

ParkLife

Issue 26 | Autumn 2018

The **Peak District National Park** Magazine

MR FROSTBITE

Meet the Peak District's climbing royalty

OUT OF THE ASHES

A look back on a season of wildfires

**TRAIL
BLAZERS**
Why you love
our trails



Roaring into **autumn**



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ON THE COVER:
Now is the time to look and listen for red deer during the autumn rut. Photo by Paul Hobson.

ParkLife aims to inspire, inform and share the experiences of those living, working in and visiting the Peak District National Park, along with the activities of the Peak District National Park Authority.

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New Peak District National Park Authority Chair

Andrew McCloy



It's now approaching 100 days since I was elected Chair of the Peak District National Park Authority and I'm beginning to get a measure of the place. Although I've lived here for 20 years, it's not until you stand on top of the Derwent moors with a Sheffield MP and she tells you that all of this is within her constituency that you realise how Britain's first national park really is at the heart of the nation. The Peak District brings together people and place like no other, and I've seen firsthand just how deeply the outstanding landscape and rich cultural heritage of the Peak District can inspire and enthuse. What a tonic for our physical and mental good health!

I've also learned more about the hard work of the National Park Authority across many fronts, whether it's our volunteers repairing footpaths, the planning service encouraging high quality sustainable design, or our learning and discovery team opening younger eyes to the wonders of the natural world. But, as a Yowlgrave parish councillor I'm also aware that the Peak District is a place of home and work, so I've already begun meeting local council leaders to ensure we all pull together to deliver enough affordable houses and jobs for local people. I'm convinced that a truly thriving national park is one which values, listens and responds to its local communities.

However, my vision for the National Park goes beyond the day-to-day. I want to be able to look back and say to my 11-year-old daughter that under my leadership we were prepared to adapt and innovate, face up to the really big challenges like climate change and biodiversity loss and try new approaches. It might mean giving communities and businesses more freedom to bring forward appropriately-scaled and sited renewable energy; or working with partners to pioneer a Park-wide and joined-up sustainable transport offer where visitors get around by train, bus and bike – not car.

Change happens, even in national parks – just look at the Brexit uncertainties facing our farmers – but only by embracing change will we become more resilient and ensure that national parks continue to matter. I'm extremely proud to lead the Peak District National Park, but 100 days in and the hard work has only just begun.

Chair Andrew McCloy

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STAG DO

Throughout October and into November, some of the Peak District National Park's resident red deer put on a striking show of machismo and pugilistic prowess as the autumn rut gets well underway.

After adorning themselves with some fetching headgear including bracken, stags will lock antlers in a bid to secure a harem of does for the upcoming mate. In quieter moments on the moors listen out for their guttural, belching calls.

The Eastern Moors to the south of Sheffield and Lyme Park, Stockport are



PHOTO: PAUL HOBSON

excellent locations, but please always maintain a safe and respectable distance from the action.

A helicopter joins fire crews tackling just one of more than 30 wild fires in the Peak District National Park this summer

“When the fires broke out we had to do something, no matter how small”

Firewatch volunteer, Tim Radcliffe

PHOTO: TOM MARSHALL

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PHOTO: TOM MARSHALL

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PHOTO: TOM MARSHALL

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Steelers swap ice for 'green gym'

Sheffield Steelers ice hockey stars swapped skates for wheels when they headed out for a pre-season training session in the Peak District National Park.

Players hired bikes from our cycle hire centre at Fairholmes and explored the Upper Derwent Valley around Derwent and Howden reservoirs.

For many, it was a first taste of the Peak District National Park and a perfect way for the squad – including 16 new summer signings – to build team spirit ahead of the Elite Ice Hockey League season.

Steelers' strength and conditioning coach, Danny Mawer, said: "It was a great

way for the guys to recharge mentally after some tough pre-season games and to get to know each other better, away from the gym and the ice rink.

"They're used to being in the city but it was excellent to get them into this 'green gym' – and to make the most of the stunning scenery on their doorstep."

JUNIOR RANGERS

New junior ranger group for moorlands

This free group for 11 to 18 year olds will meet once a month on a Sunday afternoon from January 2019, at the Moorland Centre in Edale.

The Moorland junior rangers can develop skills such as navigation, wildlife identification and surveying, by exploring the surrounding moorlands, recording what they find, and work towards achieving the John Muir Award.

The new group is a welcome addition to the five current Peak District junior ranger programmes across the National Park in Millers Dale, Tittesworth Reservoir, Barbrook and Froggatt, Longdendale and Dove Stone reservoir.

To find out more about becoming a Moorland junior ranger, contact **Jackie. Wragg@peakdistrict.gov.uk**



The junior rangers searching for bugs and learning about bushcraft skills

JUNIOR RANGER RESIDENTIAL

More than 30 young rangers enjoyed a two-day residential trip to the Peak District National Park. Five junior ranger groups were represented – from Millers Dale, Marsh Farm, Longdendale (PDNP), Eastern Moors and Hardwick Hall (National Trust).

They explored Kinder Scout and listened, looked for – and found – bats

in the heart of Edale Village. The junior rangers also searched for plants and bugs in Grindsbrook and Golden Clough and were introduced to bushcraft skills.

If you would like to find out more about our ranger programmes for 11 to 18 year olds, visit **www.peakdistrict.gov.uk/learning-about/junior-rangers**



Millers Dale station will re-open in spring 2019 with a café and visitor information point

New lease of life for station

Work is now under way on a renovation scheme to breathe new life into the historic Millers Dale station building.

The Peak District National Park Authority is leading the restoration of the former railway building, a popular stop on the Monsal Trail, which attracts more than 140,000 visitors every year.

Work will include the creation of a new café and visitor information point within the former ticket office.

The scheme will help to safeguard the buildings for the future while retaining the sensitive and classic appearance of the platform. Consideration has also been given to the use of renewable energy and the interests of birds and other wildlife.

Emma Stone, head of visitor experience development at the Peak District National Park Authority, said:

“Our former railway trails are among the National Park’s most valued and popular assets.

“With visitors walking, cycling and riding along these historic routes, it is fitting that we ensure that heritage buildings reflect the past, while offering the facilities that visitors may expect as part of an enjoyable trip to the National Park.

“This type of development not only safeguards the future of these buildings, but allows us to generate funds to continue looking after them.”

The café and visitor point will operate as a partnership enterprise. Works are due to be completed by Spring 2019 and the project will also see improvements to the car park and former goods shed.

Read more about the trails on pages 7 to 9.



DEVELOPING GLOBAL LEADERS OF THE FUTURE

The Foreign and Commonwealth Office’s Chevening is an international awards programme to develop global leaders of the future. Volunteer ranger Chamu Kuppuswamy is a Chevening alumnus. Chamu and ranger Tom Lewis organised an event for Chevening participants including a walk from Hathersage to North Lees and an afternoon of dry-stone walling. More than 30 students, from universities of Birmingham, London, Manchester, Sheffield, Leeds, Warwick and Leicester, took part.

To find out more information, visit www.chevening.org

Tissington Trail winter closures

During this winter, sections of the Tissington Trail from Thorpe to Mapleton will be closed temporarily as we undertake essential maintenance work. We know how popular our trails are, which is why the works are taking place during this, the quietest period of the year.

The works will include surface improvements, drainage and tree maintenance, which is why we have chosen to fully close those parts of the trail affected, for everyone’s safety. This also helps us to complete the necessary projects as quickly as possible.

We will update on sections impacted by the closures and dates via our website and social media channels. If you have any additional questions, please contact: customer.service@peakdistrict.gov.uk



COWPER STONE CLEAN UP

A prominent boulder at Stanage Edge, known as Cowper Stone, has been targeted by vandals, covering the stone with graffiti.

Andy Reeves (pictured), a volunteer from the British Mountaineering Council (BMC), helped Peak District National

Park rangers remove the graffiti. It took three visits and several hours of cleaning to restore the stone back to its original condition.

Our thanks to Andy and all those involved.



Lord Gardiner on a visit to the Peak District National Park this summer

NEW ACCORD TO ENHANCE WOODLANDS

An Accord between National Parks England and the Forestry Commission aims to protect wildlife and bring people closer to nature by enhancing landscapes and creating woodland.

Lord Gardiner, Minister for National Parks and Forests, said: "Woods and forests make an immense contribution to our enjoyment of our National Parks, as well as providing important habitats for wildlife.

"Our 25 Year Environment Plan sets out ambitious targets for tree planting and connecting people with nature, and this Accord will help realise the full potential of woodland in our National Parks."

The shared ambition brings together decision makers to ensure woodland is managed sustainably and with a natural capital approach. It takes into account the environmental, social and economic impact of trees and forests and the statutory purposes of our National Parks.

National Parks are already home to a third of the Public Forest Estate in England.

Creating new native planting sites

Our partnership project with the Woodland Trust is looking for suitable sites for new native woodland planting. The Peak District Small Woodland Creation Scheme was set up in 2015 to fund planting in small areas where the national Countryside Stewardship Scheme does not apply, and so far has supported 30 hectares of new woodland.

We welcome enquiries for woodland creation opportunities, please contact Ben Lambert on **01629 816395** or **ben.lambert@peakdistrict.gov.uk**



Tarmac donation improves access for all in the Goyt Valley

Visitors to Fernilee Reservoir in the Goyt Valley can look forward to better access and facilities thanks to the support from Tarmac's national Landfill Communities Fund and the Peak District National Park Authority.

Tarmac's donation of over £27,000, along with £8,000 from United Utilities, to improve the path and add seating areas is giving a new lease of life to the route by the reservoir. People with limited mobility, wheelchair users and families with pushchairs, will benefit from this 'Miles without Stiles' route.

