

Fellfoot Forward

Slow Trails

- Six walking Trails
- The Fellfoot40 cycle route



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©David Ambridge

Walking Trails

Take the time to slow your steps, think about people that have come before, or simply sit, close your eyes and listen to the sounds that make these places so special!

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Talkin Tarn
Castle Carrock

Ainstable

Brampton & Gelt Woods

Kirkoswald

Long Meg

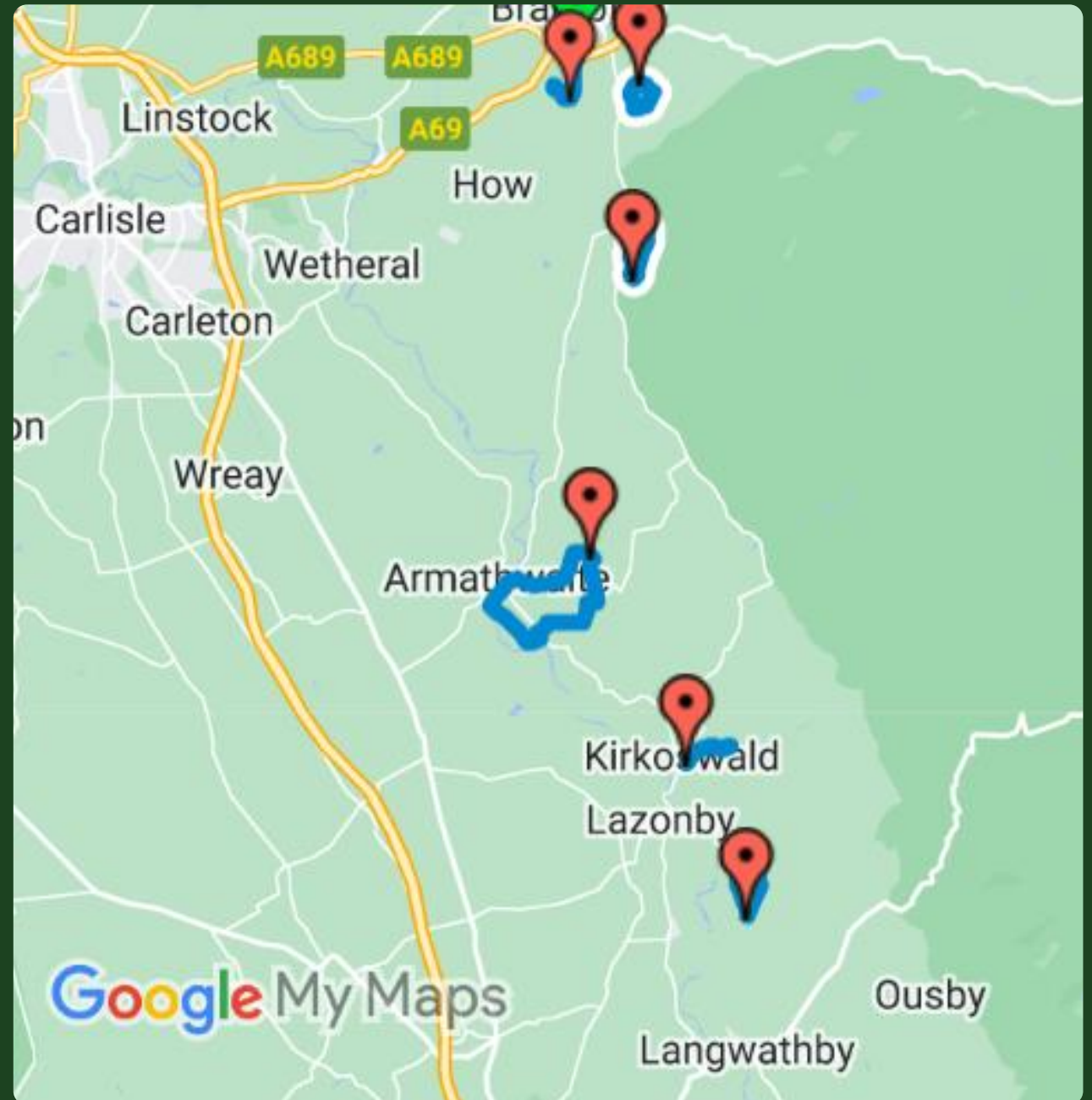


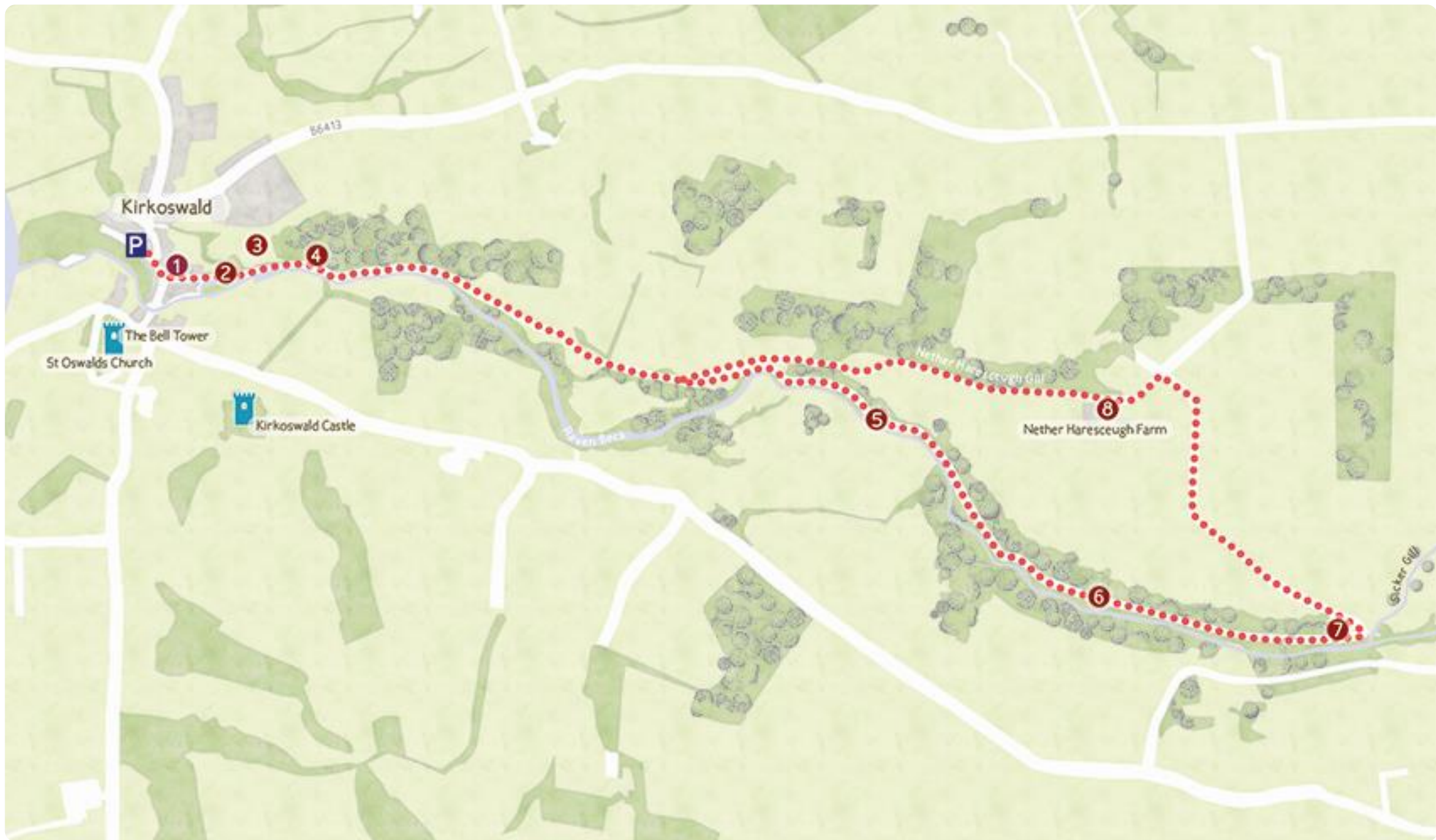
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[Excerpts from Kirkoswald Leaflet]

