



“BESST” foot forward

Walkers can explore history and help maintain footpaths with a new walking guide, “In the Footsteps of Our Ancestors: Heritage Walks.”

Profits from the guide will help pay for path repairs, thanks to BESST* – an international project creating new opportunities for innovative, environment-friendly rural businesses.

Author and archaeologist, John Barnatt, said: “The book describes 10 circular walks. Six are landscape walks through spectacular White Peak scenery. Four are village walks exploring the streets of Hartington, Alstonefield, Wetton and Warslow. As you follow the routes you will discover how our ancestors lived and worked and how the countryside has changed over the centuries.”

Project leader, Ken Parker, said: “We hope residents and visitors alike will use the book to enjoy the area, find out more about the historic landscape and support local cafes, pubs, B&Bs and shops along the way.”

The book is a:

- Heritage guide - bringing the history of the past 10,000 years to life.
- Visit planner - detailed route descriptions of 10 walks.
- Souvenir - packed with colour photographs.
- Guide to BESST businesses – stay longer, shop and eat locally.

Price: £9.99, from information centres, local bookshops and BESST businesses.

*BESST (Business and the Environment linked through Small Scale Tourism) connects public sector investment to local businesses, encouraging them to make the most of the environment to boost custom. BESST partners in the EU Interreg Programme are the National Park Authority, University of Derby, Fyresdal Kommune (Norway) and Hylte Kommun (Sweden).

Visit www.besst.org to find out more.

Hit the trail at new cycle centre



New Parsley Hay cycle hire and visitor centre on the High Peak Trail

Park'n'Ride for Bakewell Show



Visitors can use a Park'n'Ride bus for Bakewell Show (Aug 2-3), when the Monsal Trail will be closed for safety reasons between Hassop Station and Bakewell Station. The bus will run regularly between Hassop Station and the show, and diversions will be shown on the trail.

It's time to hire a bike and ride high along some of the most scenic, traffic-free cycling trails in the country.

The Peak District National Park's newly-redeveloped £500,000 cycle-hire centre opened this spring at Parsley Hay, near Hartington, with improved visitor facilities, a snack kiosk, shop and information.

All the National Park's cycle-hire centres have brand new bikes each season, including special ones for children, towing buggies, tandems and bikes for disabled people.

Cycle services manager Robert Dallison said: “At this time of year, cycling is a brilliant way of getting fitter and more active. You're out in the fresh air, enjoying the scenery – so much more enjoyable than being stuck in a gym.”

Visit cycle-hire centres on the Tissington, High Peak and Sett Valley trails, in the Derwent Valley and Manifold Valley.

Call: Ashbourne (01335 343156), Parsley Hay (01298 84493), Derwent (01433 651261), Middleton Top (01629 823204), Hayfield (01663 746222) and Waterhouses (01538 308313 or 01538 308609).

Communities in the Staffordshire Moorlands have been brought together by rallying to a common cause – the curlew.



Open day at Losehill Hall

Start the Day Right

Car parks owned by the National Park Authority are now free of charge before 10am and after 6pm.

The aim is to encourage locals and staying visitors to “start the day right” or “wind down” with a healthy walk, and explore more of the Peak District during the longer days of summer.

Discovering the Peak District

You could be forgiven for thinking Losehill Hall is some rich person's country pile – for that's what it was originally.

But for over 30 years this Victorian mansion has been the informal setting for learning about and experiencing the special qualities of the National Park.

Now a busy centre for environmental learning, it has en-suite accommodation, dining-room, bar and a 3-diamond AA rating, and hosts courses and special interest short-breaks that you can join throughout the year.

They cover:

- Painting and photography (landscapes, wildlife, botanical illustration)
- Bird-watching, flower-spotting and moorland conservation
- Navigating the countryside, or simply walking
- Archaeology, history and geology

Intriguing short break titles include: Mills, Mines and Navvies, Wild Images, Painting the Peaks, Wildflowers of the Dark and White Peaks and Reading the Rocks.

Open to beginners or the more experienced, experts take guests out into the countryside for practical tuition in a beautiful setting.

In addition, Losehill Hall is visited by hundreds of school-pupils for coursework on the history, geology and ecology of the area, it provides teacher-training, specialist training for environmental professionals, plus conference facilities.

