



Discovery Trail

Distance: 500m (560yds) **Time:** 10-minute walk







Generally good, with wide, smooth paths. Short boardwalks with handrails. A fairly steep incline up to the Bittern hide of 18% for 20m.

Description:

A family-friendly adventure trail! With places to pond dip and play here. There are stepping stones, a chance to climb up the secret island's tower, and a water zone, as well as looping paths that enable you to enjoy the many ponds and pools.

Good to know:

There are picnic benches dotted around this area, as well as a variety of play spaces. Paths to these play areas can be grassy and uneven, and there are narrow, wobbly bridges too. In summer, you can hire pond dipping kits to help you get closer to underwater wildlife.



For alternative maps, please scan the QR codes



Map for adult visitors



Map for families

Reedbed Path

Distance: 500m (560yds) Time: 10-minute walk



Trail conditions:

Generally wide and flat with a smooth surface. There's one incline of 7% over the flood embankment. Parts can be damp after heavy rain.

Description:

Discover life in the reedbeds along this peaceful path. It takes you to the Reedbed

hide and back, with plenty of pausing places to take a mindful moment and spot wildlife. There may be Marsh Harriers, Kingfishers, Bearded Tits and Bitterns.

Good to know:

This path is closed during spring so that birds can breed safely. There is a steep gradient with refuge points and handrail to the Bittern Bus Stop. Wheelchair users may find this route particularly demanding.



Green Lane Loop Distance: 1.2km (0.75 mile) **Time:** 25-minute walk









Trail conditions:

A couple of short but moderate slopes along this route. Paths are smooth and wide. Some areas can get muddy after heavy rain. Bridges are wide and flat.

Description:

Follow wide, open paths with great views across the varied wetland habitats. There are also a number of hides for excellent birdwatching opportunities. Watch the ducks, geese and gulls on the Mere and look out for Lapwings, Redshanks and Avocets.

Site facilities

Let us know if there's anything we can do to help you during your visit. You can either contact us in advance, or speak to a volunteer or member of staff when you arrive.

Visitor hub

There's a step-free, level entry. Toilets and baby changing are located on the ground floor. The cafe is on the first floor, with a lift. Mobility scooters can be hired in advance and collected from the Visitor Centre.

Out and about

All trails have hard surfaces and there are some inclines. Seating (with and without backs) is available roughly every 100m. All hides are suitable for wheelchair users. There are some picnic tables with space for wheelchairs near the ponds and playground.

For full details on accessibility at Old Moor, please visit rspb.org.uk/oldmoor



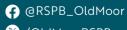
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RSPB Dearne Valley - Old Moor

Old Moor Lane, Wombwell, Bolton upon Dearne, Barnsley S73 OYF

old.moor@rspb.org.uk 01226 751593 rspb.org.uk/oldmoor



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