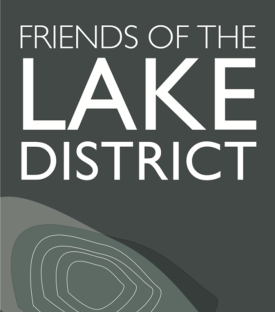
** Keswick Mountain Festival**

**Fell Care Day**

***Be part of it……***

**Saturday 10th & Sunday 11th June 2017**

Here’s the list of all the brilliant conservation and well-being opportunities at our Keswick Mountain Festival Fell Care Day and now’s the time to get yourself signed up for the activity that appeals to you. Numbers are limited on each task so places will be allocated on a first come first served basis.

Our hub for the day is **Friends of the Lake District Marquee on Crow Park Festival Village, Keswick***.* Volunteers sign in at hub **15 minutes before their task start time** and set off in groups on tasks led by skilled leaders from our partner organisations. Everyone returns to the hub at the end of the day for tea and cakes, hurrah!

***What’s happening and where?***

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| **Practical Conservation** | **What does it involve?** | **How physically demanding is it and am I old enough?** | **Session Timings** |
| **Saturday 10th June** |  |  |  |
| **1. Canoe Crassula Clearance**  On Derwentwater | Combine a canoe trip with helping clear non-native invasive species, Crassula, from beautiful Derwentwater. | Easy  Over 18 years | 13:00 – 15:30 |
| **2. Dry Stone Walling Training**  Crow Park, Festival Village | Beloved as a feature of beauty, dry stone walls also provide an essential function for farmers as livestock barriers. This is fantastic opportunity to learn the skill of this traditional, rural craft. | Strenuous  Over 18 years | 10:00 – 12:30  Or  13:30 – 16:00 |
| **3. Fix the Fells – Upland Path Maintenance** Borrowdale – Ashness Bridge to Cat Gill | Help restore and clear our well used upland paths with the Fix the Fells Path Teams. Travel to start and from finish across sparkling Derwentwater by Keswick Launch. | Easy/Moderate  6 km 300 metres of ascent/descent  Over 16 years | 9:30 - 4:30 |
| **4. Fix the Fells – Upland Path Maintenance** Catbells to Skelgill | Help restore and clear our well used upland paths with the Fix the Fells Path Teams. Travel to start and from finish across sparkling Derwentwater by Keswick Launch. | Moderate/Strenuous  4.5 km 380 metres of ascent/descent  Over 16 years | 10:00 - 17:00 |
| **5. Fix the Fells – Upland Path Maintenance**  Cat Bells Terrace Path and Manesty Hause Gate | Help restore and clear our well used upland paths with the Fix the Fells Path Teams. Travel to start and from finish across sparkling Derwentwater by Keswick Launch. | Moderate  4.5 km 270 metres of ascent/descent | 10:00 - 17:00 |
| **Sunday 11th June** |  |  |  |
| **6. Family Bushcraft** Cockshot Wood | Learn the art of living in the woodlands with this fun Bushcraft session including, lighting a fire by spark, improvising pot stands from natural materials, boiling water, cooking over an open fire & constructing a temporary shelter. | Easy/Moderate  All ages – the session is aimed at families.  Children under 8yrs will need to be accompanied. | 10:00-13:00 |
| **7. Mindful Breathing in the Forest**  Cockshot Wood | Relax your pace and fully immerse yourself in this beautiful woodland setting. Experience a sense of well-being and rejuvenation. | Easy  Over 10 years | 10:00-11:00 |
| **8. Forest Yoga**  Cockshot Wood | Whether you’re a regular or new to the ancient practice of yoga, this woodland based session will provide both physical and spiritual benefits. | Moderate  Over 10 years | 13:00-14:00 |
| **9.Oak Basket Weaving**  Cockshot Wood | Have a go at the skill of oak basket weaving while enjoying the peace and tranquillity of lovely woodlands on the shores of Derwentwater. | Easy/Moderate  Over 18 years (under 18 must be accompanied) | 10:00-12:30  Or  13:30-16:00 |

***What do I need to do now?***

Just fill in the details in the box below and email this info to [**ruth-kirk@fld.org.uk**](mailto:ruth-kirk@fld.org.uk)**.** I’ll allocate you to your activity and, nearer the day, I’ll send you all the details you need about how to get to Keswick, the hub location, what to wear, what to bring etc. If you’ve got any questions, give me a call on **01539 720788.**

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| **The task you’d like to take part in** (please order 3 by preference in case your first choice is full). | 1.  2.  3. |
| **Your Name** (if you’re a group, you can send me a spreadsheet with details for each group member) |  |
| **Your Telephone Numbers** (both please) | Mobile:  Landline: |
| **Your email address** |  |
| **ICE contact** (NAME and NUMBER of who we should contact In Case of Emergency) | Name:  Mobile:  Landline: |
| **Shoe size** (if we have to provide boots/steel toe caps for your chosen task) |  |
| **Are you a member of Friends of the Lake District** |  |
| **Is it ok if we take photos/video of you and can we use them in our publicity**? | Yes/No |
| **Any medical conditions of which we should be aware?** | Yes *(please specify)/*No |
| **I’m happy for Friends of the Lake District to email me with events, news and campaign information. (We’ll never share your email address with anyone else)** | Yes/No  Email address: |

***What are Fell Care Days all about?***

This is the seventh year Friends of the Lake District have been running their hugely popular and successful Fell Care Days. Fell Care Days are a brilliant way of bringing together local communities, schools and volunteers from many different walks of life to understand and learn about the value and importance of our unique upland landscapes through taking part in practical action to protect them. And most importantly, there’s always lots of cake to help fuel you through your tasks!

Friends of the Lake District, Murley Moss, Oxenholme Road, Kendal, Cumbria, LA9 7SS

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