of the biggest populations in the UK, with regular sightings at Ham Wall, Shapwick Heath and Westhay Moor. Although they can be notoriously difficult to see (watch for feeding flights in early summer), in early spring the males make their distinctive booming calls to attract a mate – once heard, never forgotten!

## BITTERN TRAIL

Avalon Marshes Centre to Glastonbury Town Centre

Approx. 4 miles



WESTHAY

AVALON MARSHES



# BITTERN TRAIL

WALK/CYCLE

Enjoy this tranquil, family friendly cycle trail through approximately 4 miles of the Avalon Marshes. Running between the town of Glastonbury and the Avalon Marshes Centre, immerse yourself in a landscape teeming with wildlife and steeped in both history and mythology.

*Glastonbury*  
The Heart of Somerset

Information Centre  
St Dunstan's House  
1 Magdalene Street  
Glastonbury BA6 9EL

01458 832954  
office@glastonbury.gov.uk

## BITTERN TRAIL

Glastonbury Town Centre to Avalon Marshes Centre

Approx. 4 miles



GLASTONBURY



880m

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Bittern photography with thanks to © Andrew Kirby: Bittern in reed bed & in flight (cover), © Rob Balch: Bittern in flight (above).