

TRAIL GUIDE



Insh Marshes

nature reserve

Wetland wonder

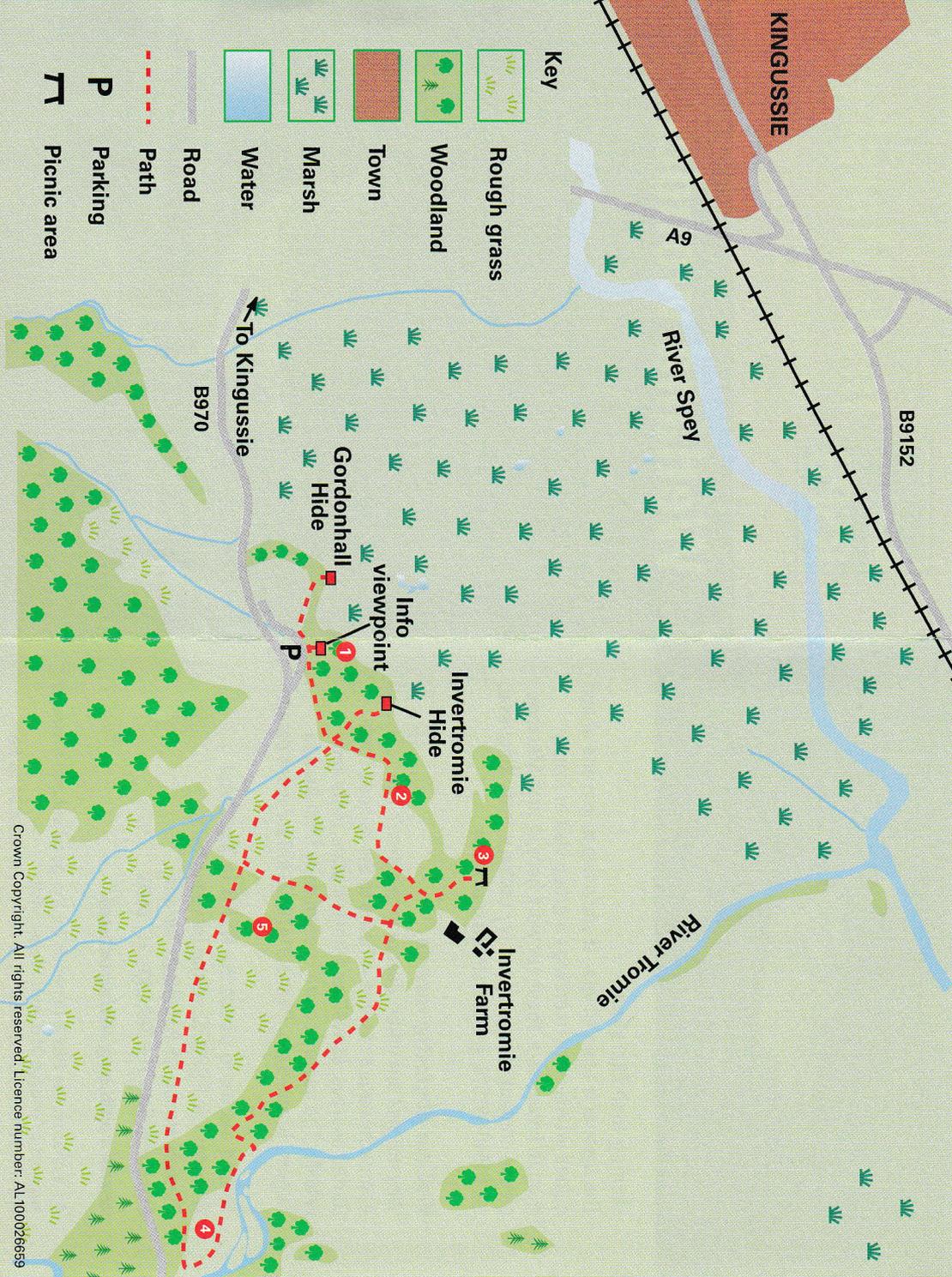


Scotland's
National Nature
Reserves

Magical places, amazing wildlife.

RSPB Insh Marshes
nature reserve became
a National Nature
Reserve in 2003.

for birds • for people • for ever



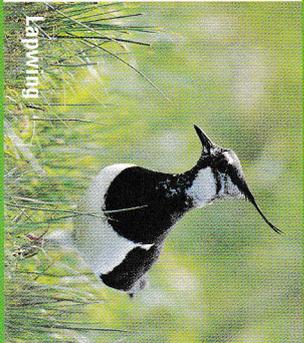
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- 1 Floodplain**
Frequent floods help keep this area fertile. Sheep and cattle graze the marsh to keep it free from trees.
- 2 Woodland**
Rabbit-proof fencing protects young plants. The reserve has several stands of aspen. This tree is important for rare insects, mosses, lichens and fungi.
- 3 Picnic area**
Overlooking Invertromie Farm, this area has views along the

- length of the floodplain. See geese and spot birds of prey, such as hen harriers and ospreys.
- 4 Meadows**
Over 500 species of plant have been identified on the site, with 150 on Invertromie Meadow alone. Look for heath spotted and fragrant orchids. In summer, see many varieties of butterfly.
- 5 Birch woodland**
Watch for meadow and tree pipits here in summer. You might also see sparrowhawks and buzzards hunting overhead.