Breeding Swifts

If you are here in Spring and early summer, you will see swifts circling overhead. Arriving from Africa they will be nesting in the new swift boxes installed on houses by the local community and Penrith Swift Group, supported by the Fellfoot Forward scheme.

Reflect... on the journey that these birds have made.

Swifts' numbers have fallen by
50% in the last decade



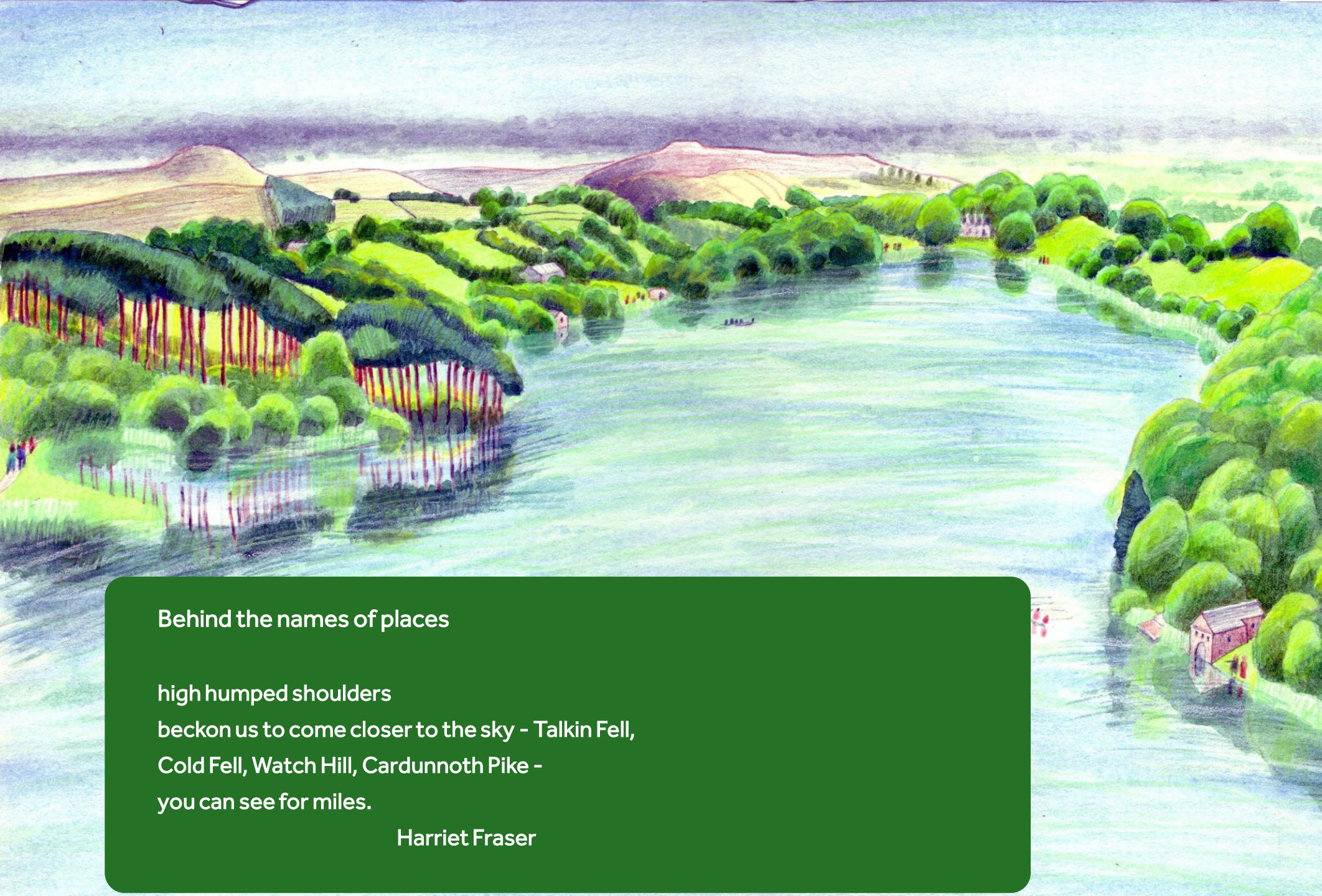


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Raven Beck



Behind the names of places

high humped shoulders

beckon us to come closer to the sky - Talkin Fell,
Cold Fell, Watch Hill, Cardunnoth Pike -
you can see for miles.

Harriet Fraser



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Fellfoot40

A self-guided 40-mile cycle route designed to promote the health and well-being of individuals, support the local visitor infrastructure, and encourage a diverse group of resident and touring cyclists to engage with the area's natural and cultural heritage.

