

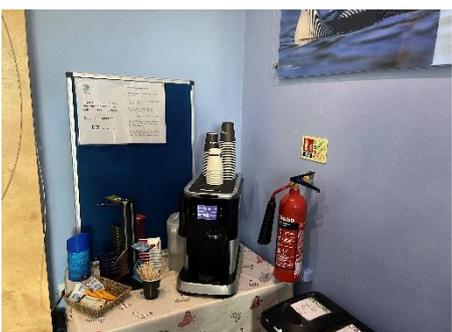
## Arrival to RSPB Forsinard Flows

	<p>When you arrive by car, you can park in our car park it has 13 spaces. It does not have dedicated accessible spaces. The surface is hard, with loose gravel. It is uneven in places. The parking spaces are marked with logs which are not fixed so can have moved.</p>
	<p>From the car park you can exit towards the Visitor Centre which is across the road in the station building. You'll need to walk around the station building and on to the platform to access the Visitor Centre. This is over loose gravel, compacted grass and tarmac and is slightly uneven.</p>
	<p>You can also park on the station side of the road where there are two marked accessible bays and three standard parking spaces. The markings are quite worn but the spaces are the ones closest to the entrance next to the blue telephone box.</p>
	<p>Once you've parked, if you want to go into the Visitor Centre you'll need to walk around the station building at the Northern end of the building.</p>
	<p>The surface to the station is a combination of loose gravel and tactile paving. The entrance to the Visitor Centre is around 35 metres from the car park. There are two benches on the platform with backrests and no armrests.</p>

## Arrival by train

	<p>You can also arrive by train. The route runs from Inverness to Wick via Thurso and back. There are normally four trains in each direction per day. <a href="#">Check Scotrail timetables for details.</a> This is a <a href="#">Category B station</a> which means it has rough ground and low platforms.</p>
	<p>The platform is very low here so there are steps to allow you to get off the train. Please speak to the staff on the train if you need assistance getting off. The doors will usually stop at the steps but sometimes they may need to be moved. Wheelchair ramp not available.</p>
	<p>If you are travelling towards Wick you will get off the train on the side of the station where the Visitor Centre is. If you are travelling towards Inverness, you will need to cross a level crossing to enter the Visitor Centre.</p>

## Visitor Centre

	<p>From the platform to the Visitor Centre, there is a small ramp, around 15% gradient. There are no support handles or hand rail. The door is 78cm wide. The Centre is open: 09:00-17:00 seven days a week in summer. And 10:00-15:00 Monday-Friday in Winter (Oct-Mar)</p>
	<p>Inside, the flooring is carpet and flag stones. The centre is only staffed sometimes. There is information available on the desk, as well as a first aid kit. The toilet is straight ahead of you, the exhibition is to your right and the room to the left has a video presentation and tea and coffee facilities.</p>
	<p>As you go to the room to the left, there is a sightings board for you to add any great wildlife you see during your visit. The door here is 74cm wide and the surface changes from carpet to flagstone.</p>
	<p>In this room you can watch a 3-minute, 5-minute and 20-minute video about the Flow Country. There are two sofas here if you'd like to find out about this landscape inside. Or if the weather isn't great but you'd still like to know more. There is a hearing induction loop and a board that has any events that are on.</p>
	<p>There are tea and coffee making facilities. There is no other shop or café here. There is a tearoom in Forsinard around 1 mile away. We recommend you bring your own food and drinks if this is likely to affect your visit.</p>



We have an exhibition space that looks at the importance of this unique landscape. The flooring here is carpet and even throughout.



We have a range of tactile, audio, visual and interactive exhibits at different heights. The text on the boards are in different sizes and fonts.



The toilet has a fixed handrail next to the left-hand side and an adjustable support on the right-hand side. The floor space is 3m<sup>2</sup>. There is a handwash sink with standard twist tap for the cold tap and a water heater for hot water which turns on with a dial. The seat and hand supports are not a high contrast. The door into the toilet is 1m wide.



In the blue phone box at the visitor centre you will find a defibrillator. The defibrillator is fully automatic and can be used with no prior training by the general public at any time.

