

# RIVER ADUR ESTUARY: CONSERVATION GUIDE FOR PADDLERS



Dunlin (rspb-images.com)

Welcome to the river Adur RSPB nature reserve and protected areas. This area is hugely popular for kayaking and paddle boarding with plentiful wildlife and beautiful scenery. It's sometimes also used by wind-surfers and wing-foilers.

Please read on to find out more about this very special place and what you can do to help to protect it.



Ringed plover (rspb-images.com)

## TOP TIPS FOR USING THE WATER

### STAY IN THE MAIN RIVER CHANNEL

### LAUNCH AT DESIGNATED SLIPWAYS AND SITES

Avoid the saltmarshes, mudflats and shingle banks – footsteps and equipment cause real damage to this habitat.

### ENJOY WILDLIFE – LOOK BUT DON'T LINGER

### KEEP YOUR DISTANCE

It's very important to avoid disturbing birds. When disturbed, they are prevented from resting and eating. Keep your distance, especially at low tide.

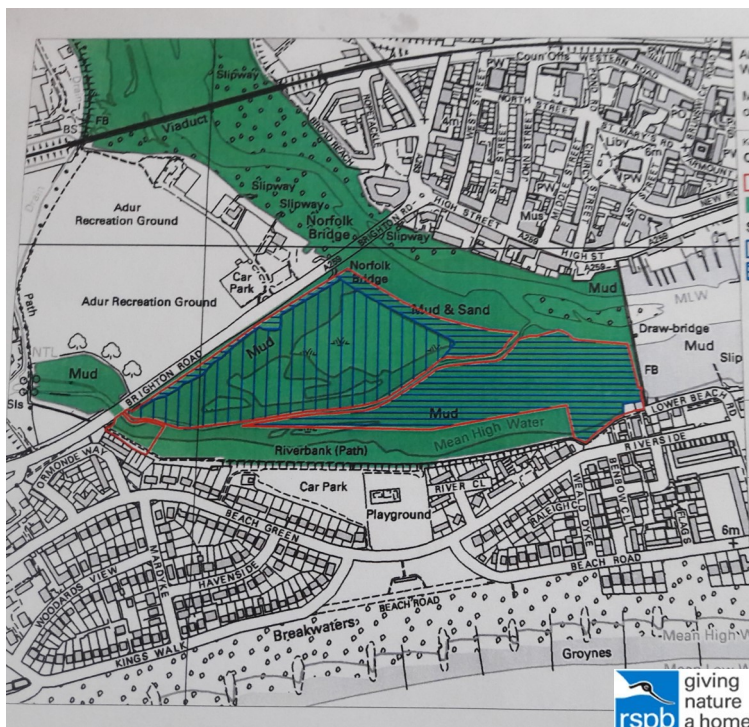
## DID YOU KNOW?

Part of the Adur estuary is designated as a Site of Special Scientific Interest (SSSI). This means it needs to be protected. It's a stopping point for migratory and over-wintering birds and a habitat of scarce and fragile plant life.

The river Adur SSSI extends along both riverbanks, (shown in green on the map) from the Ferry Bridge (pedestrian footbridge) in Shoreham to a point just north of Cuckoo Corner. Cuckoo Corner is about 400-500 metres north of the A27 flyover and is where there is a fork in the river and a small sailing club on the west bank.

Paddlers are helping to safeguard this very special part of the river by following the top tips outlined above. By making 'green choices' and enjoying wildlife from a distance, you will encourage other people to do the same: this will help nature to recover and thrive.

Thank you.



# RSPB NATURE RESERVE

There is a RSPB nature reserve within the SSSI (outlined in pink on the map). This covers the areas of saltmarsh, mudflats and the channels by the houseboats, sandwiched between Ferry Bridge and the A259 road bridge.

This nature reserve is a complex ecosystem that provides refuge and foraging opportunities for a wide range of birds, including waders and gulls (shorebirds). The saltmarshes and mudflats which are revealed as the tide drops are, in fact, a fragile habitat of plants and the place where birds can find vital sources of food.



