

- **The footpaths around the nature reserve are always open to pedestrians, but the car park is locked evenings and overnight**
- **Please respect and protect the site and its wildlife by keeping to the paths, picking up after your dog and using the dog bins at both entrances**
- **Fires, Camping and Cycling are not permitted**
- **Please take your litter home or use the litter bin in the main car park**
- **Keep dogs on a short lead between 1st March and 31st July to protect nesting birds**



The Frenze Beck nature reserve

The reserve covers 14.5 acres and has been recently restored after a period of neglect during which it became overgrown and inaccessible. A network of paths have been created to take you through a mosaic of different habitats, including dry and damp meadow, ponds, hedgerows, ditches, reed beds and scrub. These habitats provide cover and food for a variety of wildlife and support many wildflower and plant species throughout the year.

The site is maintained by the River Waveney Trust: volunteers carry out a variety of conservation and management jobs every Monday and new volunteers are always welcome. For more information see www.riverwaveneytrust.org/frenzebeck/

How to find us

The entrance to the main site is on the East side of Sawmills Road in Diss, opposite the Animal Feed Warehouse (IP22 4GG).

The car park at the end of the entrance track is open between 9:30am and 5:30pm (4:00pm from November to March). Outside these times the gate may be locked, so please park in front of the barrier and use the pedestrian entrance on the left.

There is also a wide pedestrian entrance on Sandy Lane, just a short walk up the road from the Angles Way, with adjacent lay-by parking.



Frenze Beck Nature Reserve

a wetland wildlife haven
on the edge of Diss

Sawmills Road
Diss
Norfolk
IP22 4GG



Frenze Beck Nature Reserve

a County Wildlife Site



Reed Warbler



Bee Orchid



Purple Loosestrife

Field Vole



Viewpoint



Parking



Existing Footpaths



New Riverside Path
to be completed in autumn 2022 creating a new 1.5km circular route

E. Upper Meadow

Autumn mowing of the dry meadow and verges is encouraging more diverse wildflower species. These will attract more insects. Areas of scrub and bramble are left for cover and as a food source in autumn and winter.
Look out for (flora) Bee Orchid, Buddleja, Wild Carrot, Teasels, **(fauna)** Whitethroat, Gold Finch

B. North Reedbed & Riverside

Reed beds provide an important habitat for mammals, birds, amphibians, reptiles and invertebrates, both above and below water level. In spring and summer flowering plants attract many species of Butterflies and Moths. Within the reedbeds there are nesting birds such as Reed Warblers.
Look out for (flora) Meadowsweet, Russian Comfrey, Water Forget-me-not, **(fauna)** Reed Warbler, Blackcap, Moorhen, Small Red Damselfly, Peacock and Red Admiral Butterflies

F. Track to Sandy Lane & Angles Way

The hedgerows and grass verges are being managed so as to increase biodiversity. Hedgerows provide cover and food for many native species.
Look out for (flora) Bird's Foot Trefoil, Tufted Vetch, Common Knapweed, **(fauna)** Lesser Whitethroat, Chiff Chaff, Common Blue Butterfly



Common Blue Butterfly

D. Grazed Pasture

The central pasture is used for grazing cattle. At night the site is visited by bats, foxes, deer and hedgehogs. On some evenings a barn owl can be seen hunting over the cow pasture.
Look out for (flora) Ragged Robin, **(fauna)** Barn Owl, Common Gull, Green Woodpecker

C. Damp Meadow

This meadow is regularly flooded in autumn and winter, which produces different plant species from the drier areas.
Look out for (flora) Meadow Foxtail Grass, Wilted Thistle, Marsh Woundwort, **(fauna)** Field Vole, Whitethroat



Barn Owl



Water Vole

A. South Reedbed & Riverside

The endangered Water Vole is active across the wetland area to the south of the site and along the river. Nettles along the riverside path are very important for insects and the wildlife that feeds on them. Small and rare Purple Hairstreak Butterflies can be seen above the oak trees by the car park in summer.
Look out for (flora) Purple Loosestrife, Yellow Water-lily, Garlic Mustard, Hemp Agrimony, **(fauna)** Water Vole, Water Shrew, Reed Bunting, Orange Tip and Purple Hairstreak Butterflies