Spring

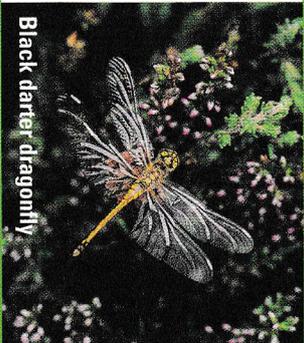
- On the floodplain see ducks, geese and swans, and breeding wading birds such as lapwings, curlews and redshanks.
- Look out for goldeneyes on the lochs and river.
- You might see buzzards and other birds of prey, such as ospreys.



Lapwing

Summer

- Many orchids grow on Invertromie Meadow.
- See Scotch argus butterflies in woodland glades.
- Look out for redstarts and tree pipits in the woodland.
- You can often see dragonflies, including the black darter, close to the trail.



Black darter dragonfly

Autumn

- See roe deer feeding on the marsh and in the woodland.
- Look out for fungi around the reserve.
- Autumn leaves and rowan berries add a splash of colour.
- Wildfowl start arriving from their Arctic breeding grounds.



Roe deer

Winter

- See whooper swans and greylag geese on lochs and marshland.
- Redwings and fieldfares gather in flocks.
- Look out for mallards, teal and wigeons from the hides.



Whooper swan

Welcome to the RSPB's Insh Marshes nature reserve

The reserve stretches for 837 hectares (2,068 acres) beside the River Spey, between Kingussie and Kincaig. It is the most important area of natural floodplain wetland in Britain, thanks to its unspoilt character and the number of birds, plants and invertebrates that live here. The area is undeniably beautiful and the value of the rich wildlife found at Insh Marshes is reflected in its many national and international conservation designations.

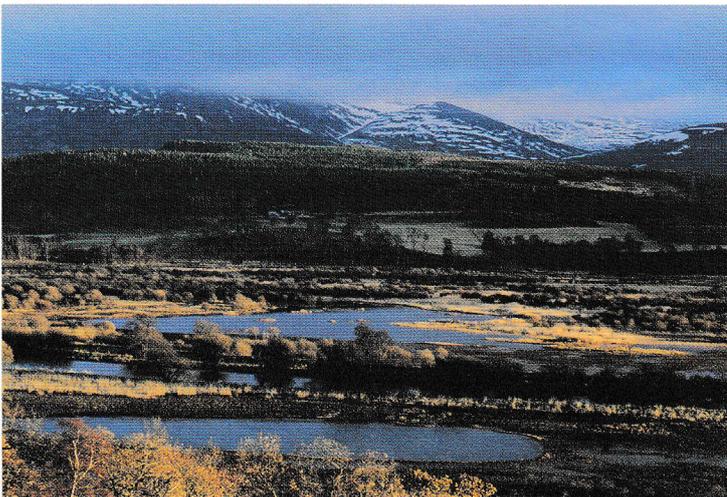
Rich in wildlife

From the hides in spring and early summer, you can see breeding wading birds and wildfowl, such as lapwings, redshanks and goldeneyes. You might also hear the elusive spotted crane. Over 500 species of plant have been identified here and the reserve has one of the most important stands of aspen trees in the UK.

Keeping Insh special

The floodplain floods naturally several times a year, and this helps to keep it fertile. The 'islands' in the plain are gravel deposits left by glaciers more than 10,000 years ago.

Sheep and cattle graze the marsh from spring to autumn to keep the area free from trees and to prevent the marsh from becoming overgrown.



Goldeneye

Visiting Insh Marshes

The reserve is open all year. If you'd like to join one of our guided walks, want to arrange a group visit or simply want to know more about our work here at Insh Marshes, please contact the warden at Ivy Cottage, Insh, Kingussie, tel: 01540 661518, e-mail: nsro@rspb.org.uk

Visit our Abernethy reserve

Why not visit our other reserve in this area? The Abernethy nature reserve is home to the famous Loch Garten ospreys, as well as a host of other birds and wildlife. The osprey centre is open daily from April to August, 10 am–6 pm. Phone 01479 831476 for more details.

To find out more about the RSPB in Scotland

Write to: The RSPB, Scotland Headquarters, Dunedin House, 25 Ravelston Terrace, Edinburgh EH4 3TP. Tel: 0131 311 6500.

www.rspb.org.uk/scotland

As a charity, the RSPB depends on the goodwill and financial support of people like you. Please visit www.rspb.org.uk/supporting or call 01767 680551 to find out more.

These nature reserves are important places for wildlife. RSPB Scotland welcomes responsible access, in line with the Scottish Outdoor Access Code. We hope you enjoy your visit.



RSPB Scotland is part of the RSPB, the UK-wide charity working to secure a healthy environment for birds and wildlife, helping to create a better world for us all.

Front cover picture: redshank by C Gomersall, Insh Marshes by A Hay, goldeneye by L Campbell. Inside: lapwing by A Hay, black darter dragonfly by G Simpson, roe deer by Ben Hall and whooper swan by M Lane (rspb-images.com)
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