Losehill Hall, set in 27 acres of parkland near Castleton, is also an official Eco-Centre, serving as an environment-friendly model for other organisations to follow, and holds special events such as a Winter Farmers' Market on Dec 10.

For a brochure, call 01433 620373, e-mail enquiries.losehill@peakdistrict.gov.uk or visit www.losehillholidays.org.uk

Community Learning - in Curlew Country

Curlew Country was set up to help conservation and involve local people by spotlighting the risk to one particular bird-species and its habitat.

Villagers, schoolchildren, environmentalists and artists have all joined in special events, talks and activities, learning what can be done to restore the curlew's favourite haunts.

Schools in Earl Sterndale, Flash, Hollinsclough, Longnor and Warslow invited experts in to work with the children, rangers have led walks showing curlew in their natural setting, and local groups have recorded memoirs.

Ranger Bid Strachan said: “Curlew Country raises awareness of the birds' nesting, breeding and migratory habits, bringing a closer sense of connection for people with their natural environment and building a stronger sense of community.”

Ranger Bid Strachan helps Earl Sterndale pupils construct a model curlew



Contact Curlew Country
(supported by the Local Heritage Initiative and Peak District Sustainable Development Fund) on 01298 83571.



Making inroads into off-road use

4x4 vehicles and trails-bikes are built for rugged terrain – and the Peak District, being as rugged as it comes, is an ideal challenge for off-road drivers.

Some are responsible, but others cause damage to historic remains, wildlife sites and trails – and to the reputation of their pastime.

Under the Natural Environment and Rural Communities Act, from October national park authorities may make traffic regulation orders to protect historic byways.

However, voluntary restraint would be tried first, and one model for this is the Long Causeway – a three-mile former packhorse route across Stanage Edge.

Here, the Stanage Forum, which includes off-roading organisations, helped draw up a voluntary Code of Respect urging:

- **Group-sizes limited to four 4x4s or six trails-bikes**
- **Speed limits of 5mph for 4x4s and 20mph for trails-bikes**
- **Sensitivity to breeding and archaeological sites**
- **Giving way to other users**
- **Users to be fully road-legal**
- **Voluntary repair work on erosion**

The National Park Authority and the highways authorities are exploring the options. Access manager Mike Rhodes said: “Each route will be judged on its individual circumstances. Options may include physical improvements, voluntary restraint, permit-systems, or, ultimately, a prohibition.”

4x4 driver Alan Clark, of Stockport, said. “It’s not more laws that are needed but better enforcement of the ones we have, and better recording of which rights of way we can and can’t use.”

It pays to share



Car-sharing works for (l-r) Faith Johnson, Shirley Allen-Jackson, Alice Ullathorne and Steve Manchester

Car-sharing makes sense for Faith Johnson, Alice Ullathorne, Shirley Allen-Jackson and Steve Manchester, for their regular journey between Sheffield and Bakewell.

Said Faith: “We all save money and wear-and-tear on our cars. We have a meeting-point, and take it in turns to drive, or whoever needs their car that day will drive.

“It’s a sociable way to get to work, it cuts congestion in the National Park and reduces our impact on global warming. Every little helps.”

Cut congestion, cut costs

Traffic congestion can be a problem in the National Park. But small changes can help your health, wealth – and the environment:

- Do several errands on one car-journey
- Walk or cycle for short journeys
- Car-share or bike to work – even one day a week helps
- Use bus or train when you can
- Buy a fuel-efficient car

Links for Greener travel

www.CarShareDerbyshire.com

www.Liftshare.com

www.derbyshire.gov.uk/buses

(covers buses and trains)

traveline 0870 608 2608

Community Car Scheme helps elderly

Car-sharing takes on a new meaning with the Community Car Scheme, which links the elderly or immobile with volunteer drivers for visits to GPs, hospitals or shops.



Hathersage community car sharers

Last year in the central Peak District it carried more than 2,000 passengers, with some 50 drivers using their own cars (they receive mileage expenses).

The scheme is organised by Bakewell & Eyam Community Transport and helped by the Peak District Sustainable Development Fund.