The repairs are being organised through the Lottery funded South West Peak Landscape Partnership's 'Better Outside' project with United Utilities who own and manage the reservoir.

The Goyt Valley offers many opportunities for people to enjoy: to go for a walk, spot wildlife, or delve into the area's fascinating history. Where the reservoir is now there was once a gunpowder mill which operated during the 19th century; a major employer in the valley, it served the mines and quarries in the area.



Tony Robinson and the 'Time Team' at Buxton

Time Team and our very own 'Stonehenge'

South West Peak (SWP) cultural heritage officer, Catherine Parker-Heath, joined Time Team's Tony Robinson, Francis Pryor and John Gater on stage during their 'Digging Up Britain' show, at the Buxton International Festival.

The talk focused on the archaeology of

the Peak District National Park, including Arbor Low Neolithic henge, often called the 'Stonehenge of the North', and Pilsbury Castle, an early Norman site.

To discover more about the SWP's cultural heritage and get involved, head to **www.southwestpeak.co.uk**



A family emerges from one of the many former railway tunnels along the Peak District National Park trails.



The call of **THE TRAILS**

For almost half a century, visitors have enjoyed some of the Peak District National Park's most stunning countryside from our traffic-free trails. Created from disused railway lines, the Monsal, Tissington, High Peak and Thornhill Trails are loved by walkers, runners, cyclists and horse riders as well as families with young children, elderly visitors and people with disabilities. They also support a number of businesses. So what makes our trails so special? **Fiona Stubbs** finds out.

► “I could never resist the call of the trail,” American Wild West showman Buffalo Bill once famously declared. And neither, it seems, can the many thousands of visitors from near and far who experience the Peak District National Park’s captivating landscapes from our accessible trails.

Whatever the weather, our trails provide a year-round opportunity to enjoy the great outdoors.

**Parkrunner, horse rider and cyclist
REBECCA HORTON is a long-term
advocate of our trails.**

She says: “They appeal to many different users because they are so accessible. The trails are good for running as they’re flat and well-maintained. It’s great to see how popular the weekly Bakewell parkrun has become – it’s a very atmospheric course between Hassop Station and Little Longstone.

“The trails are also a sociable environment for dog walkers and, from a horse-riding point of view, they’re safer than roads – a lot of new road surfaces are quite slippery for horses. I think people are more accepting of horses on the trails because they are for everybody to enjoy. Roads have become so car-oriented that cyclists, walkers, runners and horse riders are just seen as obstructions.”



The Williams

“The trails are a perfect safe environment for families with young children”

Helen Williams

The trails are a source of both work and play for HELEN WILLIAMS who, with her husband GLYN, runs food and drink concessions at Parsley Hay, Tissington and Hartington Signal Box.

The couple’s children, Daniel and Eva, both learned to ride bikes along the trails and the family are regular users, whether cycling or walking.

Helen says: “The trails are a perfect, safe environment for families with young children, somewhere you can visit all year round. They’re flat – so it’s easy to run after kids on bikes or scooters – and there are toilet facilities and places to get food and drink along the way.

“We also come for walks with my parents – elderly people can enjoy the beautiful countryside without having to tackle uneven terrain or walk too far.”

**Nobody understands the appeal of the trails better than the Peak District National Park’s former senior trails ranger
STEVE FARREN.**

Now retired, Steve still regularly walks and cycles along the trails – which helped him back to fitness after heart surgery.

He says: “My surgeon recommended walking as the best way to get back to fitness and the trails were an obvious choice because they’re predominantly flat. As you get stronger you can set yourself targets ... to reach the next picnic area or favourite stopping place.

“The connection between exercise and physical and mental wellbeing is now widely accepted – but it’s not just about feel-good endorphins. There are many characters on the trails and people often get chatting, forming friendships along the way.

“The trails are also a great way to explore the wider area as they link to adjacent paths. I’m still finding footpaths and discovering places I’ve never walked, despite working on the trails for over 35 years.”

In 2010 DUNCAN STOKES and his wife REBECCA took over a dilapidated former railway building on the Monsal Trail and transformed it into the thriving Hassop Station café, book and gift shop and cycle centre.

Duncan says: “The trail is at the heart of our business, attracting both local regulars and tourists from all over the world.

“Our visitor numbers are over 100,000 per year – on a busy summer’s day, we can serve 1,000 customers. We started out with four or five staff and now employ more than 30 – and we’ve always used local suppliers. Most of our staff live locally and some actually cycle to work along the trail from Bakewell, Cressbrook and Buxton.

“Visitors can park here and get onto the trail, which has level access for wheelchairs, buggies or bikes – there are none of the hurdles that put people off other places. It’s an easy way for people to enjoy the Peak District National Park. The Bakewell parkrun has also added an extra buzz to Saturday mornings and introduced us to new customers – parkrun tourists who travel to different areas to take part in events.”



Bakewell parkrun

PHOTO: MAGDALENA KAROLCZAK



Rebecca Horton



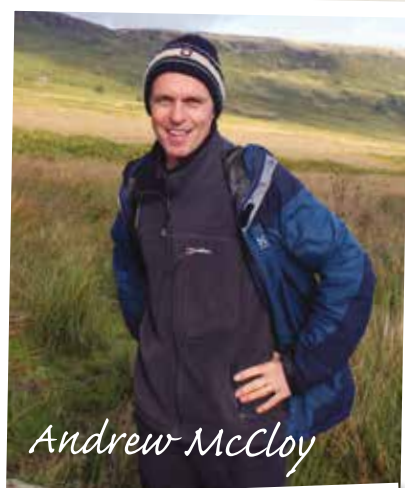
Steve Farren



Duncan Stokes



Trekking along the trails



Andrew McCloy

ANDREW McCLOY, chair of the Peak District National Park Authority, walks and cycles along the trails and has tackled the 5k Bakewell parkrun along the Monsal Trail.

He says: "Both safe and inviting, the trails are an ideal way to explore our wonderfully varied landscapes. They're a sustainable way in, out and through the national park, as well as a destination in their own right."

"The Monsal Trail provides a vital green artery through the heart of the national park – whether for a sociable Saturday morning run, a traffic-free cycle ride with your children or grandchildren, or simply for a relaxing wander through one of our most stunning limestone dales."



Daniel Williams



Liz Andrews

“The trails offer a good surface for horses and great scenery for the riders”

Liz Andrews

LIZ ANDREWS runs Northfield Farm riding and trekking centre at Flash and arranges group trail rides, taking in the Monsal and High Peak trails.

Liz says: "The trails are a great asset to the area. They link bridleways, which really helps when we're plotting routes."

"Before the Monsal tunnels were re-opened we had to divert onto busy roads. Now the tunnels link bridleways to Taddington and Chatsworth without us having to go near traffic."

"There are also facilities for horse riders along the trails, such as tethering rails at Parsley Hay and horse box park, tethering, rolling area and shelter at Hartington."

"The trails offer a good surface for the horses and great scenery for the riders. The difference in scenery in a short space of time is amazing – it's literally an ever-changing landscape."



Track record

- The Peak District National Park owns and manages 34 miles of traffic-free trails.
- These include the Monsal and Tissington Trails and a stretch of the High Peak Trail.
- Our trails are used by more than 800 people per day.
- Tissington and High Peak Trails opened in 1971 and Monsal Trail in 1981.
- Tissington Trail runs from Parsley Hay to Ashbourne, High Peak Trail from Dowlow near Buxton to High Peak Junction, and Monsal Trail from Blackwell Mill in Cheedale to Coombs Road, Bakewell.
- Parts of the Monsal Trail are designated as Sites of Special Scientific Interest (SSSI).
- Four tunnels on the Monsal Trail – Headstone, Cressbrook, Litton and Chee Tor – were opened up to visitors in 2011.
- Trails boast significant landmarks, including the Headstone Viaduct (Monsal).
- Cuttings and embankments support nationally threatened species such as the Greater Butterfly Orchid.




GOOD ACCESSIBILITY

Tina Downs (pictured) and her son David have multiple sclerosis but, thanks to our range of accessible bikes for hire at Parsley Hay, the condition does not impede their enjoyment of the Tissington Trail.

Tina says: "The centre at Parsley Hay is perfect – there's plenty of parking, there are toilets and a café and the hire centre is literally feet away from the trail."

"David and I were always keen cyclists and love the Tissington Trail – it's just beautiful, a sanctuary. It recharges the batteries – when anything seems impossible, we go to Tissington."



Vole in the wall – a water vole will need to eat more than three-quarters of its own bodyweight every day.

Down by the **RIVER**

The Peak District National Park's rivers and streams are vital natural corridors weaving through crashing white water to crystal-clear pebbled pools. We meet some of the watery wildlife you can look out for this winter.

TAKE A DIP

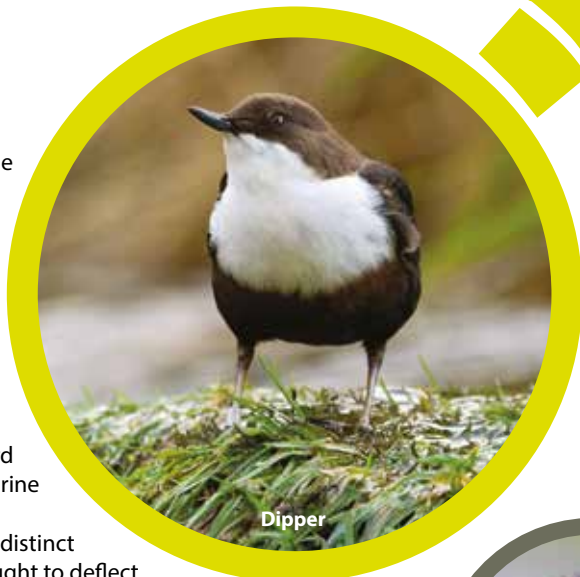
Even the keenest wild swimmers may need some encouragement to jump in during winter, but for the dipper, getting wet is all part of the day job. A year-round resident of the Peak District's larger flowing waterways (and toughest of whitewater), the dipper combines the performance of a songbird with some serious submarine skills.