Oystercatcher (rspb-images.com)

Data analysis demonstrates that the four most numerous waders on the Adur Estuary (Ringed Plover, Lapwing, Dunlin and Redshank) have declined significantly faster in recent years than across Sussex as a whole.

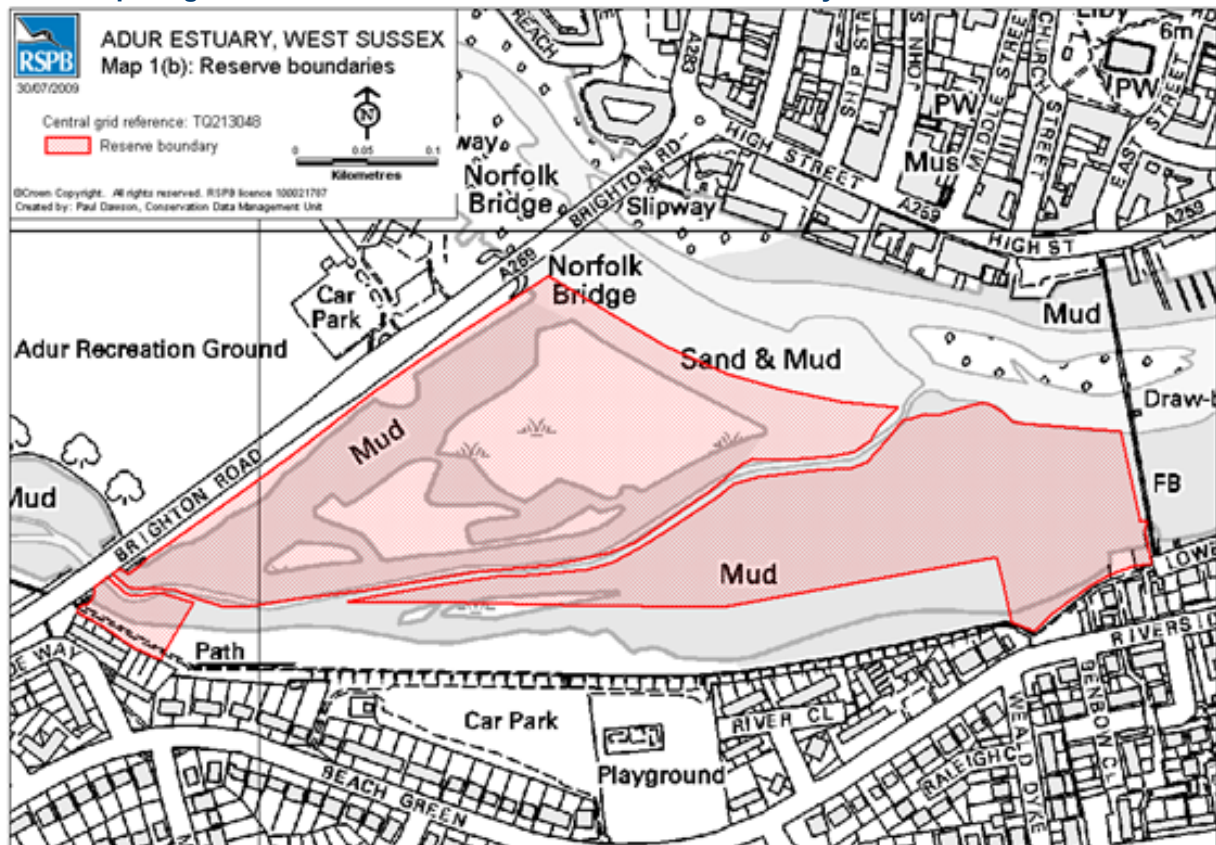
## THANK YOU FOR HELPING US PROTECT THE SSSI AND RESERVE!

Spread the word and help us protect this very special nature reserve and SSSI for future generations.

## BIRD WATCHING

For information please access: **RSPB Adur Estuary Nature Reserve:**

<https://www.rspb.org.uk/reserves-and-events/reserves-a-z/adur-estuary>



Royal Society for the Protection of Birds  
[www.rspb.org.uk](http://www.rspb.org.uk)

Shoreham District Ornithological Society  
<https://www.sdos.org/index.html>

