



Resource

MINI PILGRIMS

River Reflections

South Lakes Mini Pilgrims went on a walk up the valley of Longsleddale alongside the river Sprint.

From Kendal drive out on the Shap Road (A6) about 4 miles to a left turn signposted Longsleddale, drive to Sadgill located at the very end of the road where there is limited parking available. NOTE - the road to Longsleddale is single track most of the way, when parking at Sadgill please ensure you are not blocking any gates or access for the neighbouring farm. Free public toilet facilities are available at St. Mary's Church which you will drive past on your way to Sadgill.

After parking at Sadgill walk up the path leading up the valley running parallel to the river until you come to a small gate in the left hand wall which takes you to the river.

We picked stones and pebbles out of the water. On one we wrote something we were excited about, and with these stones we created a mini cairn. On the other stone we wrote something we were worried about and these we threw back into the river, so as to 'leave our worries behind'.

For children the feeling of excitement comes easily, more so perhaps than for adults. Why is that? How is being excited about something more than just 'looking forward to' something?

What worries do we carry with us? How can we unburden ourselves of these worries? What processes can we put in place to help us deal with our worries? In what ways can we help others with their worries?



You will need chalks to write on the stones. This walk is most suited to a river walk. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies, and if applicable swimwear and/or water shoes. **As with all activities we strongly advise you risk assess this activity, particularly being near water with children.**

For the walk at Longsleddale see: Ordnance Survey Explorer Map OL7 The English Lakes South-Eastern Area.

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.