Blackbird-sized with a distinct white belly (possibly thought to deflect its shape for potential prey below the water), the dipper has an almost unmatched ability to walk underwater, in search of aquatic invertebrates. This is aided by a second pair of clear eyelids – nature's very own swimming goggles. Nesting under bridges or overhanging rocks early in spring, look out for dippers on prominent rocks, or flying torpedo-like just above the water's surface.

KING OF THE RIVER

Despite its dazzling attire, the kingfisher can remain surprisingly elusive. However, as winter approaches, these dagger-beaked anglers start to travel along our rivers and streams more readily, often into built-up areas, including canals. A sharp, high-pitched whistle-like call can sometimes alert to their arrival – often in flight along the water at relatively high-speed.

If you're lucky enough to spot one on a preferred fishing perch, look out for a bobbing head motion just before a dive – not a trademark dance move, but a way of exactly gauging the location of a fish just below the surface. Of course, not every dive is a success, which should give you plenty of chances to enjoy them.



Dipper

RATTY ON THE RIVERBANK

Its reputation not helped by Kenneth Grahame's alternative moniker of 'Ratty' in *Wind in the Willows*, today the real life Ratty – the water vole – is one of our rarest and fastest declining mammals. Thankfully, many Peak District rivers remain a relatively safe haven for these charismatic creatures, as American mink amongst other challenges have seen their overall population tumble in recent decades.

Told apart from their literary persona by a lack of visible ears and a furry, not bald tail, the keenest wildlife watcher may hear the distinctive 'plop' as they drop into the water's edge when startled. Autumn can see them feast upon riverside berries or even larger fruit, in readiness for longer periods below ground as winter approaches.



Water vole

YOU OTTER BELIEVE IT

Just a generation ago, the chance of spotting a 'ring of bright water' in British rivers seemed almost lost. Pollution had restricted the otter to a handful of strongholds, with the Peak District one of countless locations where they became notable by their absence. Just a few years ago, a remarkable turnaround of conservation success saw these elusive animals once again back in every county in England.

Recent research has now discovered that otter families are again present in the Peak District National Park. This news, alongside that of their return to former industrial and major rivers too, suggests the next chapter for the otter could be much brighter indeed.



Otter

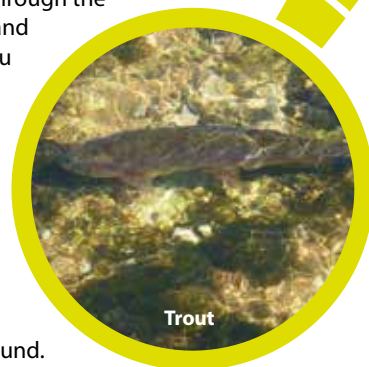
Although you'll be incredibly lucky to see one during daylight hours, their blackened fish scale-strewn droppings or 'spraint' are a good sign they have passed close by. And for those feeling especially bold, seasoned otter watchers will tell you it smells like fresh grass or jasmine tea!

TROUT AND ABOUT

Think of freshwater fish in breathtaking battles to leap impossibly high walls of white water, and you'll no doubt think a trip to Scotland would be in order to seek out Atlantic salmon. Our Peak District waterfalls may be more modest, but this acrobatic

spectacle can still be witnessed for those with a little patience, as trout make their way up weirs, and, in some cases, specially installed 'fish ladders' or passes in the National Park.

If you like your fish-spotting a little more sedate, then the bridges of Bakewell offer plenty of chances to glance through the clear waters and tell everyone you saw one 'this big'. Please don't be tempted to feed the fish, however, as there's more than enough food to go around.



Trout

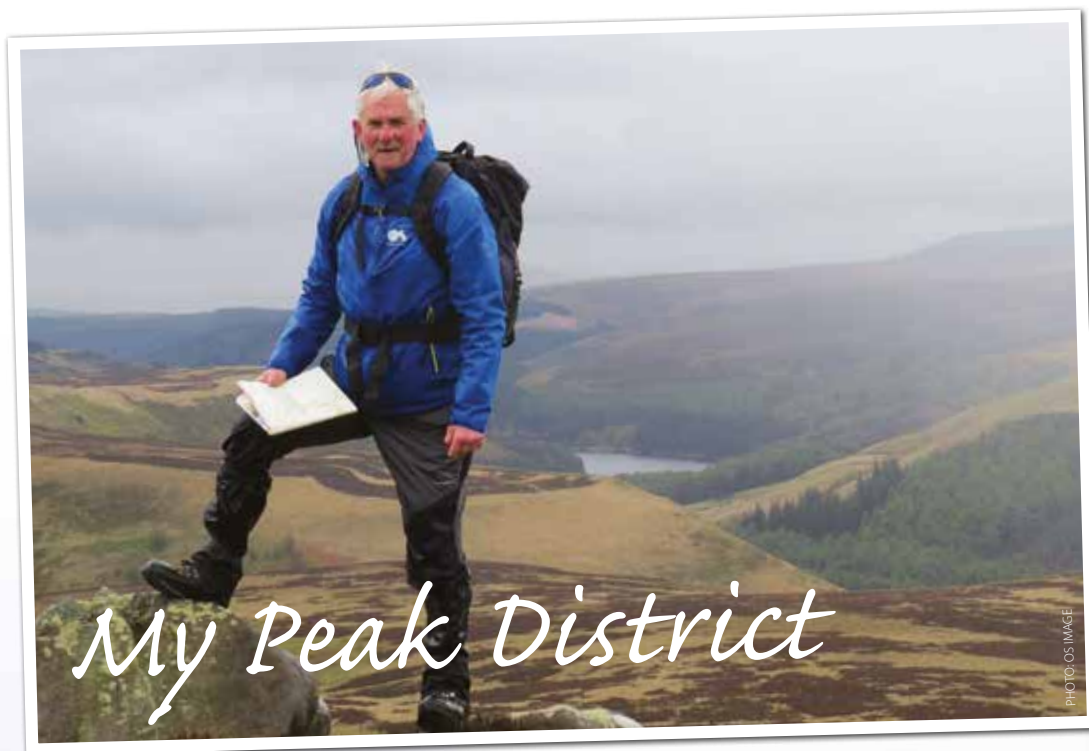
Know the signals

Sadly, it's not all plain sailing on our rivers. A number of non-native, invasive species now call Peak District waterways home, creating a range of problems for our local wildlife. Among these, the introduced American signal crayfish is one such culprit, carrying both crayfish plague and out-competing our resident white-clawed crayfish – resulting in a drop of nearly three-quarters in our native crayfish since the 1970s.

With the EU-protected white-clawed crayfish now officially listed as 'endangered', everyone can play their part in biosecurity by following the 'check, clean, dry' mantra when visiting or using waterways – from simple wellington boots to fishing gear and pets (especially dogs) too. Likewise, if you discover crayfish in a waterway, these should not be moved under any circumstances. Your help can make a difference to keeping our waterways healthy and rich with native wildlife!



Kingfisher



Nigel Vardy

Mountaineer, author and inspirational speaker 'Mr Frostbite' tells **Fiona Stubbs** how the Peak District National Park has shaped his lifelong love of adventure.

Belper-based Nigel Vardy earned the nickname Mr Frostbite after almost freezing to death high on the slopes of Alaska's Mt McKinley in 1999. He lost toes, the ends of his fingers and part of his nose to frostbite but has continued to climb, pushing himself to physical and mental limits in some of the world's harshest environments.

It's amazing to have something as wonderful as the Peak District National Park on your doorstep. Since childhood, it's the place I've returned to again and again... to explore, to prepare for expeditions or simply to savour periods of quiet reflection.

One of my earliest memories is climbing

into my dad's red Hillman Avenger and heading with my family into the Peak District where I'd fly my kite, look for fossils and have a picnic.

The first school trip I remember was a visit to Speedwell and Blue John caverns and Peveril Castle – and writing about it afterwards.

As I grew older, I learned the difference between the Dark and White Peaks in geography lessons and was fascinated by history subjects such as the plague at Eyam.

At Belper High School we had outdoor pursuits lessons including climbing, canoeing, abseiling and pot-holing, all led by our own teachers. Those lessons inspired so many of us.

When I learned to drive I'd go into the Peak District on my own and walk and walk – 20 or 30 miles. The solitude is wonderful – easing away the stresses of life.

I still love to walk in the Peak District – but keep away from the 'honeypots'. I recently walked along the River Dane in Staffordshire and, in 12 miles, I saw two people. I also walk at unusual times of the day. I work shifts in the electricity industry and, in the summer, I could be out walking at 10pm. I hardly see a soul. If I have to make a decision on something, I'll walk in the Peak District and it clears my mind.

When I started writing books I'd park up somewhere with a lovely view and just write. It puts life in perspective.



Kinder Scout in winter



Nigel aged about 10 with Rebel the Spaniel

Nigel Vardy

Raised: Belper.

Dark Peak or White Peak? Both!

Favourite place: Derwent Moors – for their emptiness.

Best thing to do: Just go out and breathe. Slow down and take off your watch. Let nature's clock guide you (except on expeditions). We are possessed by time.

Achievements: First British mountaineer to climb the highest peaks on the world's seven largest islands (Baffin Island, Honshu (Japan), Greenland, Borneo, Sumatra, Irian Jaya and Madagascar).