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Pause, ponder, pedal on

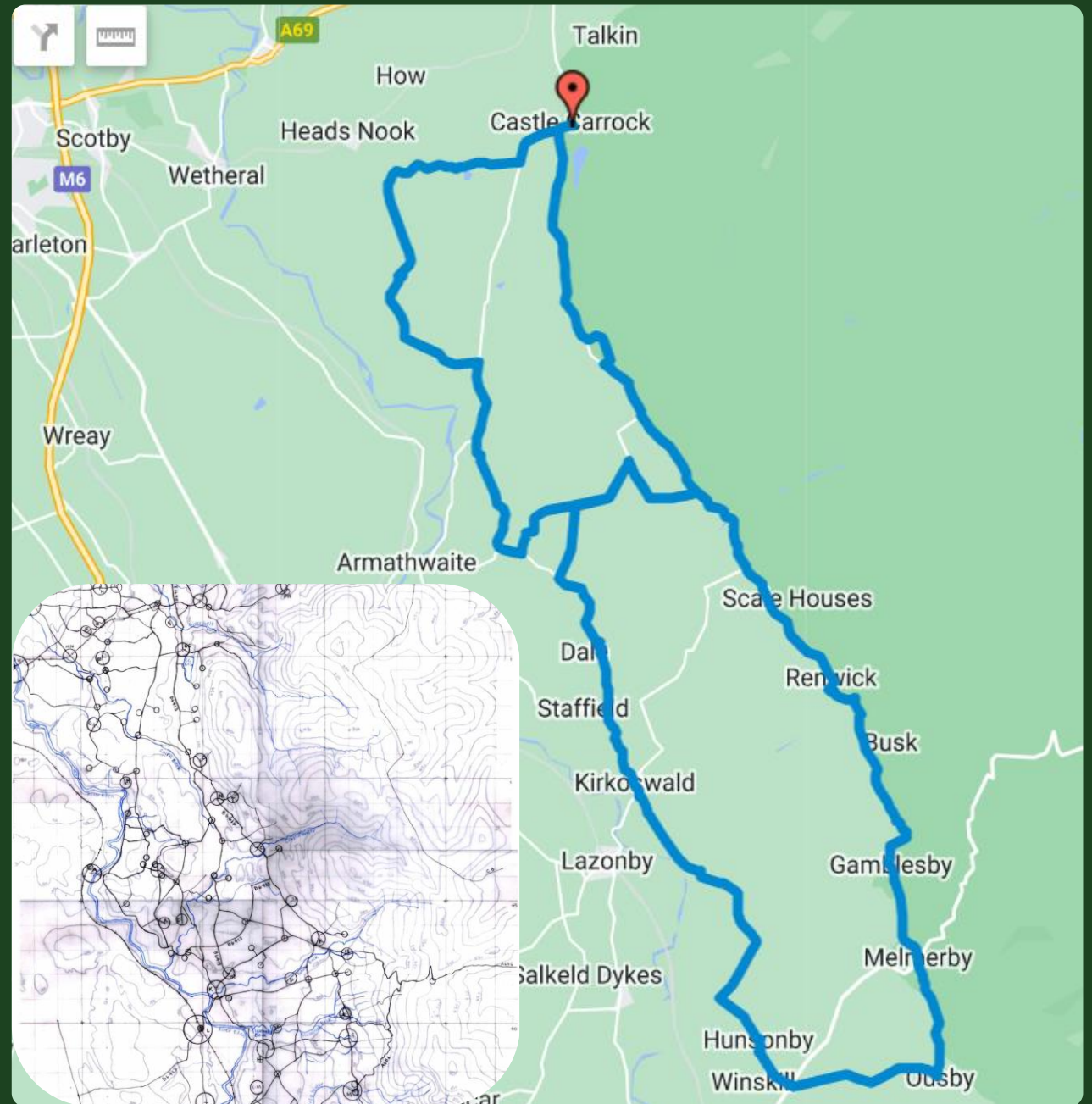


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The North Pennines

Following the Pennine Way from Langdon Beck to Alston

Cotton grass

BLANKET BOG

The soils on the eastern slopes of the North Pennines are poorly drained. This has led to the development of some of the best blanket bog in the UK. In some cases it can be 2-3m thick. Look out for plants like cotton grass, heather and mosses.

Rockrose

HIGH CUP SCAR

A spectacular geological feature cut into the Great Whin Sill. The steep-sided, wet ledges of the scar are home to rare plants like rockrose and Alpine cinquefoil.

The richest flora of the North Pennines is associated with areas where limestone is exposed, as on High Cup Plain. Plants like wild thyme, harebell and bird's foot trefoil thrive in the lime-rich soil.

FLUSHES

Springs which flow through the limestone around High Cup Gill are rich in plants and flowers like Alpine forget-me-not, sundew



