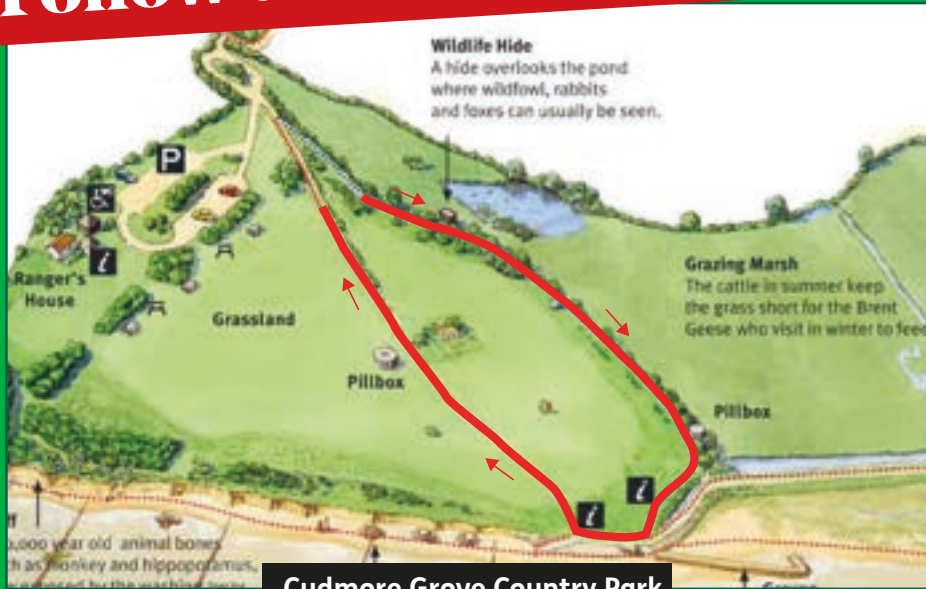


ESSEX EXPLORERS Wetland Wonder TRAIL



Follow the RED route



Cudmore Grove Country Park

- 1 Start at the visitor centre.
- 2 Head through Running Water Wood towards the lake.
- 3 Loop around the lake and back towards the visitor centre.

Letter Hunt

Discover the letters along the trail, there are five to find.

Unscramble them to make the mystery word.

What is a wetland?

Wetlands are an eco-system where the land is covered by water either seasonally or permanently.

Wetlands provide a place for rain water to be stored and help to reduce flooding. They offer an important home for all kinds of animals.

In the Essex Country Parks you can find streams, ponds and lakes, as well as marshes and estuaries.

Write the letters in the circles as you find them:



Share your trail selfies

WIN an Essex Explorer Pass or a minibeast explorer kit.

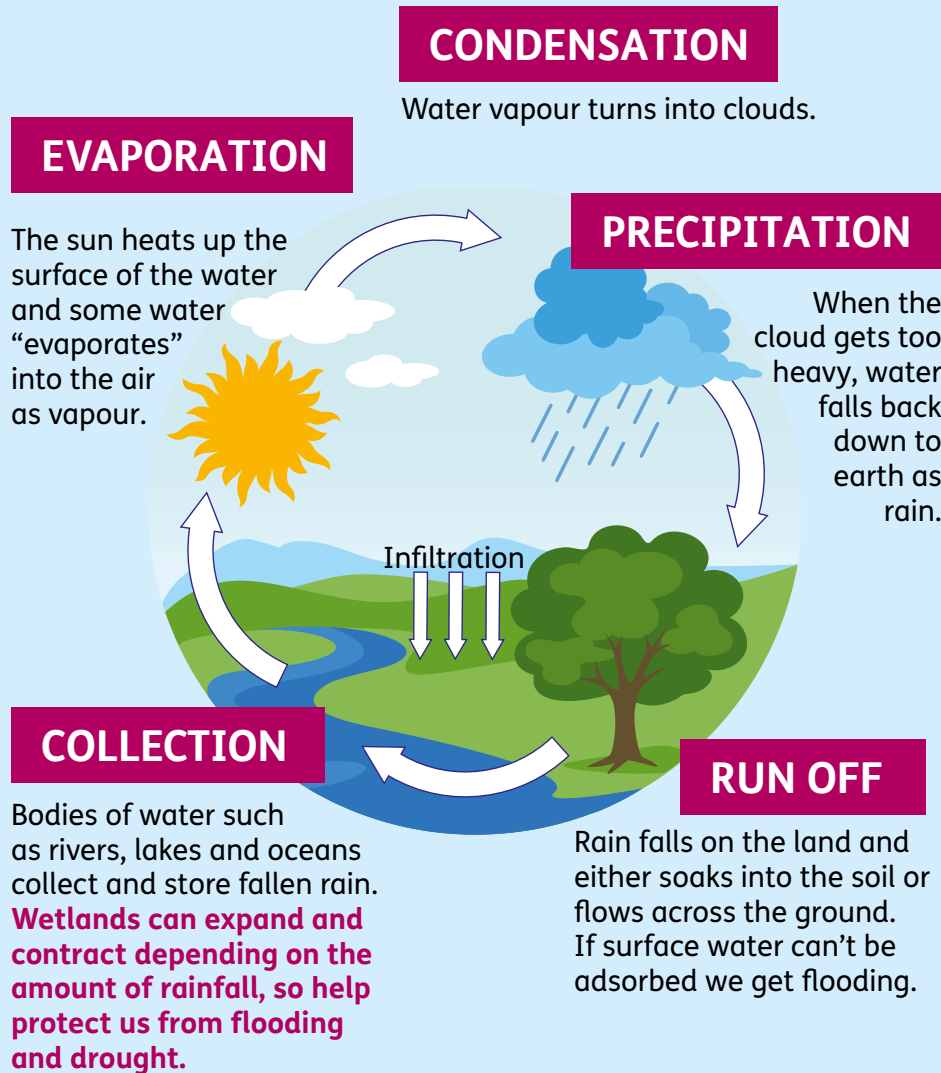
Enter prize draw by tagging a photo of yourself in the frog board or along the trail
#LoveEssexWetlands
#WetlandWonder
@exploressex