Books: I've written two books, *Once Bitten* and *Seven Peaks, Seven Islands*.

“It may surprise some people to learn that I'm afraid of heights! It started when I was a child at a birthday party and I somehow ended up a tree!”

The Peak District is particularly beautiful in autumn. The morning air, the mist in the valleys, dew in the grass and trees – the heather on Beeley Moor. Some of my favourite places at this time of year are Surprise View, Kinder and Lathkill Dale. I love the Peak District in all weathers – the fouler the better! I've skied at Burbage and, if there's a snow drift anywhere, you'll find me diving head first into it. I just love it.

I collect maps and I've learned there's always somewhere new to discover. There's always a path you haven't walked before



Nigel earned the nickname Mr Frostbite after almost freezing to death in 1999

or a festival you haven't seen. I love well dressings and I enjoy sharing our traditions with people who don't know the area.

The Peak District is my training ground when I'm preparing for a mountaineering trip – from working again with ropes and gear to getting my head straight. There are two or three very private places where I'll just sit and stare – and sometimes cry. I'll mull over all sorts of things, good or bad.

It may surprise some people to learn that I'm afraid of heights! It started when I was a child at a birthday party and I somehow ended up a tree, about eight to 10 feet off the ground. I was petrified! Climbing still puts the fear of God in me but the great thing is that I never get complacent.

Love letter to Kinder Scout



Nigel's latest writing project is a book of love letters to his favourite mountains. Here are excerpts from his love letter to Kinder Scout.

Dear Scout,

I first walked with you as a young boy, but that was many years ago. I've changed a great deal over the years, but you still look as young and fresh as the day my eyes first fell upon your contours.

You have so many places in which to hide and so many mysteries yet to solve, that I have always returned. You cast such an enchanting spell that many people get lost upon you.

There is magic in your emptiness, but I feel you are lonely at times. Is it because of your fearsome reputation with guests who come unprepared?

People will always worship you and so many live under your gaze.

Whenever my heart is troubled, you have always soaked my pain away. Your patience is never ending, your listening absorbing and your understanding forgiving.

Dearest Scout, you will always be my downfall.

NIGEL'S ADVICE FOR ENJOYING THE PEAK DISTRICT NATIONAL PARK

“If you want to see the real Peak District, find the quieter areas. Go to the moors around Flagg, explore Gratton Dale, Deep Dale, the Manifold Valley...”

Nigel's tips for aspiring adventurers:

Learn your trade and plan ahead. Get fit both physically and mentally. Go out in all weather and get used to your boots and kit. Then you'll find your trip much easier, more rewarding and less painful.

STAY SAFE

on winter walks

Prior to setting off on your walking adventure, follow these top tips from the Ultimate Navigation School to ensure you are well prepared and will remain safe at all times.

✓ Before you go, search Peak District mountain weather on **metoffice.gov.uk**. Plan an appropriate route for the weather, your abilities and your group.

✓ Carry at least the minimum safe gear and know how to navigate. Find a list of gear and handy route card at ultimatenavigationschool.co.uk/safety-on-the-hills.

✓ Give a responsible adult written details of your route, escape/bad weather routes, the number of people and the time you will return. Instruct them to contact Mountain Rescue at a given time. Let them know if you are late and when you are safely off the hill. Charge phones before you go.

✓ Keep an eye on the weather, how your group is doing, and daylight hours left, if things change rapidly consider cutting the route short. Eat and drink regularly.

✓ In an emergency, stop in a safe place and assess whether you can self-help or need the emergency services. Ensure you and the group are safe, then make the casualty safe, giving first aid if needed. Insulate everyone from any bad weather using your survival shelter.

✓ Write down your grid reference and where you are e.g. SK 08320 88940 TOP OF KINDER DOWNFALL on the Edge Path, Kinder Scout, Peak District, England.

✓ Ordnance Survey's free 'OS Locate' App shows the OS grid reference of your smartphone. Download it from your App store.



✓ Dial 999 or 112 and ask for Police, then ask for Mountain Rescue in the Peak District. If you cannot get a phone signal, dial anyway. Did you know you can text the emergency services? You must have registered beforehand.

✓ Give your name, mobile number, location (as above), what you can see near you, number of people (ages, sex), number of casualties, condition of group and casualty, any injuries/medical conditions, and the weather. Say if you have lights showing or not.

✓ If you don't know where you are, say so. Describe what is nearby, what you can see – be specific, don't just say

near some rocks – how big are they? What direction do they face? Follow instructions given – usually stay put if it's safe.

✓ Stay inside your survival shelter leaving lights flashing externally. Look out and listen for lights/noise and whistle/flash 6 times in one minute to signal help. Be patient it may take a few hours to get to your location. Activate your Personal Locator Beacon (PLB) if you have one.

✓ If you have no mobile signal or PLB, select your two best navigators/hill walkers, write down your location (where the casualty party is) and the route they will take off the hill, and the time they left. Taking their gear with them they should use the safest route to the nearest place they can contact the emergency services.

✓ Always follow Mountain Rescue's instructions. If a helicopter arrives, stay still, secure loose items, do not shine lights directly at it when it is close by.

Ultimate Navigation School

Ultimate Navigation School is a charity providing navigation courses in the Peak District National Park. All profits go to maintaining the hills we love. A donation was made to Mend our Mountains for this article.





Wrap up & HEAD OUT!

As leaves fall from trees and thoughts turn to log-fires and sledging, autumn and winter reveal more to explore in the Peak District National Park. Whatever the weather, there's a whole lot of fun for all the family.

Family fun

Introduce your family to a lifetime of discovery – they'll love you for it.

WILDLINGS AT THE ROACHES

22nd October, 5th & 19th November, 3rd & 17th December

10.30am to 12pm

Give your children (6 months to 5 years) a chance to explore, get mucky and play. Organised in partnership with Staffordshire Wildlife Trust. Children must be accompanied. Free. Booking essential.

www.southwestpeak.co.uk/activities

CREEPY CASTLETON

Saturday 27th October & Wednesday 31st October

12.30pm to 4.30pm

Join us at Castleton Visitor Centre for ghostly goings-on, Halloween themed family craft activities and a ghost-trail to discover the spookier side of Castleton.

WWI COMMEMORATION

Thursday 1st November & Sunday 4th November

12.30pm to 4.30pm

Marking the centenary of the end of WWI, along with Castleton Historical Society, we will be running wartime themed activities for families at Castleton Visitor Centre.

WILDLINGS AT LYME PARK

8th & 22nd November, & 6th December

11am to 12.30pm

Give your children (6 months to 5 years) a chance to explore, get mucky and play. Organised in partnership with Staffordshire Wildlife Trust. Children must be accompanied. Free. Booking essential.

www.southwestpeak.co.uk/activities

CHRISTMAS AT CASTLETON

Saturday 17th November (Christmas lights switch on day), Saturday 8th December & Sunday 16th December

12.30pm to 5.30pm

To get in the festive spirit, why not join us at Castleton Visitor Centre to make Christmas decorations from natural materials? And discover great present ideas in our shop.

Special interest

'ADVENTURES IN THE UPLANDS' PHOTOGRAPHY EXHIBITION

21st September to 12th October

Featuring Moors for the Future Community Science competition winners. The exhibition is free to view at Castleton Visitor Centre.

EX-HIRE CYCLE SALE

Monday 22nd October to Sunday 4th November

All this season's ex-hire bikes are for sale, fully checked by our mechanics and ready to ride.

For more information contact:

parsleyhay.cyclehire@peakdistrict.gov.uk
01298 84493

ashbourne.cyclehire@peakdistrict.gov.uk
01335 343156

derwent.cyclehire@peakdistrict.gov.uk
01433 651261

Hired a bike and want to buy it? We'll take your hire fee off the discounted sale price.

Explore your National Park

**EDALE VISITOR CENTRE
& FIELDHEAD CAMPSITE**
Tel: 01433 670207
Postcode: S33 7ZA



**FAIRHOLMES VISITOR CENTRE
& CYCLE HIRE**
Tel: 01433 650953
Postcode: S33 0AQ



CASTLETON VISITOR CENTRE
Tel: 01629 816572
Postcode: S33 8WP



NORTH LEES CAMPSITE
Tel: 01433 650838
Postcode: S32 1DY



MONSAL TRAIL

BAKEWELL VISITOR CENTRE
Tel: 01629 813227
Postcode: DE45 1DS



**NATIONAL PARK CYCLE HIRE
- PARSLEY HAY**
Tel: 01298 84493
Postcode: SK17 0DG



**NATIONAL PARK CYCLE HIRE
- ASHBOURNE**
Tel: 01335 343156
Postcode: DE6 2AA

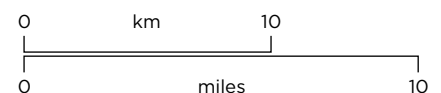


HIGH PEAK TRAIL

TISSINGTON TRAIL

- National Park boundary
- Pennine Bridleway
- Railway and station
- A-road
- Trail
- Reservoir/river/canal
- Pennine Way
- Information centre
- YHA hostel
- Motorway

NORTH



www.peakdistrict.gov.uk

Peak District National Park Authority, Aldern House, Baslow Road, Bakewell, Derbyshire DE45 1AE
Tel: **01629 816200** Email: customer.service@peakdistrict.gov.uk

► Continued from page 15

LEVEL 1 BUILDING & LANDSCAPE SURVEY TRAINING

Monday 12th November, Kettleshulme
10am to 4pm

Essential training for volunteers who want to help carry out level 1 buildings and landscape surveys across the South West Peak, to record field barns and small heritage assets.