## Dubh Lochain Trail and Flows Lookout Tower

	<p>From the Visitor Centre, you can exit the platform at the south end (turn right as you leave).</p>
	<p>There is a gate at the end which opens towards you and is 86cm wide. This gate can be stiff to open. There is a very slight incline here.</p>
	<p>You exit onto the road and you'll need to cross the level crossing to access the trail. This is over train lines so is uneven. The barriers will be lowered if there is a train due to arrive or leave.</p>
	<p>After you've walked 50m along the road, the start of the trail is on your right-hand side. The boardwalk is accessed via a short piece of grass. This is slightly sloped and can get muddy when it has been wet.</p>
	<p>The boardwalk has two passing places, one is after 5 metres and the other is at 200 metres. The width of the boardwalk is 120cm, in the passing places the length is 200cm. There is not a suitable place to turn a mobility scooter along the length of the boardwalk or at the tower.</p>

	<p>The boardwalk has slight slopes up and down and also has sideways camber. Which make it uneven. This cross camber changes from left to right over short sections. The boardwalk changes surface around halfway along from wood to a plastic board. This has less surface grip than the wood boards.</p>
	<p>There are some information panels in the boardwalk. They can be slippery when they are wet.</p>
	<p>There is one bench on the way to the Flows Lookout Tower. It has a backrest but no armrests. It is 380 metres along the boardwalk</p>
	<p>When you arrive at the lookout, there are flagstones that allow you to get closer to the pools. They are a step down from the boardwalk and are broken up with natural sections. They are uneven and can be slippery. There is a bench here that has a low seating position and no back or armrests.</p>
	<p>To access the tower, there is a short ramp of 15% gradient. There is a handrail.</p>



The entrance to the ground floor of the tower is 104cm wide. There is a tight turning circle here. The viewing window is 100cm and has a rail to lean on.



To reach the top floor of the tower there are two flights of stairs. Each flight has 15 of steps. There is a handrail on both sides. The stairs are textured metal to improve grip and they have high-contrast markings on the edges.



There is a small halfway seat in the tower. There is only natural lighting at this point and it can be dimly lit if it is not a bright day.



There is a bench seat on the top floor, it has a backrest but no arm rests.



The rail on the top of the tower is 100cm. The tower is uncovered and exposed so we recommend you dress appropriately for the weather.



You can return along the boardwalk or there is an alternate route back via flagstones which you'll see on the right as you leave the tower. This route can be muddy, wet and slippery. It has uneven and changing surfaces and steps in places. There can be vegetation growing over the pathway and it crosses a burn where the path has no barrier at the side.



There are a couple of benches along the flagstones which here have low seating position and no back or armrests.



Flagstone trail re-joins A987, turn left back to Forsinard.



Use gate to cross over cattle grid



Return to visitor centre, passing by beginning of boardwalk and crossing railway.

## Outside Picnic Area



The picnic area is next to the accessible parking spaces at the station. It is accessed through a gate with a latch. The gate is 120cm wide.



From the gate there is a ramp down to a grassed area. The slope is around 25% gradient. The surface is compacted gravel with grass growing through.



At the picnic area there two benches, they do not have wheelchair spaces. They are on uneven grass ground with a slope. At all times of year there can be ticks in this area. Keep your skin covered, particularly your legs, and check yourself after you have left.

## Field centre

	<p>When you arrive at the RSPB Forsinard Flows Field station by car, you will turn off the main road, cross the wooden bridge and park in the car park at the bottom of the building.</p>
	<p>The car park has several unmarked standard parking spaces and one marked accessible space. The surface is hard with loose gravel except for the accessibility space which is tarmacked. The ground is uneven in some places.</p>
	<p>The entrance to the Field Centre is on paving slabs which can be uneven in places and slippery when cold or wet. The doorways can be fully opened for access where required. If you need to alert a member of staff to your presence, press the intercom to the left hand side of the door.</p>
	<p>The main hallway of the Field Centre is carpeted and even throughout. To your immediate right is the Visitor Sign in book. Male, Female and Accessible toilets and a shower are straight in front of you. To your left is the doorway to the education room. Turn right for the main office doorway, stairs and accessible lift.</p>
	<p>This is the education room. Here you will find a large tables and chairs for meetings or educational purposes. There is a projector for watching films or presentations, a whiteboard and a bookshelf with Field and Identification Guides, artefacts from the peatlands and books. There is more relaxed seating with sofas and armchairs if</p>

	<p>required. The flooring is linoleum and even throughout.</p>
	<p>The toilet has a fixed handrail next to the right- and left-hand sides and an adjustable support on the left-hand side. The floor space is 3.6m<sup>2</sup>. There is a handwash sink with standard twist tap for the cold tap and a water heater for hot water which turns on with a dial. There are fixed handrails to the right- and left-hand sides of the sink. The seat and hand supports are not a high contrast.</p>
	<p>To reach the upper level of the Field Centre where the Bunkhouse and back door are located, there are two flights of stairs. Each flight has 10 steps. There is a handrail on both sides. The stairs are carpeted and have high-contrast markings on the edges. There is also an accessible lift.</p>
	<p>The Field Centre office is carpeted and even throughout. There are often staff members in here working on computers at their desks. First Aiders and a First Aid Kit can be found here.</p>