



Resource

MINI PILGRIMS Mothers Day Meander

The Mini Pilgrims Group 4th Sunday Adventures went on a Mothers Day meander, they chose a route around the shores of Haweswater, a loop walk that is easy to shorten or lengthen as desired. The walk was a chance for all ages to experience the remote, wild valley; to spot how Mother Nature and humanity had influenced the landscape; to consider how our mothers and others have influenced our lives; and to wonder about how we might want to influence others...

There is on-road parking on the main road near Burnbanks at the dam end of Haweswater (CA10 2RW Grid Reference NY508161). Follow the northern shoreline path until Measand Beck, and follow the river upstream for about 0.5km to a footbridge across. From there, follow a faint path along the hillside, aiming for the left of Four Stones Hill, before slowly losing height back to the Burnbanks road, distance approximately 7km. For reference see: Ordnance Survey Explorer Map OL5 The English Lakes North East.

On the walk we discussed what had influenced and shaped the landscape we were in - both natural and human forces. This can be connected into the Mothers Day theme by thinking about the influence of mothers. We also thought about how the landscape influences us and explored how we would like to impact the world around us.

It was interesting to hear what people shared, recognising again that there's something about the fells, those wild places, that connects with our soul - refreshing us, lightening our load, quietening us, energising us!

What would you say about natural and human influences? and how does being out in wild spaces impact you?



You should ask people to dress appropriately for the time of year and wear suitable walking footwear.

This activity can be done on any walk. It is not reliant on a particular environment. This reflection could be used to look at what and who has shaped our lives, as different elements have shaped and influenced the landscape you are walking through. It does not have to be explicitly tied into Mothers Day.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.