• To book training and register, visit www.southwestpeak.co.uk/activities

COMMEMORATING THE END OF WWI WITH CASTLETON HISTORICAL SOCIETY

Throughout November

Visit the exhibition at Castleton Visitor Centre to learn about local people who fought in the "War to end all Wars".

DERBYSHIRE ARCHAEOLOGY DAY

Saturday 12th January

Book your tickets early for this event in Chesterfield showcasing recent discoveries and research in Derbyshire and the Peak District National Park.

• Book with Chesterfield Theatres.

"There's no such thing as bad weather, only inappropriate clothing."

Old Peak District National Park saying.

Guided walks

Find out how much better your hot chocolate in a local café tastes after a few miles in the fresh air with a ranger!

OFF THE BEATEN TRACK

Sunday 21st October

10.30am to 4pm

A 6-mile walk taking in an ancient settlement, a burial site high up on the "Low" and a visit to one of the highest chambered cairns in the country.

• Meet at Wye Dale car park, SK17 9TF. Cost £6 per adult.

AIRCRAFT WRECKS OF THE HOWDEN MOORS

Saturday 27th October

10.15am to 5pm

A challenging 10-mile walk over the moors to visit several aircraft wreck sites. Roger Waddington tells the fascinating stories of the crews and the planes.

• Meet at Fairholmes Visitor Centre, Derwent Lane, Bamford S33 0AQ (near Derwent Dam).

Cost £6 per adult.

FUNGUS FORAY AT CHATSWORTH

Sunday 28th October

11am to 4.30pm

Can you tell the difference between a Common Stinkhorn and a Horn of Plenty? Join our fungus expert, Kevin Gilfedder, on a 5-mile walk for fascinating fungi in the woods and grassland around Chatsworth.

• Meet at Birchen Edge car park, DE45 1PQ (next to Robin Hood Pub, near Baslow).

Cost £6 per adult.

THE ENCHANTED FOREST

Sunday 28th October

10am to 3pm

A 7.5-mile walk from Danebridge taking in a wealth of spooky tales, myths and legends which have inspired local storytellers and brewers.

• Meet at Wincle Beer Company Brewery, Danebridge, SK11 0QE.

Cost £6 per adult.

FAMILY PLAY WILD (LONGDENDALE)

Thursday 1st November

10.30am to 1pm

From tree tops to tree roots, explore in your wellie boots! Bring a change of clothes and a picnic. Children must be with a responsible adult.

• Meet at Longdendale Environmental Centre, United Utilities Bottoms Office, Tintwistle, SK13 1HS. Cost £5 per child, siblings under 2 and adults are free but must book in.

ASHFORD AUTUMN ADVENTURE

Sunday 4th November

11am to 4.30pm

A 6.5 mile circular walk around Ashford-in-the-Water, Monsal Head and Monsal Dale looking at local history and the colours of the landscape.

• Meet in front of Holy Trinity Church, Ashford-in-the-Water, DE45 1QB. Cost £6 per adult.

SHUTTLINGSLOE – CHESHIRE'S 'MATTERHORN'

Saturday 24th November

10.30am to 3.30pm

A 6-mile winter walk through Macclesfield Forest to Shutlingsloe summit (1659ft) over open access moorland with panoramic views.

• Meet at Trentabank Ranger Centre, SK11 0NE. Cost £6 per adult.

Winter celebrations



Gift shopping, fairy lights, baubles, roast chestnuts, mulled wine – immerse yourself in the season's merriment.

CHRISTMAS AT CHATSWORTH

Saturday 10th November to

Sunday 6th January

The house is transformed with a seasonal theme.

CASTLETON CHRISTMAS LIGHTS SWITCH ON

Saturday 17th November

WINTER ARTISAN MARKET

Thursday 15th to

Sunday 18th November

Haddon Hall.

BAKEWELL CHRISTMAS MARKET

Saturday & Sunday 24th & 25th November

CHATSWORTH CHRISTMAS MARKET

Friday 16th November to Tuesday 4th December

Find out more

For full details of walks and events – and to book – please visit www.peakdistrict.gov.uk/events

Robert Helliwell, Upper Booth, Edale: member of the Peak District National Park Authority since 2012, representing food and farming, landscape and heritage interests

INVESTING IN OUR FUTURE:

Protecting our natural
and cultural assets



Farmer, campsite owner and National Park Authority member Robert Helliwell talks to **Alison Riley** about options open to land managers for wildlife and heritage conservation as the UK prepares to leave the EU.

Times are changing for farmers and land managers, and things are uncertain pre-Brexit, but the Government's 25 year Environment Plan has set the scene, so what does Robert Helliwell think about it all?

"Yes these are uncertain times, but we're constantly dealing with change and uncertainty whether it's changes in agriculture and land management, increasing recreational pressures and climate change – but you know what? Farmers adapt to change.

"Most of the land in the National Park, whether it's designated a Site of Special Scientific Interest (SSSI) or it's undesignated, depends on farmers and land managers to look after it. We are an integral part of this special landscape whether we're producing high quality food or delivering public goods such as landscape and habitats."

Around £30 million [based on 2015 figures] comes into the National Park economy through existing schemes to farming and land management businesses for basic and agri-environment schemes, diversification and productivity payments. The Government wants more invested in sustainable land management for wildlife and heritage conservation, carbon storage, water quality and reduced flood risk, which in turn benefits communities and the rural economy. Robert believes we must look more closely at how we treat the environment.

"It's in all our best interests to look after the environment – it feeds our bodies and minds. As land managers, we need to be wiser and more efficient not only in how we work but also in showing other people how to appreciate the special qualities of rural places and reduce our impacts, like keeping dogs on leads and not leaving litter or lighting fires, so that wildlife and habitats can thrive whilst we produce food, and we can all enjoy the health benefits of the countryside.

"Most farmers I talk to want to care for their land, they don't want to make



- **One-third** of the Peak District National Park is designated SSSI, SPA and SAC.
- The PDNP owns just **4.25%** of the National Park, the rest privately owned.
- **86%** of the PDNP is classed as severely disadvantaged but in reality provides a wealth of public benefits.

decisions that result in loss of habitat or heritage. Everything is geared around money these days, but if we can put the environment first and make a living then we're onto a winner. We need to develop resilient and sustainable businesses that support our families and look after the natural and cultural environment.

"What you have to remember is that farmers think and plan well in advance. Ewes pregnant this autumn will give us lambs we'll sell next autumn. It takes two years to get calves ready to sell – they're nine months inside the cow! We can't turn a tap on and off and make changes fast – we're dealing with nature's pace.

"The important message I'm taking from Brexit is we have an opportunity to get things right for the environment, for our businesses, and our communities. And that way we'll get it right for future generations and the National Park."

Robert's advice

"Farming and the countryside are constantly changing. Farmers need to plan for the future of their farm businesses and it is important that they are aware and have their say on changes that will happen because of Brexit. Talk to the National Park's team, talk to me, talk to the CLA, NFU and TFA, and talk to each other."

- Speak to a National Park farm adviser on Mondays at Bakewell market, in the Agricultural Business Centre, or call **01629 816 200**.

Peak District Land Managers Forum

Robert is on the Peak District Land Managers Forum: "It's a sounding board and brings together a cross-section of farmers, estate managers and organisations to discuss ideas and issues. It gives a voice to our geographically scattered and financially diverse group. We are working to influence a future Environmental Land Management Scheme which will replace the Countryside Stewardship Scheme."

www.peakdistrict.gov.uk/landmanagersforum

THE HELLIWELLS

Robert and Sarah Helliwell have lived in Edale for the best part of 20 years, bringing up two daughters, and farming 1,100 acres (470 hectares) as tenants of the National Trust. It's a hill farm, with seriously big hills leading onto Kinder and the moors, with mostly sheep and a few cattle bred for beef. You could say the third crop is visitors staying on the farm's popular campsite, tucked away in the fields behind the late Georgian farmhouse, en route to Jacobs Ladder via the Pennine Way.



Moor **RESILIENCE**

This summer saw some of the most challenging wildfires seen in the Peak District National Park for more than a decade. With conditions now stabilising once again, the year-round process of looking after our moorlands has resumed.



Damping down or 'hot spotting' after the Tameside Moorland fire

FireWatch

FireWatch volunteer
Tim Radcliffe



A VOLUNTEER'S VIEW

As the most extreme conditions took hold, the Moors for the Future Partnership and Peak District National Park Authority initiated 'FireWatch' – a voluntary scheme posting individuals at key vantage points across the National Park to spot early signs of fire. Within days this system had already discovered and alerted authorities to a fire.

FireWatch volunteer Tim Radcliffe: "When the fire broke out at Tameside, I was keen to do something no matter how small, so when the opportunity to lend a hand on the FireWatch program came up I leapt at it. My first post was on Shining Tor, an area I hadn't visited before, and my six hour stint flew by as I was captivated by the incredible views in the sunshine.

"I was confronted by a pall of thick smoke rising from the valley"

"As my shift drew to a close I scanned the horizon one final time, sent a text to my wife to ask if I should get a pizza on the way home and loaded my gear. As I stood up to leave I was confronted by a pall of thick smoke rising from the valley below me. Within moments I had contacted the fire service and given an initial description of the location, in the Goyt Valley.

"Descending from the hill I reached a point where I could see down into the valley and pinpoint the exact location of the fire, so I returned to my car and proceeded up to the Cat & Fiddle pub to await the fire service and give them a more detailed location. The fire was eventually dealt with swiftly, limiting any further damage to the area concerned.

"It was such a simple approach, but I went home feeling pleased that I had played a small part in averting what could have been a serious issue."

