

## Frogmore Meadow

A small meadowland haven untainted by fertilisers and pesticides where wildflowers and water voles abound.



The meadow lies between the River Chess and is damp and marshy. However, there is a mosaic of damp and dry areas which is reflected in the vegetation. The wetter parts support typical plants such as marsh marigold, greater bird's foot trefoil, ragged robin and the rare marsh valerian. Sedges abound and there are six different species.

Away from the river the drier, more acidic area supports plants such as betony, devil's-bit scabious, tormentil and heath bedstraw. But, where the meadow meets the river there is a tall fen community characterised by willowherb, reed sweetgrass and reed canary grass.

The mature hedgerows around the meadows are an important [habitat](#) for many bird species. Small mammals abound in the hedges and tussocky grass, and in high summer the meadow is alive with butterflies, grasshoppers and other insects.

Dragonflies and damselflies such as the brown hawker and banded demoiselle can be seen beside the river, which provides good habitat for water voles.

This little known reserve is untainted by chemical fertilisers or pesticides. It is owned by the Trust and is designated a Site of Special Scientific Interest.

- [Get driving directions](#)
- [Find nearby public transport](#)

### How to Get Here

#### Location

Chenies

#### Directions

Take A404 from Chorleywood to Amersham. Turn right (signposted Chenies), go through village past manor, turn right at bottom of hill. Parking is limited, stop close to bridge over River Chess. Take Chess Valley Walk eastwards, reserve is 5 minute walk.

#### Public Transport Links

Bus: Stops on A404 (336). Rail: Latimer or Chorleywood (45 minute walk).

#### Walking Links

Chess Valley Walk ([www.chilternsaonb.org](http://www.chilternsaonb.org)).

#### Map Reference

TQ 022988

### Visitor Guide

#### Size

3.3 hectares (8.1 acres).

#### Access to site

From Chess Valley Walk - across private land. Please do not disturb the livestock.

#### Access around site

Ground can be wet and marshy - bring wellies.

Walking time

1/2 hour

Advice on what to wear/bring

Wellingtons are recommended

Map of site (if available)