



→ North

Car park	Shop	Covered viewpoint
Accessible parking	Picnic area	Gate
Information point	Mobility scooter hire	Gentle gradient
Toilets	Natural play area	Buildings
Accessible toilets	Pond dipping	Surfaced path
Baby changing	Walled garden	Boardwalk
Café	Sculpture	Track

= 2 min

0 ————— 100m

Walking speed based on 2 miles per hour at a gentle pace.

Assistance dogs on short leads only on the reserve trails

Excluding Public Rights of Way, paths shown are permissive routes which are maintained by the RSPB for your enjoyment. © Crown Copyright. All rights reserved. RSPB licence AC0000813580.

Discover Saltholme



Explore nature and play in our family discovery zone – and don't forget to visit the playground.

Join us at the weekends, and during school holidays from Easter to September, for pond dipping events and see what creatures you can discover.

Family activities and trails are also available. Check out events.rspb.org.uk/saltholme for current events.



Discovery Zone

250 metres (0.15 mile),
5-minute walk



Wind your way through the Discovery Zone, wander over the board walk across the ponds, and stalk through the reeds before tramping along the grass path to have a wet and wonderful time at the welly splash.

Take your time to explore the Discovery Zone and enjoy getting up close to the creepy crawlies you can find in the bug hunting area.

You could also try your hand at making some mud pies, or creating some other delights from dirt, in the mud kitchen.

Good to know

Bring your wellies for the welly splash and mud kitchen areas.

There are areas of open water from the boardwalk and pond dipping platforms.

You might also like to visit the more traditional style playground that is off the Lake Walk on the way to the Dragonfly Path.

Lake Walk

1.3km (0.8 mile),
25-minute loop walk



The Lake Walk is the perfect distance for little legs. There are wooden sculptures and activities to keep you occupied along the way. Why not try the Grasshopper jump and see how far you can get?

Pop into Wildlife Watchpoint where you can spot all sorts of wildlife, play our migration game or check if the mouse is in its house.

What is the trail like?

A mainly flat and wide path with a hard surface.

Good to know

There are picnic benches about half way around near Paddy's Pool. You can follow this trail for 100m to join the Dragonfly Walk. It's 350m to the start of the Kestrel Trail.

Dragonfly Path

600m (0.4 mile),
15-minute there-and-back walk
Gradient: Up to 11%



Explore the world of dragonflies and damselflies. Discover their lifecycles, and watch them dart overhead in the summer.

Take the boardwalk over the ponds to give a different view and see if you can spot the dragonfly nymphs lurking in the water.

Continue down to Saltholme Pools Hide and in the summer you might see a black-and-white Avocet, with its long, curved beak or in winter the thousands of geese and ducks that gather here.

! Important access information

There's an electric gate operated by a push button halfway along the path

What is the trail like?

A hard surface path that

slopes down after 100 metres from the Visitor Hub.

Good to know

Bring a pencil or coin and try out the brass rubbings to discover the lifecycle of the dragonfly.



Key

- Uncovered viewpoint
- Covered viewpoint
- Natural Play area
- Playground
- Picnic Area
- Wildlife pond
- Wildlife garden
- Power-assisted gate



Explore Greatham Creek and watch as the seals haul out at High Tide. Ask at the Welcome desk for today's tide times.

For alternative maps, please scan the QR codes



Detailed map with accessibility information



General visitor map



Protecting habitats, saving species and helping to end the nature and climate emergency.

Stay connected

Keep up to date with the latest news, events and information from Saltholme.

RSPB Saltholme, Seaton Carew Road, Middlesbrough, TS2 1TU

email: saltholme@rspb.org.uk
tel: 01642 546625

/RSPBSaltholme

@rspb_saltholme

The Royal Society for the Protection of Birds (RSPB) is a registered charity. England & Wales no. 207076, Scotland no. SC037654. Boy with binoculars (Mission Studios), Seal by James Duncan, Avocet by Chris Gomersall (rspb-images.com). 9664-25-26

Please recycle after use.