The stark impact of the devastating Tameside moorland fires, which burned for more than three weeks, is reflected in a few hundred metres of trail. On one side, dimpled and mossy grey gritstone rocks are softened by late summer purple heather and the occasional nodding heads of cottongrass. Just a few feet away the grasses are gone, heather stems are reduced to blackened skeletal fingers, and rocks – still warm to the touch – now stand naked in the landscape.

This was the scene just a few months ago as the initial aftermath of a series of summer wildfires was being assessed. Today, as the intense heat of summer 2018 has slowly given way to the traditional rain and cloud of autumn, the process continues of caring for these internationally important landscapes.

Whilst police and other agencies identified intentional fire-starting as the cause of several incidents, one of the driest and warmest summers for a generation exacerbated many moorland fires, as tinder-box dry vegetation needed little more than a carelessly dropped cigarette end to ignite.

Throughout summer, our staff closely monitored the Met Office's Fire Severity Index (FSI). During the height of the challenging weather, the FSI hit a status of 4, or 'very high' risk, with the potential for the highest level of 5 or 'exceptional' raising the likelihood of closure of open access areas. Conditions led to measures not utilised in 'normal' summers, such as using highway

matrix signs to warn visitors of the dangers of fire, and the National Park Authority and other partners requesting that disposable barbecues were not used across many areas.

The Tameside moorland (also referred to as Saddleworth Moor) fires grabbed the early summer headlines with nearby people evacuated from their homes, but it was just one of more than 30 wildfires in the Peak District National Park this year.

The commitment of countless fire crews, National Park rangers and other teams, land managers and gamekeepers, water company staff, conservation groups and helicopter pilots working together through the Fire Operations Group (FOG), limited the potential impact of this fire; more than 1,000 hectares of land have been affected (equivalent to the area of 100 rugby union fields).

Other major incidents included Big Moor (part of the Eastern Moors Partnership), close to Sheffield – where more than 50 football pitches-worth of wildlife habitats were affected, and The Roaches where fire struck large areas of woodland. Many smaller fires were also tackled, including roadside verges, private land, and our Warslow Moors Estate.

As attention now turns to winter once again – the time when most moorland conservation work takes place – it provides an opportunity to look at how we ensure these fragile landscapes can remain resilient in an increasingly hostile weather and climate scenario.

Fire Operations Group (FOG)

FOG is a partnership of six fire services, national park rangers, National Trust wardens, water companies, major landowners and gamekeepers. By their very nature, moorland fires are usually remote and difficult to access so FOG is critical when they occur in providing information on personnel, water supplies, routes for access to moorland and local fire-fighting equipment.

► Support wildlife, donate to our Wildfire Fund

It's heartbreaking to see swathes of our internationally important landscapes being damaged. Wildfires are catastrophic for wildlife, flora and, importantly, the peat itself which not only provides unique habitat but also vital carbon and water storage.

Overwhelming public concern and offers of support led to the launch of our Wildfire Fund. We use donations to the fund to support fire prevention messages, FireWatch volunteer costs and restoration work with moorland partners.

You can help by donating to www.peakdistrict.gov.uk/wildfirefund



Wildfire impacts

- **Water quality** – 70% of our drinking water comes from these landscapes. Damaged peat erodes into the reservoirs so that water companies have to spend more money cleaning the water for consumption.
- **Carbon loss** – bare peat can erode at the rate of 2.5cm per year. Peat is the single biggest store of carbon in the UK, storing the equivalent of 20 years of all UK CO₂ emissions and keeping it out of the atmosphere.
- **Flooding** – lack of vegetation leads to water running off the moors much more quickly when it rains.

WILDLIFE IMPACTED BY FIRE

Adders

Hibernate amongst mature moorland vegetation

Common lizards

Live on moorlands, food for adders

Mountain hare

Present all year round in moorland habitats

Skylark, lapwing, red grouse

Ground nesting birds – February to August



PHOTO: TOM MARSHALL

Largest fire of 2018
over
1,000
hectares

More than
30
wildfires in Peak District National Park in 2018

FireWatch protected an estimated
£32m
conservation investment over 15 years

FireWatch: More than
80
volunteers taking part over 340 hours

Stark contrast – in the distance, charred areas and smoke sit alongside areas of bilberry, heather and other vegetation, which have narrowly avoided the flames in the north east corner of the Peak District National Park this summer



Conservation is helping moorlands be more resilient to wildfire

Moors for the Future Partnership – led by the Peak District National Park Authority and made up of organisations including the National Trust, RSPB, Pennine Prospects, Environment Agency, and utility companies – has been working since 2003 to ensure the Peak District's uplands are more resilient to wildfire.

Parts of Greater Manchester engulfed by plumes of thick smoke, Manchester airport forced to close, flames on the horizon and an ominous glow at night – sound familiar? In fact, this was back in 2003, when just two months after the Moors for the Future Partnership started work, a huge fire swept across Bleaklow moor. This fire epitomised the task ahead and Bleaklow became the focus of initial restoration works.

Since then, the large team of partner organisations has worked tirelessly to bring the black and barren moors back to life. As well as wildfires, decades of erosion, and acid rain showering down as a result of pollution from nearby factories and mills had taken their toll, killing much of the plant life and vegetation on the moors.

“As well as wildfires, decades of erosion, and acid rain showering down as a result of pollution had taken their toll”

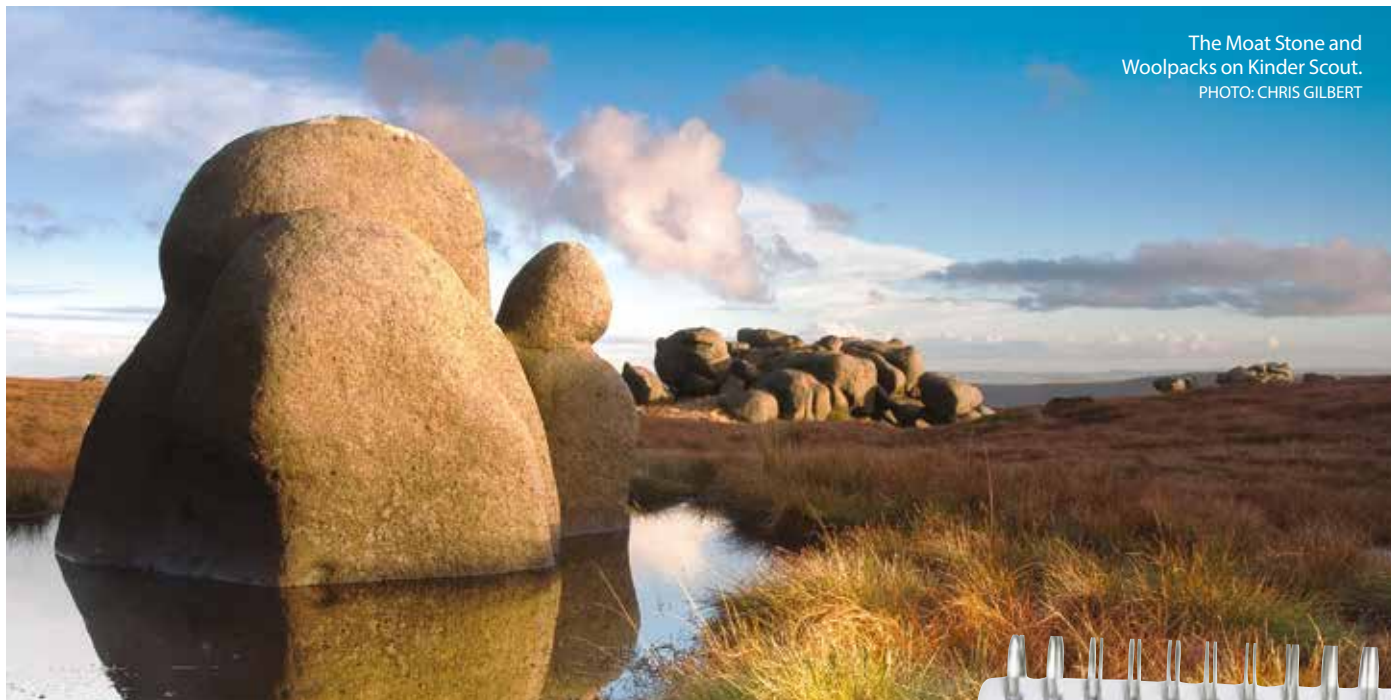
Re-introducing sphagnum moss is key to the Moors for the Future Partnership work. It's a special blanket bog-building plant with a natural fire defence as it's able to hold between ten and 20 times its own weight in water, so when it rains, the water is held on the hills for much longer. Its presence on the wet and boggy moors reduces the risk of flooding in local communities, and provides vital habitat to support moorland wildlife like the mountain hare and curlew.

Despite the fires of 2018, the work continues and the Partnership saw its 15th anniversary this year. To find out more, visit: www.moorsforthefuture.org.uk

Sphagnum moss

Sphagnum is a peat-forming moss, once plentiful across the Peak District moors. It was used in the First World War as a wound dressing due to its antiseptic and saturation qualities. Vast areas of the moss were killed off by pollution, but improvements in air quality mean that it can grow again. It's now helping heal the scars on the landscape, and is being planted on an industrial scale across the moors.





The Moat Stone and Woolpacks on Kinder Scout.
PHOTO: CHRIS GILBERT

Win copies of... Wonders of the Peak: Then and Now

The Peak District National Park – Britain's first – is full of wonders which have been extolled by writers since the 14th century. But it was the first popular description by Thomas Hobbes, the philosopher and tutor at Chatsworth, in his *De Mirabilibus Pecci: Concerning the Wonders of the Peak in Darby-shire*, published in 1636, which really put the Peak District on the tourist map.