Visit www.flood.essex/wetland-trail for more details, full T&Cs apply

Water cycle

Did you know that all the water on Earth is recycled over and over again? **Colour in the arrows to discover the cycle.**



Scavenger

HUNT:



Tick them off if you spot them.



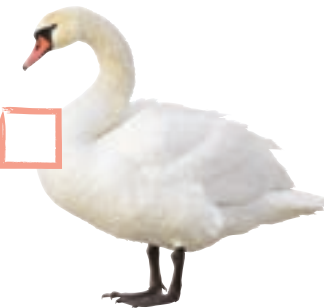
☐ Mallard duck



Nest ☐



☐ Frog



Mute swan ☐



☐ Common reeds



Moorhen ☐





Colour in the picture

When finished, tag a photo of your drawing to enter our prize draw, details page 2.

Trail Marker

3

LETTER

Trail Marker

4

LETTER

Can you help the Beaver get home?



Beavers build dams out of fallen trees, branches, and mud. The dam blocks the flow of water to create a pond.



SCAN THE QR CODE

to watch the
beavers
'in action' at
Spains Hall Estate.



Inspired by beavers, leaky dams slow the flow of water to help reduce flooding, and improve wetland habitats. Find leaky dams in Thorndon and Weald Park.

Predator

FOOD WEB

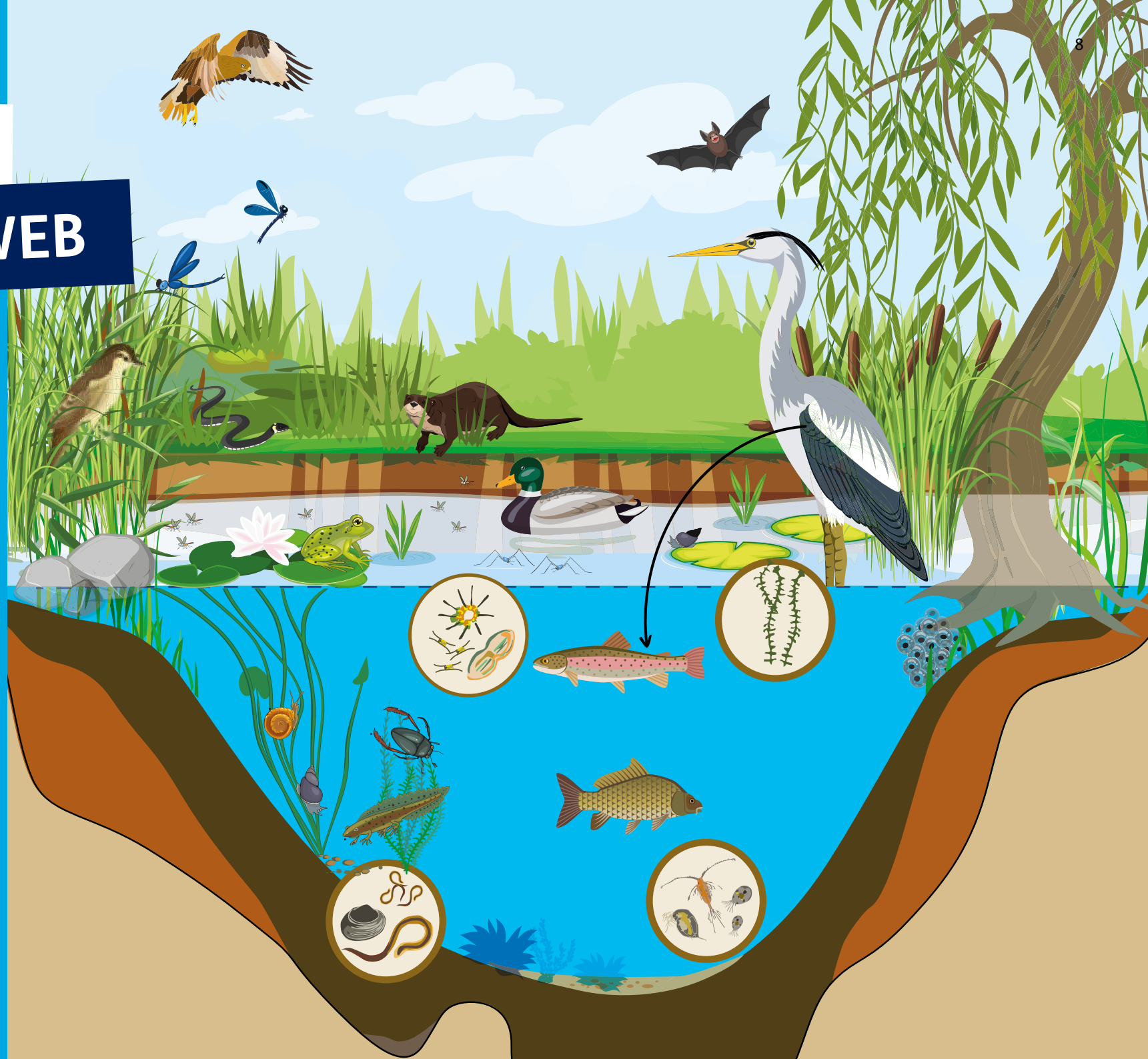
Food webs show the chains of what-eats-what in one habitat.

