

Field Trips 2010

	Venue	Grade	Mileage	G/F	W.C.	T	Interest	Other
J	Parkgate	E		G/F	No	Yes	Birds	
	Pennington Flash	E	3	G	Yes	Yes	Birds	
F	Shropshire Meres	E		G	Yes	Yes		
M	Oglet Bay / Hale	E		G		Yes		
	Marshside	E	1	G	Yes	Yes	Birds	
A	Gigrin Farm	E		G		Yes		
	Bowland	M	3	G	No	Yes	Moorland birds esp. Hen Harriers	
	Ruabon Moor	E		G		Yes		
M	Leasowe	E	3	G/F	No	Optional	Migrants	
	Wyre Forest	E	3-4	G	Yes	No	Woodland spring birds	
	Leighton Moss	E	Optional	F	Yes	Yes	Birds, plants, insects	Bring RSPB card
J	Dyserth	E		G	Yes	Yes		
	Ynys-hir	E	2-3	G/F	Yes	Yes	Birds	Bring RSPB card
	Dunham Massey	E		G	Yes	Yes		
	Frankby	E		G	Yes	Yes		
J	Penmon Point and Puffin Island	E	1-2	G	Yes	Yes	Seabirds, seals, marine life	
	Hodbarrow	E	2-3	G	No	Optional	Birds esp. terns	Bring RSPB card
A	Freshfield Dune Heath	E	1-2	G	No	No		
	Bickershaw	E		G	No	No		
	Rutland Bird Fair	E	Optional	F	Yes	No	Marquees plus reserve with ospreys	
S	Hilbre	M	3	G	Yes	Yes	Birds, marine life	
	Frodsham	E	3-4	G	No	Yes	Waders, raptors, plants	
O	Hundred End	E		G	No	Yes		
	Spurn	E	Optional	G/F	Yes	Yes	Migrants	
N	Wigan Flashes	M	5	G	No	Yes	Water birds	
D	Plex Moss	E	3	G	No	Yes	Geese, raptors, corn buntings	

See overleaf for explanation of symbols

Grading for field trips

All field trips listed in the programme will, in the future, be graded:-

E = easy

M = moderate

S = strenuous

LW = linear walk.

The E, M, S, categories are appropriate to the standard of MNA - a naturalist group; they are not comparable to walking club classification, being considerably easier.

Easy: - flat terrain with very good paths suitable for walking shoes; generally only a limited distance.

e.g. Leighton Moss, Blacktoft Sands, Tophill Low.

Moderate :- some 'up and down' walking likely; both terrain and footpaths more variable in quality; boots preferable

e.g. Cors Erddreiniog, Ynys Hir, Strid Wood.

Strenuous :- could include sections of rough terrain, stiff climbs; uneven (or no) footpaths. Boots essential. Generally longer distances.

e.g. Kentmere, Pendle Hill, Lathkill Dale.

On most coach and all car trips, walks return to the starting point and **therefore members can walk a shorter distance if they wish.**

Linear walk :- very occasionally members need to complete the full walk from point A (leaving the coach) to point B (coach meeting point) e.g. Lathkill Dale.

To further assist members in choosing which field trips would suit them best, the chart overleaf gives details of each trip under the following headings:-

Grade:- E,M,S,LW, as explained above

Mileage:- Approximate distance

G/F:- Guided - walk led by the field trip leader or reserve warden

Free - members free to do as they wish

W.C.:- toilets available at venue

T:- whether a telescope is useful

Interest:- what we hope to see

Other:- any other useful information

e.g. special footwear, RSPB/LWT reserve (bring membership cards), charges etc.

Please keep this sheet with your MNA programme for future reference.

Contact field trip leader for any further details.