

# Bird Watching



## Enjoy

The Wash and North Norfolk coast are famous across the world for their rare birds and waterfowl. Visit one of the local Nature Reserves to watch and/or learn about the birds in the area.

### Sign-up to BirdTrack\*

This is a free and convenient way of storing your bird records online, it lets you keep up to date with what others are seeing, view the latest trends, and contribute **your data** to science.



## Respect

- Please use designated car parks, to avoid blocking access points
- Cooperate with people working in the area; keep away from machinery and animals that are being moved
- Gates and property should be left as you find them  
*N.B. Sometimes gates are left open to give animals access to food and water*
- Please refrain from entering fenced off areas, as these serve to protect vulnerable species and habitats

## Protect

- Keep to designated paths, to avoid trampling sensitive habitats
- Use gates and stiles to cross fences, hedges and walls, to prevent damage to property and important habitats
- Keep your distance from birds, to prevent disturbance (if they fly away or make repeated alarm calls, then you're too close!)  
*N.B. High tide is a particularly sensitive time for birds, as they are limited to where they can go*



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### ! Remember

- **Breeding season: 1<sup>st</sup> Mar – 30<sup>th</sup> Aug**
- **Wintering season: 1<sup>st</sup> Nov – 31<sup>st</sup> Mar**

\*To sign-up to BirdTrack, visit: [www.birdtrack.net](http://www.birdtrack.net)