In this new book *Wonders of the Peak: Then and Now* (Byway Publications £7.99), writer Roly Smith explores the phenomenon of wonders and revisits the original seven in the Peak District. He suggests what might be considered as wonders worth visiting today, including descriptions of natural, man-made and wildlife wonders and a brief look at what might be the wonders of the future.

The book is illustrated with new images by photographer Chris Gilbert and many previously unseen 19th century engravings.

In his foreword, the Duke of Devonshire writes: "For any visitor to the Peak District, reading this work will greatly enhance time



Author Roly Smith (right) with photographer Chris Gilbert at a book signing at Chatsworth Country Fair

spent in the area, and ticking off the various special places and things described by Roly Smith would make the ideal basis for a week's holiday in this beautiful part of the world."

Competition

TO WIN:

We have two copies of *Wonders of the Peak: Then and Now* to give away, please answer the following question:

Q What was the only man-made wonder in Thomas Hobbes' original list?

We also have one copy of *Scrambles in the Dark Peak* to give away, please answer the following question:

Q What is the OL number of the Ordnance Survey 1:25,000 Dark Peak Explorer leisure map?

Please send your answers – with your name, address and telephone number – to **parklife@peakdistrict.gov.uk**

Write *Wonders of the Peak Competition* or *Scrambles in the Dark Peak Competition* in the subject line.

• Closing date for entries is Friday 18th January, 2019. Winners will be selected at random after this date. The competition is open to everyone except PDNP paid staff.



Scrambles in the Dark Peak

This is a pocket-sized guidebook to 41 graded scrambles in the Dark Peak and also the Roaches areas of the Peak District National Park, most of which can be done all year round.

It includes areas such as Kinder Scout, Bleaklow, and the Wilderness Gullies, and features both classic and lesser known routes. By Tom Corker and Terry Sleaford, *Scrambles in the Dark Peak* (Cicerone £12.95) includes advice on equipment, conditions, grades of routes, and access and conservation restrictions. To win a copy see panel right.

Summer edition winners

Many thanks to everyone who entered our summer competition to win signed copies of *Kinder Scout: The People's Mountain*, by Ed Douglas and John Beatty.

Our two winners, selected at random, are: Rob Barnett, from Ipstones in the Staffordshire Moorlands and Alison Nobes, from Fakenham in Norfolk.



Calling all our heroes...

Could YOU join our fundraising heroes and help us to look after the Peak District National Park?

Businesses, groups and individuals have been working hard – and imaginatively – over the summer to raise cash for path repairs to two iconic Peak District paths.

As part of our partnership campaign with the British Mountaineering Council (BMC) and the UK's 15 National Parks, we have fundraising targets of £140,000 for repairs to the Great Ridge, between Mam Tor and Lose Hill, and £70,000 for repairs to the Cut Gate bridleway – aka the Bog of Doom – on the Derwent Moors. So far we've raised over £80,000 and we need your help for the final push to repair these popular routes.

National Park supporters have raised money in various ways – many through running and cycling events – while ale aficionados are raising a glass to the Great Ridge project, thanks to a new beer brewed specially by Peak Ales.

The Great Ridge Ale was officially launched at Chatsworth Country Fair. A donation from each bottle and pint sold will go towards Great Ridge path repairs.

Peak Ales brewery manager Thom Bettney said: "We're very happy with Great Ridge Ale – it's brewed with British Jester and Challenger hops and is a really beautiful pint. Bottles of the beer have gone down a storm and you can now find Great Ridge Ale in many pubs, restaurants and shops around the Peak District. If you spot it, give it a go!"

He added: "We're thrilled to be part of the Mend Our Mountains campaign. The timing was perfect for the arrival of our brand new brewery on the Chatsworth Estate."

Charity also began at home when two Peak District National Park employees, Jim Thomason (customer and business support adviser) and Mark Anderson (North Lees estate ranger), cycled the 340km Peak District National Park boundary to raise £500 towards repairs of the Cut Gate bridleway.

Jim and Mark pedalled for four days, taking in the urban edges of Sheffield and Oldham, the South Pennine moorlands, the



Jim Thomason (centre) and Mark Anderson are welcomed back after their 340km cycle ride by Peak District National Park Authority chief executive Sarah Fowler

gentle limestone scenery of the Derbyshire Dales, the rugged moors of Staffordshire and the undulating slopes of Cheshire.

Jim said: "All went well – there were no crashes, no technical issues and no arguments! I thought this ride would be the perfect way to highlight the Cut Gate appeal... something I could enjoy as well as being a good fundraiser."

Mark added: "Cut Gate is a classic route with spectacular views but it is in desperate need of repair. It's important that we all do what we can to help look after it"

The campaign has benefited from generous donations, corporate sponsorship, our fundraising heroes and crowdfunding prizes from local businesses.

What will YOU do to care for the landscapes you love?

Your support for these projects will ensure our landscapes and habitats are protected for everyone to enjoy. Take on a fundraising challenge or text **MOMM11** followed by the amount to **70070**.

To find out more about some of the projects we're working on to care for the National Park, sign up for ourPeak by emailing donations@peakdistrict.gov.uk

To learn more about our fundraising heroes and how to get involved, please visit <https://www.peakdistrict.gov.uk/fundraising-heroes>

Bridleway boost from fundraising ride

A big thanks to 33 members of Peak Horsepower, who have raised £250 for the Mend Our Mountains appeal for repairs to Cut Gate bridleway.

Peak Horsepower organised the fundraising ride along bridleways and lanes around Tideswell, Litton and Wormhill.

Cut Gate bridleway, which crosses the moors between the Derwent and Langsett reservoirs, is part of Peak Horsepower's 70 mile long-distance horse ride, the Kinder Loop.



Peak Horsepower on their fundraising ride

Love to shop? Love to support your National Park

The nights are drawing in and shopping lists are topped by hot chocolate, big socks and cosy jumpers. Whether you're choosing Christmas cards or looking for a unique gift from the Peak District National Park, why not visit our online shop or pop into our visitor centres at Bakewell, Castleton, Derwent or Edale?



Greener gift-giving

Every time you buy from us online or from our visitor centres you contribute to looking after the Peak District National Park. Thank you for your support.

Take a brew with you in our reusable, bamboo eco-cup. #MyPeakCup

Don't let seasonal present buying fox you when there's the Foraging Fox and Woodland range of tea towels, mugs, mats, coasters and tea-cosies from **Ulster Weavers** in our visitor centres!



Where to shop

You'll find these items and more, including maps, books, clothing, locally-made products and souvenirs, on sale in Peak District National Park visitor centres at Bakewell, Castleton, Derwent and Edale. Or shop online at www.peakdistrict.gov.uk/shop
Your purchases help us look after the Peak District National Park for everyone to enjoy.



Millie

the sheep

 @PeakMillie
#MillieTheSheep

Our Millie is a hardy sort who loves to be out on the hills in all weathers. The rain just runs off the long, coarse fibres of her outer coat and she has a fine, inner layer, like a waistcoat, that stops cold winds getting to her skin. Find local wool producers and crafters at the annual Wool Gathering events in Bakewell (October) and Buxton (May) – it gets colourful and fluffy!



Tartan all the way

Take the outdoors with you wherever you are. Accessorise, accessorise, accessorise with nature's vibrant colours in our Peak District tartan range: cushions, purses, wallets, bags, key rings, dog leads and more. They make great presents, or how about retail therapy just for you?



Go wild at home!

Adorable Dora Designs doorstops. Will you choose fox, badger, owl or hare?

Taste of autumn



What could be more comforting than a dollop of home-made jam on a freshly baked scone, in front of a roaring log fire? Vivienne and Philip Taylor, who run Underleigh House B&B, at Lose Hill Lane, Hope, have a reputation among their guests for their homemade jams and preserves.

Vivienne says: "We pride ourselves on the number of preserves and jams we offer using locally grown fruit – much of it 'scrounged' from our friends.

"Our range includes gooseberries, blackcurrants, damson, Victoria and Czar plum, rhubarb and ginger – and they're very popular with guests at breakfast or served with afternoon tea.

"In the autumn and winter, it's warm and cosy enjoying afternoon tea in front of a lovely fire."

*Underleigh House is a holder of the Peak District Environmental Quality Mark (EQM).



Underleigh House Damson Jam

Makes 6 or 7 1lb jars

Ingredients

- 2 ½ lbs damsons
- 3 ¼ lbs granulated sugar
- 3 tbsp lemon juice
- ½ pint water
- ½ bottle apple pectin (available in baking section of major supermarkets)
- Small knob of butter

Method

1. Wash the fruit and put in a large heavy-bottomed pan – or preserving pan – with the water. (Count the number of damsons so you know how many stones to remove later!)
2. Stir until the mixture boils.
3. Cover and simmer for 15 minutes.
4. Remove the stones using a large perforated spoon and a small fork to scrape

off the flesh. (Or put on rubber gloves and 'fish' them out by hand!)

5. Add the sugar and lemon juice, stirring all the time.
6. Bring to a full boil over the hottest heat, stirring constantly.
7. Add a small piece of butter, continue stirring.
8. Boil hard for one minute.
9. Remove from the heat and stir in the apple pectin.
10. Skim to remove scum.

11. Pour mixture quickly into hot, sterilised jars, filling them as full as possible. Cover each with a waxed disc and seal tightly with a lid.

NOTE: To sterilise jars, wash jars and lids in warm, soapy water and rinse well in warm water. Dry thoroughly with a clean cloth. Place jars and lids on a baking tray and pop them in the oven at gas mark 4 / 180C / 350F for at least five minutes. Add jam while they are still hot.

