This is more nonsense

blah

Walking – Hellifield Circular

Starting from the car park at Hellifield Health Centre, this is an 8 mile circular walk on a mixture of paths, tracks and farmers fields with some boggy stretches.

Birdwatching Group visit to Clapham Woods

These delightful woods are not just good to look at – they are home to some of our most delightful woodland species including Jay, pied flycatcher, redstart and woodpeckers.

Birdwatching Group visit to

Birk Bank

This fascinating reserve, hugging the side of Clougha, combines moorland, mixed woodland and bog. It is home to typical moorland and woodland species, as well as an amazing variety of rare plants including the carnivorous sundew.

Birdwatching Group visit to Smardale Nature Reserve and Sunbiggin Tarn

Stunning scenery and a wealth of wildlife make Smardale a very attractive proposition for the birdwatcher. And nearby Sunbiggin Tarn is a magnet for water birds and moorland species.

Birdwatching Group visit to Arnside Knott

Arnside Knott’s blend of limestone grassland and mixed woodland is nationally significant for wildlife, providing a home for a wide range of birds and other animals. It also

affords wonderful views of Morecambe Bay and the Lake District beyond.

Birdwatching Group visit to Grize Dale

Little-known Grize Dale – on the edge of the Bowland Fells – combines a delightful mix of woodland, moorland and open water habitats, all of which are attractive to birds. Hen Harrier can be seen here as well Red Grouse and a number of woodland species. From Grizedale Bridge we'll walk down the valley to Grizedale Reservoir and back up onto the moors.

Birdwatching Group visit to Semer Water Nature Reserve

Not for nothing is Semer Water known as 'the pearl of Raydale'. This delightful natural lake, set in a steep-sided glacial valley, is attractive to both ducks and waders (including Curlew, Oystercatcher and Snipe) and much more besides.

Birdwatching Group visit to Staveley Nature Reserve

This fantastic nature reserve comprises a wide range of habitats including wet woodland, reed swamp, flower-rich wet grassland, hay meadow, woodland, pasture, open water and even arable land. Not surprisingly it is home to a wide range of birds. It has 45 breeding species and is extremely popular with migrants.

Birdwatching Group visit to the Lune valley

The Lune valley is home to a wide range of resident species and wintering birds. We'll walk the banks of the River Wenning from Hornby, down to where it meets the Lune, and then along the southern bank of the Lune to Loyn Bridge to see what we can find on the river and in the surrounding fields.