Draw as many food chains as you can to make a wetland food web.

Trail Marker

5

LETTER



Wetland animal

MIX UP

There some incredible facts about wetland creatures, but are placed next to the wrong one. Can you match the fact with the creature?

I detect and eat flying insects by making high-pitch squeaks and following the echo.

Newt

Reed warbler

Eel

I only live a few weeks, but as a colony we travel 9,000 miles to migrate.

I migrate nearly 3000 miles to the west Atlantic Ocean to breed.

Painted lady butterfly

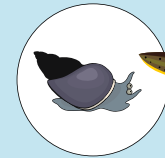
Bat

I weave my nest using reeds and grasses between reed stems

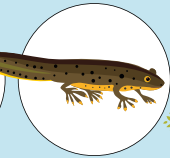
I breathe through my skin so I'm extra sensitive to pollution, making me an indicator species

Wetland search and find

Wetlands provide a home, breeding ground, source of food, hiding and resting place for many creatures. Can you find them hiding in the reeds below?



Pond snail



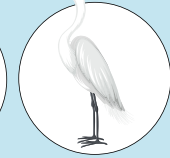
Smooth newt



Water vole



Harvest mouse



Egret



Reed warbler



Amphibian

SHADOW GAME

Match the shadows to the five common native amphibians



1



2



4



3



5



Amphibians are incredibly important wetland animals. They act as both predators and prey, eating pest insects, as well as providing vital food for birds and other animals.

Wetland WORDSEARCH

O	T	R	H	A	B	I	T	A	T
R	E	E	D	S	J	L	O	I	P
O	E	R	G	S	T	R	E	A	M
H	L	O	G	S	T	N	T	P	M
P	R	R	E	U	V	N	O	U	H
F	T	N	G	O	J	E	Q	D	S
O	N	R	Y	U	T	W	O	D	I
D	U	C	K	I	J	T	S	L	F
J	T	K	G	B	O	L	E	E	P
D	U	C	K	L	I	N	G	R	P

STREAM
EEL
NEST
DUCK

OTTER
HABITAT
DUCKLING
REEDS

FROG
PUDDLE
NEWT
FISH



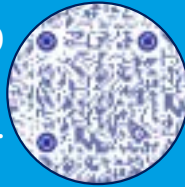
Calling all parents...

Is your house at risk of flooding?

Communities have suffered repeated flood events in recent years and scientists predict one of the impacts of the climate emergency will be heavier rainfall and greater frequency and strength of storms in the future.

To find out everything you need to know about local flooding, and how to protect your property and community please visit:
<https://flood.essex.gov.uk/>

SCAN THE QR CODE TO FIND OUT your flood risk.



Mystery word

Write your letters here and unscramble them to uncover the mystery word.

LETTER

LETTER

LETTER

LETTER

LETTER

Answer on page 12

What can I do to save wetlands?



Wetlands are under threat, help preserve them by getting involved in your local wetland centre and/or create a wetland in your garden.

Making a wetland in your garden or community space can be easy, inexpensive, and brings many benefits to people and wildlife. Visit: **Gardening for Wetlands/WWT** for how to build a wetland in your garden.

How climate friendly is your garden?
SCAN THE QR CODE TO FIND OUT



Why create a wetland?

1. In areas at risk of flooding, garden wetlands have the added benefit of slowing down and reducing the run-off of heavy rains into drains. If everyone added a small wetland to their garden, this would help reduce the pressure on our rivers and floodplains.
2. For gardeners, a wetland means a greater variety of attractive native plants can be grown. These plants then attract mini-beasts which pollinate fruit, flowers and vegetables, and bring in other helpful pest-controllers, like birds and hedgehogs.