Vivienne's Scones

Makes 12–14 scones
(medium cutter 2½")

- 90g (3oz) cold butter cut up into 1cm cubes
- 60g (2oz) caster sugar
- 2 large eggs lightly beaten
- 225g (8oz) self-raising flour
- 225g (8oz) strong white flour
- 4 level tsp baking powder
- 1 tsp salt
- 90g (2-3oz) sultanas (optional)
- 250 ml buttermilk (or milk soured with juice from ½ lemon – do this 10 mins before you need it to give the milk time to 'curdle').

1. Sieve flour, baking powder & salt into bowl. Add butter and rub in with fingertips until resembles breadcrumbs. Stir in sugar, make a well in the centre and add the buttermilk and beaten eggs and sultanas. Stir together to form a soft dough. Do not overwork.
2. Turn out onto a floured surface – making sure you flour your hands well to gently bind/knead it all together – and roll lightly to about 2cm (¾ inch) thick. The mixture will be quite sticky.
3. Stamp out rounds using a floured medium cutter, about 2–2½ inches/6cm diameter. Place on baking sheet lined with baking parchment. Re-roll the dough until it is all used. Dust lightly with flour for a soft top, or glaze with milk or beaten egg for a shiny but harder top.
4. Bake at 225C (or 210C Fan assisted oven) / 425F / Gas Mark 7 for 10-12 minutes until risen and golden.



Peak views

Get in touch with us by email, Twitter, Facebook, Instagram, or write. We love to hear from you.



'Suit off, trainers on' for an after work run.
#GreenGym
@jenscotney (via Twitter)

Walkers from Peak District Mosaic inspired by the Mass Tresspass near the Pennine Way.
#walking @CHAMPIO51749703 (via Twitter)



The Tower at Alport Castles in the Dark Peak - it looks like it's man-made, in fact it's all about the rock.
#Geology @markrickaby



A grey wagtail on the River Wye - much more colourful than its name suggests.
#Nature
@KayFairest (via Twitter)

More of your moments

Whether you're posting a great Peak District National Park selfie, wowing with wildlife, or capturing priceless memories with your family, we'll share some of our favourites here.



Up, up and away - @iandaisley (via Twitter) spotted these colourful giants taking off from this year's Country Fair. #Chatsworth



Cheers! @Aimhigh09 (via Twitter). Peak Ales donate 10p from every bottle sold to help repair The Great Ridge, more of this on page 23. #MendOurMountains



@MagicMagid Lord Mayor of Sheffield (via Twitter). One third of Sheffield city is in the Peak District National Park. #MillietheSheep



@peakdistrict



/peakdistrictnationalpark



/peakdistrictnationalpark



@PeakMillie

We read all of your letters, but we aren't able to respond personally. Sorry, we made a mistake on this page in the summer edition. The caption to the picture of the climbers' hut, should read 'Springtime at the Don Whillans Memorial Hut at the Roaches'.

5 minutes with...

Natalie Ward

A place of great memories as well as great discoveries – no wonder our senior conservation archaeologist **Natalie Ward** feels so at home in Britain's original National Park.

I have been working in UK national parks for about seven years. Before joining the Peak District National Park, I was the archaeologist for the Brecon Beacons and prior to that I worked for Northumberland National Park. Before moving into national parks, I was a field archaeologist, surveying, excavating and recording archaeological sites.

I'm passionate about archaeology, landscape, conservation and the outdoors – and National Parks are where these all meet. Before working here, I had visited the area many times as my fiancé (now husband) is Sheffield based. I fell in love with the landscape during trips to Burbage and Edale and, during a visit as part of a Society of National Park Staff conference, I got a flavour of the variety of Peak District landscapes. When the opportunity arose to play a role in the conservation of Britain's original National Park, I leapt at the chance.

Archaeology is all about understanding people in the past from the material remains they have left behind, and there is always more to discover. I can't tell you how exciting it is to make that human connection that takes us back through the centuries or millennia. To have the opportunity to conserve archaeological remains – our tangible links to the past – to ensure that we understand and treasure them and pass them on to future generations, well, what could be better? I love to share my passion for archaeology with other people and to explain our landscape and cultural heritage.

Though it's tough to choose a favourite spot in the Peak District National Park, mine has to be the hills and moorlands around Saddleworth and Marsden. My husband is originally from Saddleworth, so we have spent a lot of time in our high northern moorlands. It is a place of great



PHOTO: EWA TRYNIECKA

memories. We've hiked, climbed, watched the sunset, thrown ourselves from crags into huge deep snow drifts and then headed back down the hill to warm up with tea at his grandma's. I love it there.

People may be surprised that, even though I am an archaeologist, I don't spend my time digging. My role is one of management and conservation. Our archaeological sites and remains are a precious but fragile and finite resource. It is my job to look after them and speak up for them when they are under threat.

To get the most out of the Peak District National Park, I'd urge people to really open their eyes and look at our landscape. We're lucky to have inherited a wealth of archaeological heritage, from ancient field systems to lead mines, from prehistoric burial sites to quarries, from

Natalie loves the hills and moorlands around Saddleworth and Marsden

stone circles to World War II defences. It's a product of thousands of years of human activity. Our ancestors lived, worked and died here and we can read their story from the physical traces they left behind.

Each of the National Parks that I have worked in has stolen my heart and I have left a piece of me behind. So, if I wasn't in the Peak District, I would be deep in the College Valley in Northumberland or enjoying the remoteness of the western Brecon Beacons.

Bakewell tart or Bakewell pudding? I really don't like either! Give me an egg custard any day.

Seeing the benefit of reducing **INVISIBLE EMISSIONS**

The Climate Change Act 2008 established the world's first legally binding climate change target with the aim to reduce the UK's greenhouse gas emissions by at least 80% (from the 1990 baseline) by 2050. Here's how we are trying to help achieve this reduction.

In 2009 the Peak District National Park Authority took the decision to reduce carbon emissions that result from the work we do. That meant improving the efficiency of the buildings we own, looking at how we use vehicles and travel, and finding ways to work that use less energy and produce less carbon, including heating, lighting, use of IT, water use and waste.

Almost ten years on and we have reduced our total annual output of carbon from 946 tonnes to 673 tonnes – that's a whopping 273 tonnes (equivalent to emissions from driving a car 940,000 miles). Overall, it's a 29% reduction in carbon emissions.

How we did it

At our head office we reduced emissions by 52% by improving the building's efficiency with better insulation, using energy efficient lighting and heating controls, making

In the UK, the average person's carbon emissions is about 10 tonnes. How are you reducing your carbon footprint?

Greenhouse gases include carbon dioxide CO₂, methane CH₄, nitrous oxide N₂O and fluorinated compounds. When we talk about carbon footprints it relates to CO₂ emissions.



improvements to our IT, and made use of renewable energy by installing solar panels and a biomass boiler.

Transport-wise, including our pool car fleet, staff cars used for business, and public transport, we've reduced our carbon output by 37%. We achieved that

by having lower emission vehicles in our fleet, and by planning journeys and co-ordinating our work more efficiently. In our tenanted properties, which are mostly traditional, old stone buildings, we managed a 23% reduction by installing insulation and efficient heating systems, including two ground source heat pumps and three biomass boilers.

What's next?

We continue to look for lower carbon options; for example, we are about to get our first electric pool car. We find ways to make sure our projects and policies take into account climate change impacts.

We recognise climate change is a threat to the Peak District National Park as it will impact on the landscape, habitats, wildlife and communities. We want to demonstrate moving to a lower carbon model and how to use appropriate technologies to protect the National Park.



It's a long road to be carbon free...

Peak District Members as of October 2018



Cllr Andrew McCloy
Parish Member
01629 636125



Cllr David Chapman
Council Member
01298 85067



Mr Paul Ancell
Secretary of State Member
01625 613995



Mrs Penny Anderson
Secretary of State Member
01629 816382

This map shows which members cover the area where you live. Use the colour code to help.




Cllr Jason Atkin
Council Member
01629 258834



Mr James Berresford
Secretary of State Member
07810 528460



Cllr Doug Birkinshaw
Council Member
01226 243716



Cllr Patrick Brady
Parish Member
01298 85798



Cllr Chris Carr
Parish Member
01335 390342



Cllr Mike Chaplin
Council Member
07789 549790



Cllr Tony Favell
Parish Member
01433 670281



Cllr Chris Furness
Council Member
01433 621811



Mr Zahid Hamid
Secretary of State Member
0114 2366332




Cllr Andrew Hart
Council Member
01782 379431



Cllr Gill Heath
Council Member
01538 381601



Mr Robert Helliwell
Secretary of State Member
01433 670250



Cllr Caroline Howe
Council Member
07800 819901



Cllr Harold Laws
Council Member
0114 247 5376



Cllr Barry Lewis
Council Member
07920 484207



Cllr Jamie Macrae
Council Member
07872 807367



Cllr Colin McLaren
Council Member
0161 6274197



Cllr Jim Perkins
Council Member
01298 812927



Cllr Kath Potter
Parish Member
01629 734320



Cllr Lesley Roberts
Parish Member
01538 388900




Mr Ken Smith
Secretary of State Member
0114 2557629



Cllr Robert Walker
Council Member
01484 221000



Cllr John Walton
Council Member
01433 650031



Cllr Becki Woods
Council Member
07462 883798

To find more information about our Members go to: www.peakdistrict.gov.uk/members

RHS
CHATSWORTH
FLOWER SHOW



5–9 June 2019 | RHS Members' Day 5 June

Gardens, plants, flowers, shopping, talks, workshops,
demonstrations, food and drink

Book at rhs.org.uk/chatsworth

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