

Tring Reservoirs Wild Walk

Berkshire
Buckinghamshire
Oxfordshire



Explore Tring: stroll along the waterside and look for waterbirds on this gentle walk

Starting at Tring train station, this 13 km circular walk takes in the Berks, Bucks & Oxon Wildlife Trust's (BBOWT) College Lake nature reserve, a section of the Grand Union Canal and three reservoirs.

- 13 km/8 miles (about 3 hours)
- There is an additional 2-mile wildlife walk around College Lake
- There is a café at the visitor centre at College Lake, check www.bbowl.org.uk/nature-reserves/college-lake for opening times

How to get to the start

Postcode: HP23 5QR **Grid ref:** SP 951 122

By bus: Check www.traveline.info for information about local buses

By train: The walk can start at Tring train station, check www.nationalrail.co.uk for train times

By car: There is parking at Tring train station, in Tring town centre and at College Lake

By bike: There is cycle storage at Tring train station and College Lake



Please help us look after wildlife at College Lake. Only assistance dogs are allowed at this nature reserve.

College Lake Nature Reserve

This former chalk quarry has been restored to create a variety of habitats, now brimming with wildlife. Open water and marsh provide feeding, roosting and breeding areas for numerous waterbirds such as common tern, lapwing and other seasonal visitors.

Accessible bird hides provide comfortable viewing of this bird activity and stunning panoramic views over the site. In summer, the islands are home to lapwing and redshank. Their chicks feed on the damp, muddy fringes. The grassy margins, full of colourful flowers, buzz with insects and the song of skylark and meadow pipit. Developing scrub and young plantations provide shelter for visiting warblers, such as chiffchaff and willow warbler, in spring and summer.

The site offers a glimpse of rare cornfield weeds such as pheasant's eye, weasel's snout, cornflower and field cow-wheat during June and July. There are also displays of fascinating fossils uncovered during the quarry excavation and old farm machinery. The Wildlife Walk around the reserve takes in most of these features.

Berks, Bucks & Oxon Wildlife Trust (BBOWT)

BBOWT relies on the support of our members to help us look after local wildlife. By joining BBOWT you can help to secure the future of special landscapes like College Lake.

[Join us today!](#)

NATURE NOTES



Alder is found on stream and riverbanks and on boggy ground in wet woodland.

The long, yellow catkins in spring and tiny cones that develop from the female flowers in summer make it easy to recognise. It is the food plant for several moth caterpillars and also provides seed for birds and nectar and pollen for bees early in spring. Moorhens may nest among the roots and vegetation on the riverbanks.



Wigeon visit Britain in winter from Iceland, Scandinavia

and Russia. They can gather in large numbers on wet grassland and flood meadows near reservoirs and rivers. They are a dabbling duck, feeding on aquatic plants. The males are easy to identify with a yellow stripe running over their chestnut heads, pink breasts and dark tails. The brownish females resemble female mallards but have pointed tails.



Lapwing are easily recognised with their black

crests and black and white plumage, although up close the black actually has an iridescent purple and green sheen. They gather in large flocks in winter on farmland and wetlands but can be seen here all year round as some remain to breed. Lapwing nest on the ground and the adults will mob any potential predators to try to protect their eggs and chicks.



Cornflowers were once considered a weed of arable fields, but

herbicide use and modern farming techniques mean that these bright blue flowers, seen in June and July, are now very rare in the wild. They tend to be found growing after wildflower seeding, when old soil containing seeds has been disturbed or when seeds have come from plants growing in nearby farmland. Wild flowers are an important source of nectar for insects.

STAGE 1

Start to Tring town centre

From the train station follow Station Road, which is lined on both sides with large horse chestnut trees, then on to High Street into the town centre.

STAGE 2

Tring town centre to Grand Union Canal

Turn right on to Church Yard beside the church, keeping the church on your left. Follow the walled alley right then left. Take the footpath across the park, then beside the brick wall, past the housing estate, then beside the ditch. Follow the footpath with the ditch on your right over one estate road Silk Mill Way, then cross the ditch at the next road to follow the right hand bank. Cross the B488 on the edge of town to join the canal on your left.

Listen for the chatter of rooks in the trees, and look for alder beside the canal.

STAGE 5

College Lake nature reserve to Tring train station

Take the road back to the canal and turn left into the towpath. Follow the towpath to the road bridge, continuing on the footpath above the canal along the field edge to Station Road. Turn left for the train station or right for Tring town centre.

Look for the green-barked spindle tree and purple-barked dogwood in the blackthorn hedge.

STAGE 4

Tringford Reservoir to College Lake nature reserve

Continue on the footpath over the dam wall, then turn right at the road, following the pavement for 150 metres, before turning left on to the footpath between Marsworth and Startop's End Reservoirs. The reservoirs are managed by Herts and Middlesex Wildlife Trust and the Friends of Tring Reservoirs. Turn right at the canal, following the towpath to the road. Turn left on to the road, for 400 metres to COLLEGE LAKE NATURE RESERVE. Take care as there is no pavement along this busy road.

Look for grey heron nesting in the trees beside the reservoir and for sedge and reed warblers in the fringe of reed.

STAGE 3

Grand Union Canal to Tringford Reservoir

Turn left following the Wendover Arm of the Grand Union Canal to Little Tring Bridge. Turn left on to the road and follow this for 100 metres, then turn right on to the track to Tringford pumping station. Take the footpath before the station, following the left hand footpath beside the edge of Tringford Reservoir for 200 metres to the bird hide.

Look for the many swans, geese and ducks gathering at the feeding point.



KEY

- BBOWT Nature Reserve
- Train station
- Bus stop
- Parking

WILDLIFE HIGHLIGHTS

	J	F	M	A	M	J	J	A	S	O	N	D
Large winter flocks of wildfowl on the reservoirs and College Lake	✓	✓	✓								✓	✓
Diversity of wild flowers and butterflies at College Lake				✓	✓	✓	✓	✓				
Reds, browns, yellows and gold in autumn hedgerows									✓	✓	✓	
Warblers singing within the reservoir reedbeds at dawn and dusk		✓	✓	✓	✓							
Rare arable 'weeds' at College Lake		✓	✓	✓	✓							