



Frays Island and Mabey's Meadow

Explore the Colne Valley

Alongside flower-rich Mabey's Meadow, the willow woodland of Frays Island provides a perfect spot to see the beautiful River Colne and perhaps a glimpse of a kingfisher.



Type of habitat

Damp meadow, river, woodland.

Location West Drayton.

Best time to visit Summer.

Size of reserve 2.5ha (6 acres).

Walk time 45 minutes.

Access on site

Informal path network and open access to the whole site. No wheelchair access.

Walking links

Colne Valley Trail.

OS map ref. TQ 053 792.

Postcode UB7 7HA.



Kingfisher



Peacock butterfly

FINDING THE RESERVE



Pyramidal orchid

Access to site Footpath from Thorney Mill Road and footbridge near Wren Drive.

By road Free parking is situated off Thorney Mill Road, by the entrance to the reserve.

By public transport

■ Bus: U3 to Wise Lane/Mill Road.

■ Rail: West Drayton Station (8 minute walk).

Spring

Watch Daubenton's bats gleaning insects over the river on a warm spring evening.

Summer

Banded demoiselle damselflies and kingfishers along the river. Colourful wildflowers and orchids in Mabey's Meadow and the adjacent meadows.



Banded demoiselle

Reserves Manager's tip
Tom Hayward

"This willow woodland set between the Colne and Frays rivers provides a perfect spot to sit and watch the River Colne, and if you're lucky glimpse the electric blue of a passing kingfisher."



Managed by London Wildlife Trust on behalf of the London Borough of Hillingdon



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Explore the Colne Valley

The Colne Valley Park is the first real taste of countryside to the west of London comprising a mosaic of farmland, woodland and water, with 200 miles of river and canal and over 60 lakes.



Want to see more?
Then why not try:

- Little Britain Lake, Cowley
- Minet Country Park, Hayes
- Uxbridge Alderglade, Uxbridge

For more information on Frays Island & Mabey's Meadow please contact:

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