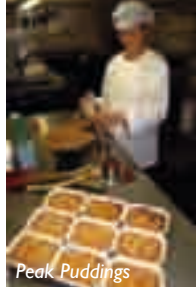
For more details contact: 01433 621946 (Hope Valley) or 01629 814889 (Bakewell) or e-mail: hvcarscheme@bect.org.uk



Peak District Fine Foods



Gt. Peak District Fair



Peak Puddings



A Kath Birkinshaw picture

Seed-money for caring enterprises

All over the Peak District new enterprises are springing up – from the quirky (tree-houses, geodesic garden domes, water-buffalo burgers) to the everyday (tea-rooms, craft-makers, food producers).

They were helped to get started with the aid of a New Environmental Economy (NEE) grant. To qualify, businesses must develop a new product or service which strongly features the high-quality environment of the Peak District.

Managed by the National Park Authority, NEE grants cover 20%-80% of total costs (up to £20,000).

NEE programme manager Catriona McLees explains: *“Our aim is to invest in sustainable businesses which develop new ideas using the Peak District as a business asset, and benefit the local environment and economy.”*

Recent projects receiving NEE assistance include:

- **A camping barn with stabling and bike storage, at the Royal Oak pub, Hurdlow.**
- **A gastro-pub, Rowley’s Restaurant in Baslow, featuring locally-sourced foods.**
- **A coffee-shop, Vanilla Kitchen, in Tideswell, with locally-sourced products.**
- **An extension to Pilsley Post Office, helping sustain village services.**
- **Allergy-aware food manufacturer Safe to Eat, in Whaley Bridge.**



Catriona McLees

NEE also promotes environmentally-friendly businesses via the Environmental Quality Mark, Peak District Cuisine, Peak District Foods and Peak District Butchers, Great Peak District Fair, New Environmental Creative Industries (arts and crafts) and farmers’ markets across the Peak District.

NEE is supported by the European Regional Development Fund, and Derby and Derbyshire Economic Partnership.

For more sources of business support, visit: www.peakdistrict.gov.uk/grants or call 01629 816200.

Grant helps Kath spread wings

Ask Kath Birkinshaw how long she’s been a shepherd and she says simply: *“All my life.”* Her grandfather was a hill-farmer in the Derwent Valley and she followed in his footsteps, passionate about the countryside.

Now Kath helps her sister, Andrea, run the 140-acre Ashes Farm on land edging the Derwent Reservoir.

They keep 80 Swaledale sheep and eight suckler cows using traditional methods, and Kath is also a contract shepherd and dry-stone waller.

“But unfortunately there’s not a lot of future in hill-farming,” she said. *“Lamb and beef prices are at 1980s levels, but our overheads have gone up and production subsidies are being phased out. A lot of farmers are diversifying to support their income.”*

I wanted to turn my pastimes of photography and giving talks into a business, and with an NEE grant I’ve been able to buy digital equipment and start to publicise.

It started when visitors simply kept asking me about farming. I put together a slide-show, called it ‘A Year on a Hill Farm,’ and took it round to local groups. It went down well, and I enjoy spreading the word about farming, the environment, and this lovely area.

When I applied for an NEE grant, it was much easier than I thought. Catriona, the NEE manager, puts you at your ease and guides you to other sources of support.”

Contact Kath Birkinshaw on 01433 651780 or kathbirkinshaw@yahoo.co.uk



Shepherd Kath Birkinshaw hopes to turn her public speaking and photography pastime into a business with the help of NEE



Nine Ladies Stone Circle on Stanton Moor

Bringing our heritage to life

Our ancestors are all around us – the clues are in the countryside – if only we can learn how to read them as the experts do.

Dry-stone walls follow mediaeval field patterns, long humps may be burial mounds, bumpy fields once teemed with lead-miners, and moorland tracks were trodden by Roman soldiers.

It is part of the National Park Cultural Heritage Team's job to research, record, and help people understand the area's rich past and traditions.

Lately more than 80 local interest groups, history societies, universities, landowners, cultural organisations and museums have helped draw up a new Cultural Heritage Strategy, setting an action-plan for the next five years.

Cultural Heritage manager Ken Smith said: "We can't do it on our own: community groups, individuals, land-managers and organisations such as English Heritage are essential to widening our knowledge and appreciation of the past."

"Local people recognise historic features and many play a major role in helping conserve and understand them. Schoolchildren are learning more about their local history, and we can help, for instance we've produced a CD-Rom and teachers' pack on the lead industry."

