

Paddleboarders and kayakers - you can help the Adur Estuary



Welcome to the RSPB Adur Estuary nature reserve and protected areas. The main channel here is a great place for your activities and as a paddleboarder or kayaker you can really help to protect the wildlife too, by following these simple top tips.

Top Tips

- **Stay in the main river channel**
- **Launch at the designated slip ways**
- **Enjoy wildlife—look don't linger**
- **Keep your distance, especially at low tide**
- **Avoid frightening-off birds, as this stops them eating and resting.**

Did you know?

The Adur Estuary is a really important place for birds and is a rare habitat of saltmarsh and mudflats for scarce and fragile plants.

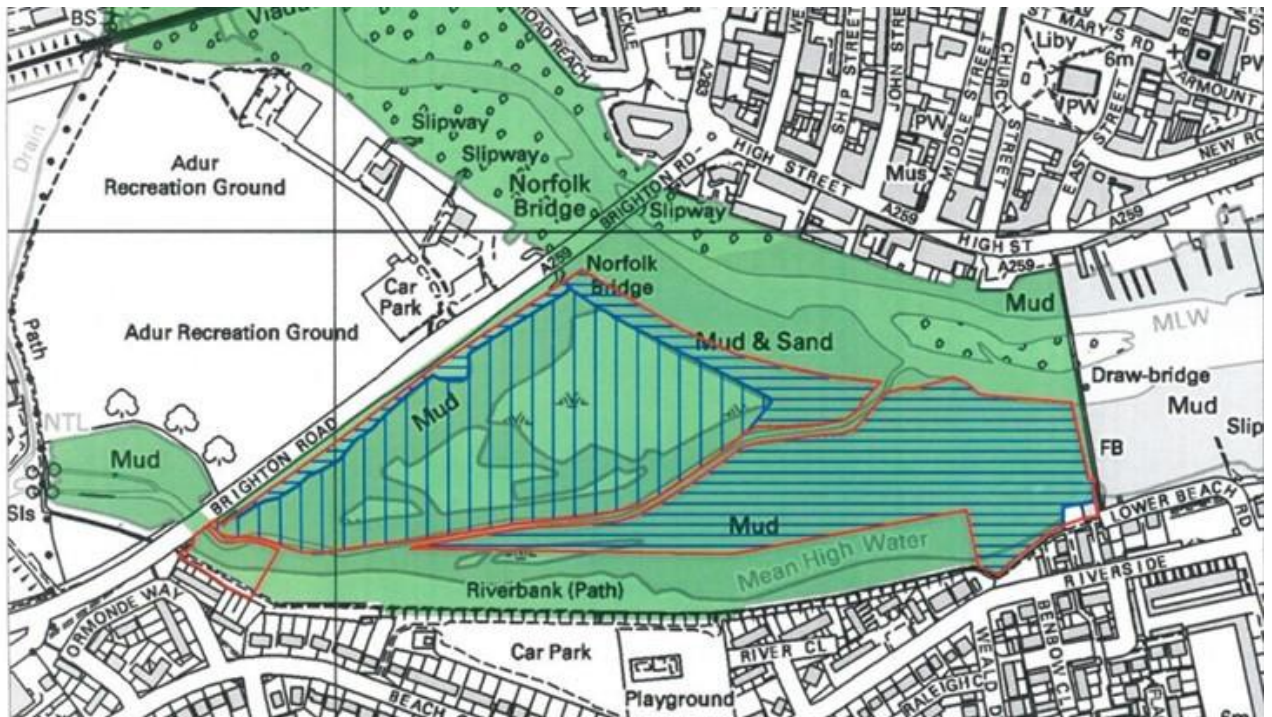
Many of the birds have flown thousands of miles from their breeding sites in the Arctic to spend the winter months here. Some stop-off like a service station, to refuel on their migration south. Others choose the marsh to feed in the spring and summer. The estuary is so crucial to their survival, that part of it has been designated as a Site of Special Scientific Interest (SSSI). There is also an RSPB nature reserve within the SSSI - this covers the saltmarsh, mudflats and the channels by the houseboats between Ferry Bridge and the A259 road bridge (see map overleaf)

How you can help

Unfortunately, the birds of the Adur Estuary are often unintentionally scared off by activities such as paddle boarding and kayaking. Frightening off birds does more than simply causing them to fly away; it uses up their energy, decreasing their chance of survival. With estuaries like this one becoming more scarce due to human developments, sadly these birds have few choices of other places to go.

You can continue to enjoy your activities, whilst really helping the wildlife here, by following the top tips. Thank you for helping to safeguard this very special part of the river.

RSPB Reserve Map



The green shading shows the area covered by the Adur Estuary SSSI with the red line showing the reserve boundary.

For further information:

RSPB Adur Estuary - www.rspb.org.uk/days-out/reserves/adur-estuary

Shoreham District Ornithological Society – sdos.org



Thank you for helping us protect the SSSI and nature reserve

Photos: Mark Hewlett and Rosemary Despres both rspb-images

The Royal Society for the Protection of Birds (RSPB) is a registered charity:
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