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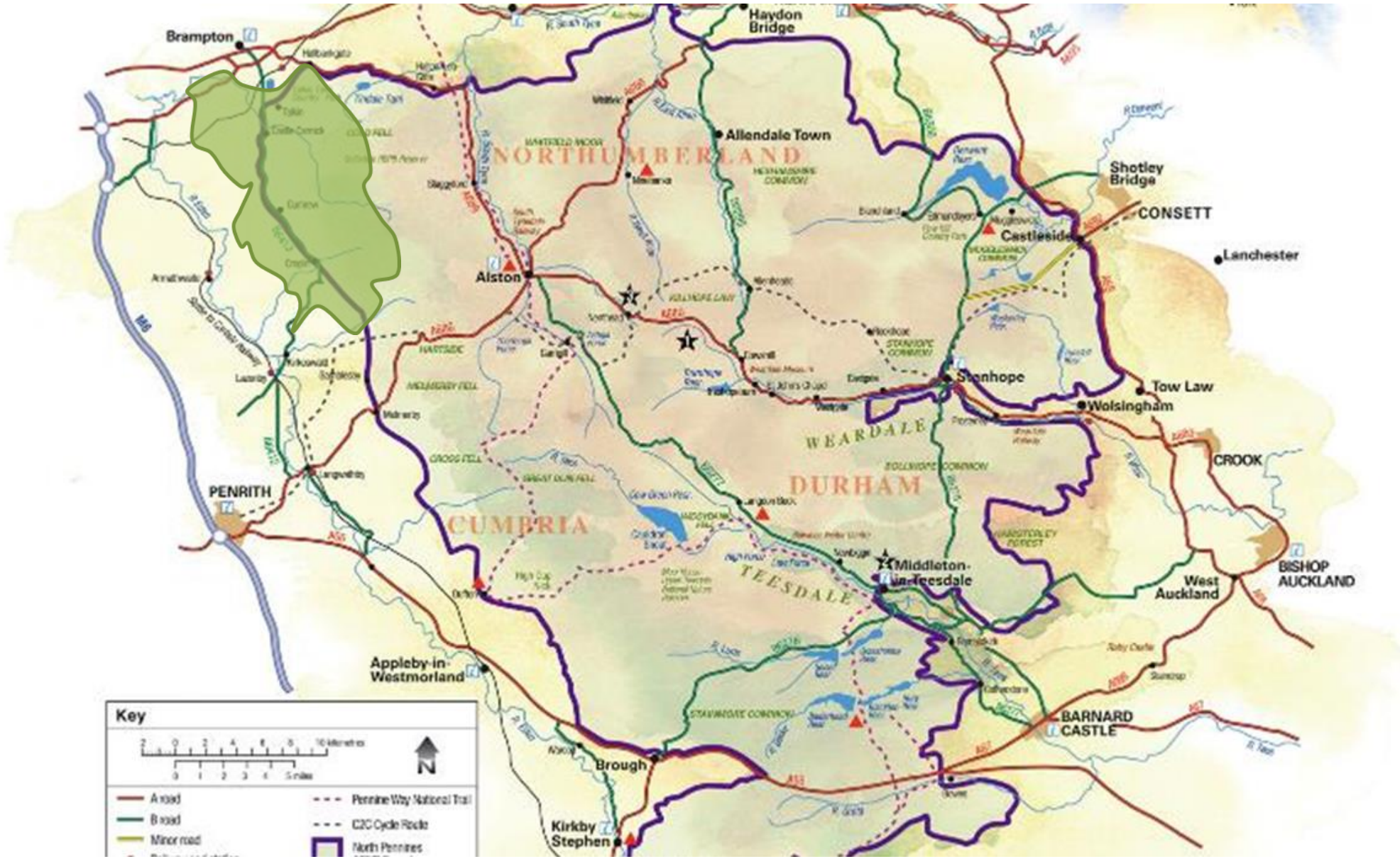
Fellfoot Forward Landscape Partnership Scheme



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A vision for Fellfoot Forward 2020 – 2024

We will connect Fellfoot communities, strengthen their ties, and help them work together to realise their shared vision for a ‘slow’ landscape; one that is resilient, rich in wildlife, accessible, and that encourages deep engagement with our natural and cultural heritage.



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£2.3 million towards a £3.5 million scheme
Thank you to the those who play the National Lottery

Also received £83,000 from the Arts Council England, Westmorland & Furness Council and Cumberland Council

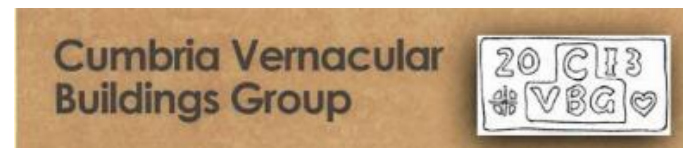
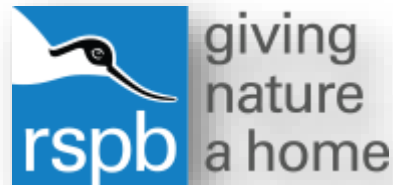


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Partnership Working



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When the scheme closes in spring 2024 the partners will still be here.

Continue to **connect**, **input**, **take part in events**, **workshops** and **consultations**. Keep in the loop for **funding opportunities** to help refine your business and explore new initiatives.



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Thank you

“Cumbria’s best kept secret:
Eden is Eden”

Fellfoot Forward LPS consultee



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