"Only by appreciating the past can we ensure it isn't diminished for future generations."

● Read the Cultural Heritage Strategy on www.peakdistrict.gov.uk/chstrategy.pdf



Ken Smith

stanton moor pod-cast tour

One of the Peak District's richest heritage sites is Stanton Moor; near Bakewell, with more than 70 ancient monuments, and a long history of quarrying and farming.

Now walkers can download a pod-cast guide on:

www.moorsforthefuture.org.uk

– click on Audio Trails.



The walk is narrated by Aimee Blease-Bourne (*above*), a voluntary Moor Care assistant from Stoke-on-Trent. Stanton Moor's social and cultural history formed part of her Master's degree.

"It was over six years ago when I first ventured onto Stanton Moor, on a warm summers evening, escaping from the city. At the time I was oblivious to its history but I wanted to learn more and share the knowledge with others. Stone circle builders, protestors, quarry operators and tourists – it all interests me academically and inspires me spiritually."

The National Park Authority is completing a Conservation Plan for Stanton Moor on behalf of English Heritage. Visit:

www.stantonmoor.co.uk

Young "time-team" explores the Peaks

A chance to dig down into the Peak District's past – that's what the Young Archaeologists Club offers youngsters aged 8 – 16.

They visit excavations, make artefacts, interpret aerial photographs, and tour local heritage sites.

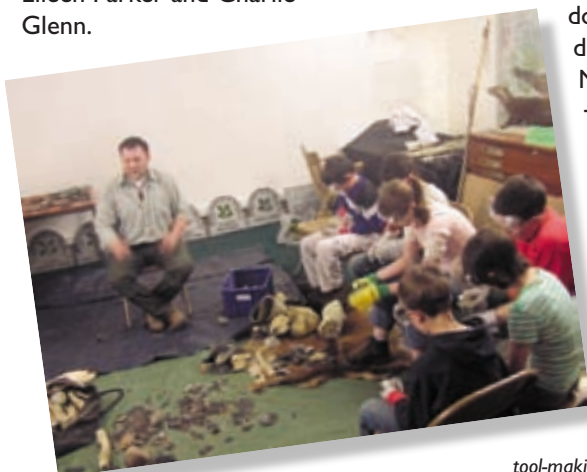
The Peak District branch (linked to the Council for British Archaeology) was set up two years ago by Larissa Worthington, Eileen Parker and Charlie Glenn.

"Many children love archaeology – they like getting down in the dirt or helping build reconstructions," said Larissa, of Winster. "They may go walking with their parents, but if the parents don't understand the landscape, they can't explain it – that's why the club is invaluable."

This summer's visits included Lathkill Dale, led by National Park senior survey archaeologist John Barnatt, showing dozens of lead-mine remains he discovered in a survey for English Nature and English Heritage.

The club meets monthly, on Saturdays.

Visit **www.britarch.ac.uk/yac** or contact Larissa Worthington on 01629 650182 for more details.



Young Archaeology Club-members learn flint tool-making, with Karl Lee

Moors for the Future

Imagine...a moorland heaven

"It's our aim that walkers on the Pennine Way in 2050 will look back on their passage through the Derbyshire moorlands with wonder, rather than the current horror."

Those are the words of Matt Buckler, conservation works manager for Moors for the Future, a £4.7m project to restore moorlands including Black Hill, Bleaklow and Kinder, made barren by centuries of acid rain, fires and erosion.

Hundreds of tonnes of heather brash and grass seed have been airlifted, water courses blocked to retain moisture, matting put down to stabilise the soil and this year 24,000 moorland plants "plugged in" by volunteers.

The Heritage Lottery-funded project will not just benefit walkers and wildlife, but help combat climate change – British peat bogs absorb more carbon than all the forests in England and France combined.



New Moorland Centre

A new £1m Moorland Centre, on the site of the old Edale information centre, is due to open this summer, with an official launch by the Duke of Devonshire on Sept 14.

Its purpose is three-fold: to provide a new visitor centre to educate people about the moorlands, community facilities, and a research centre for moorland scientists and specialists.

The building is designed to blend more readily with the environment, fuelled by an eco-friendly ground source heat pump, and will have a green roof of low growing sedum.

