

Bog Meadows Winter Birds





Welcome

Welcome to this Winter walk around Bog Meadows.

All the walks begin at the Bog Meadows Entrance on Milltown Row at point 1 on the map and follow the 10 points highlighted.

We hope you enjoy the walks and do let us know of any interesting wildlife you spot, get in touch via the Bog Meadows facebook page.
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Bit of health and safety here, the walk is mostly level although please bear in mind paths can be muddy in places.

How long is it in KM

How long does it take to walk???

Dogs are welcome on leads at all times as they can be a disturbance to wildlife and other users of the Nature Reserve

Anything else, don't want them to switch off before they start.

	Size 19 hectares
	Entry fee No
	Parking information Car park on site
	Grazing animals Yes
	Walking trails A network of formal paths - 2.5 miles in total. Easy terrain.
	Access Wheelchair and pushchair friendly.
	Dogs On a lead

Introduction



With the leaves off trees and birds needing energy to stay warm, it's a great time of year to see the winter residents who make Bog Meadows home. In the summer, Bog Meadows will fill with birds who migrate from as far away as Africa to feed on the many insects that live in the wetland. Those in residence now need to be very active during the shorter daylight hours and are often more adaptable with their food sources eating berries, nuts, seeds, and insects to survive the harsh months of winter.



The Great Tit is a very common bird, take a minute to look at it carefully, it really is a striking and beautiful bird. They nest in holes in trees and are active feeders, hunting out insects and spiders among the smaller branches. They are adaptable and smart, even seen using conifer needles to get larvae out of trees. In winter, they will switch to nuts and seeds and are very common visitors to bird feeders. They have a black head, white cheeks, green back, yellow belly and black stripe down the belly. The thicker the stripe in a male the more attractive he is considered. They have a distinctive song: listen out for a high-pitched sound like a squeaky wheel, or a 'teacher teacher' call.

