



From sole to soul - Ramblin' Vine 2008. Two walks in the Lancashire countryside to waken the senses

Tuesday afternoon 1st April 2008
BRIEFING NOTES & JOINING INSTRUCTIONS

BACKGROUND:

Our long-term vision is to launch a series of nationwide walks that encourage people to experience, be awed by and actively celebrate a wide range of inspirational places in the UK.

PILOT RAMBLES:

As a pilot, we are intending to run two such walks, immediately prior to the Lancaster Conference in April. The aim is to offer participants the chance to experience beauty and to celebrate whatever that means to them, in a variety of ways.

'Don't you hear
the rustling of
the trees,
outside in the
quiet'

Von Eichendorff
Temptation

There are two walks on offer, both of which take place on the afternoon of Tuesday 1st April - the afternoon prior to the Conference. We will stop along the way using different inspirations to stimulate the senses and awaken a sense of place. Through our senses we will try to connect with what we experience in the natural environment, how it has played a part in our lives, how we value it and how we communicate that.

'If you can spend a
perfectly useless
afternoon in a
perfectly useless
manner, you have
learned how to live'
Lin Yutang

In each case we will create a variety of artefacts to bring to the conference as a way of sharing the experience with those unlucky enough not to have come with us! So, for one hour from 10a.m on the morning of Thursday 3rd April there will be a 'Ramblin Vine' session in the Conference that will serve as a celebration of the two walks as well as a call to others to help us host similar events in their part of the country, next year.

"Inspirational Nature
Harnessing passion, inspiration and creativity for nature conservation"

Ramble 1. Arnside and Silverdale

OS Landranger Map 97.

Meet at the Arnside Knott National Trust car park OS reference SO 450 773 from 13.50. The ramble will start at 14.20 to allow any train travellers to join. If you let us know when you are arriving we will have transport to take you to the meeting place. The Railway Station is 20 minutes walk to the NT car park. Arnside is about 20 kms from the Campus (by road) and just over 10 km almost directly North of Lancaster city centre.

This is a circular walk heading over Arnside Knott, Heathwaite, Middlebarrow, Eaves Wood and on into the paradise of Silverdale. Sublime views over the Kent Estuary and Lake District; a mosaic of scrub, limestone grassland, pavement and woodland.

‘The still point of
the turning world’

T. S. Eliot

‘Suppose we went at a slow enough pace...to feel our bodies, play with children, look openly, without agenda or timetable...Suppose we took time each day to sit in silence. I think if we did those things, the world wouldn’t need much saving’

Donella Meadows

Ramble 2. Clougha Pike:

OS Landranger Map 97

Meet at a remote Car Park (Grid Ref SD526 604) from 13:30. The ramble will start at 14.00. The Car Park is about 1 km down a track that you will find on the right, about 2.5kms from where Littledale Rd crosses Postern Gate Road. About 8kms from the Campus and just over 6km due east of Lancaster city centre.

‘The miracle is not
to fly in the air, or
walk on the water,
but to walk on the
earth’

Chinese Proverb

Clougha is a 5km walk through heather moorland, valley mire and upland oak woodland, to the gritstone edge of Clougha Pike with panoramic views over the Bowland Fells and Morecambe Bay to the Lake District. A feast for the senses.

Clothing: Both rambles are moderately strenuous on uneven terrain and will require walking boots and weather and waterproof outdoor clothing.

How to Join

By mini-bus - if you have booked a mini-bus seat for either ramble they will be leaving Lancaster University prompt at 1pm on Tuesday 1st April from the front of the Lancaster University Conference Centre. You should allow half an hour to park your car and walk round to the Centre.

By train - The **Arnside** ramble starts a 20 minute walk away from **Arnside** station. A train leaves Lancaster at 11.45 arriving Arnside at 12.04. The next one leaves Lancaster 13.46 arriving at 14.03. Trains back to Lancaster at the end of the day leave Arnside 16.56 or 17.45.

The nearest station for the **Clougha** ramble is **Lancaster**. We recommend that you get to the University and take the mini-bus from there. This probably means coming on the train that arrives in Lancaster at 11:45 (from the North) or 12:32 or 13:04 (from the South). It is about a 15 minutes taxi ride from the station.

By car - see each walk for details. Please note car parking is limited.

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