Local people who have lived or worked on the moors have had their memories recorded for a pilot project with Sheffield Hallam University. The recordings will add to Moors for the Future's oral history archive and the new Moorland Centre will have "listening posts" for the public to hear them.

Paths of glory

Walkers will be able to enjoy a newly-restored path across Shining Tor by the end of the summer. Moors for the Future also plans to restore paths on Win Hill, Cut Gate, Cartledge Stones Ridge and Black Moss, and recently completed one on Curbar Edge.

Volunteers are helping survey the condition of 3,000km of paths in the National Park to provide a database for future repairs.

Walkers can stride out or plod at their own pace while learning about their surroundings by downloading pod-cast guides to play on an MP3 player. Go to www.moorsforthefuture.org.uk and click on Audio Trails.

Take care...

Devastating moorland fires can be caused by cigarette butts. Smokers are asked never to toss a butt out of a car window (even if you think it's out) and walkers can pick up a free 'Butts and Gum' pouch from visitor centres and rangers.

Moorland dog-walkers are advised to carry a free, wallet-sized card containing their pet's details, insurance, petlog number, photograph and useful phone-numbers in case their dog gets lost. They are available from rangers and visitor centres.



News in Brief...

Poetry scales the Peaks



The first Poet Laureate of the Peak is Alec Rapkin, chosen in an Arts in the Peak competition. Alec, from near Belper, is a retired psychiatric social worker with a keen interest in wildlife.

Alec is inspired by walking in the wild places and villages, and his Poem of the Month now appears on the National Park website.

His role is to express the spirit of the National Park, raise awareness and promote contemporary poetry.

● Verses by residents and visitors have been carved on 50 wooden benches across the National Park, to commemorate the 50th anniversary of the Ranger Service in 2004. (below)



Rhiannon Jones, 12, pictured (centre) with her family and ranger Ian Hurst on a bench inscribed with her poem, on the Pennine Bridleway near Chinley

Come on in - the National Park is for everyone

Rangers are reaching out to young people from disadvantaged backgrounds in urban areas bordering the National Park.

Teenagers, many of whom have never taken a country walk before, gain skills in conservation, navigation, first aid, and attain Young Achievers' Awards.

Rangers also tailor activities for people with disabilities, encouraging them to try new experiences, and they hold walks for special groups like single parent families, the elderly and minority ethnic communities.

The Peak District is one of four national parks taking part in the Mosaic Partnership, building links between city-based minority ethnic communities and their nearest national parks.

And an Equality Outreach specialist has been promoting the National Park as a place to work or volunteer among minority ethnic and disability groups in Sheffield, working to enrich the cultural mix of its workforce, volunteers and decision-makers.

Starting young – pupils get the National Park habit.

Training to become a National Park Ranger is a lengthy and dedicated business – but some Peak District youngsters are getting a taste of it before they leave school.

The Youth Ranger scheme is now into its third year, teaching 13-15 year-olds how to navigate and interpret the landscape, lead a guided walk and gain first aid and conservation skills – gaining credits towards a GCSE.

Each year three schools take part – this year St Thomas More RC, Buxton, Hope Valley College, and Bradfield School, Sheffield.

Four students will represent the National Park at an international Youth Ranger Congress in Picos de Europa, Spain, and a group has already attended the International Rangers Federation congress in Scotland. Visit www.youthrangers.com



Help for village litter-hitters

Hope resident Roger Elliot didn't just complain about litter to his parish council – he said he wouldn't mind helping pick it up.

Now around 10 volunteers, including parish councillors, conduct regular clean-ups, helped by donations – gloves and litter-pickers from the National Park Authority, reflective jackets from Hope Cement Works, and bags and collections from High Peak Borough Council.

"Many people have said they appreciate it," said parish councillor Graham Sedgewick. "Some say it should be the district council's job, but they haven't the manpower to do it as often as we can. We live here, and we like to see it looking clean and tidy. We'd recommend it to other parishes."

National Park area management and recreation facilities officer Bob Young said: "The results have been incredible – to pick up 180 bags of litter in eight weeks is a testament to their commitment. We'd be happy to supply equipment to other villages who want to do this."



Bob Young (left) with three Hope volunteers, Graham Sedgewick, Maureen Keeton and Derick Jewell. Bob saw the group at work and offered litter-picking equipment.