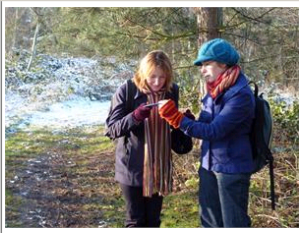


Picture Gallery

Activities you can get involved in...



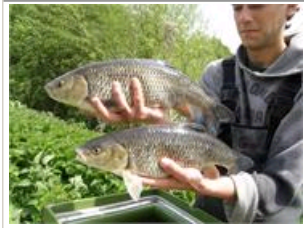
Canoeing



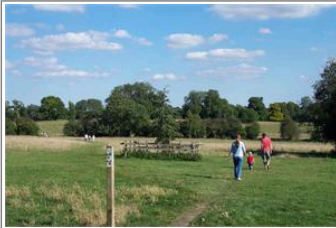
Exploring



Volunteering



Fishing



Walking

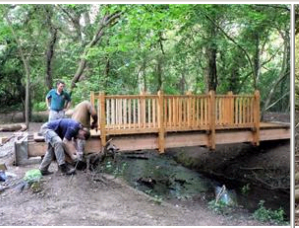


Narrowboating

Volunteering activities and groups you can get involved in.....



Harlow Greenteam on their brand new bridge



Harlow Conservation Volunteers building their new bridge



International Scouts visit Harlow and give a helping hand



Friends of Southern Country Park having a well earned tea break

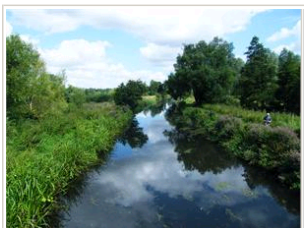


Rivers Nursery Orchard Volunteers clearing scrub ready for the spring



Sawbridgeworth Volunteers after a hard days work

Nature reserves, river views and wildlife you can spot in the Stort Valley.....



View from the bridge near Thorley Flood Pound

Highland cattle that happily graze Sawbridgeworth Marsh.

Kingfisher that can be spotted from the hide on Maymeads Marsh Nature Reserve

Hunsdon Mead Nature Reserve in full summer glory	Heron captured from the Maymeads Marsh Nature Reserve hide.	View from a bridge near Pishiobury Park
View of the river and a sculpture by Parndon Mill	Parndon Mill	Beautiful sculpture bridge near Parndon Lock

["The Bird Hut" Painting](#)

Students from Mark Hall School did a great job painting a dark green hide, on Maymeads Marsh Nature Reserve, to make it more appealing to family groups and anyone who would like to see some wildlife in the area.

[Canoeing on the Stort](#)

One of the many events this summer was a canoe trip. We took two groups out onto the river and gave them a taste of what it is like to see the river from a different view point. Have a look at how they got on.....

[Junior Angling Event - Picture Gallery](#)

This event was aimed at getting young people interested in fishing in their local area. Efforts were made to teach the families who attended about how to be a sensitive angler and care for the fish they were catching. Sawbridgewoth Angling Society have now doubled the number of Junior members they have as a result of the day!