



Resource

MINI PILGRIMS

Hidden Valley and Ancient Fort Adventure

The Mini Pilgrims Group 4th Sunday Adventures went on a walk up the Southern flanks to Shoulthwaite Gill and Raven Crag. It could be the set of some Tolkien-esque short story, but it is only the setting for this adventure. This is a not often frequented, but dramatic and varied route near Thirlmere.

Leave the A591 and go along the minor road over Thirlmere Dam and park at the small car park in the forest at the far end - Grid Reference NY307189 nearest postcode CA12 4TG. From the car park walk down the road away from Thirlmere until you find a footpath on your left signposted to Castle Crag. Follow the path up through the trees, when you reach a gate go through and turn left following the path to Raven Crag where you will eventually see signs for Castle Crag and Shoulthwaite Gill. It is advisable to use an OS map to guide you.

Imagine living here - introduce a little of the history. *Information about this particular area:* there were 1-2 families living in this 'hill fort' in the 6-7th Century before evidence of proper villages, a time of violence and disorder and famine. It provided defence - from what? Defending what? It must have been something worth defending. What would the people here be connecting with? There is a human need to connect with something greater than ourselves, would family be enough? I wonder if they connected with nature - that it provided comfort and a sense of belonging - what have we lost in today's society? The threats and challenges that face humanity may have changed over the centuries, but we are still human and face our own threats and challenges today. **We still face the human dilemma of needing to protect ourselves whilst also needing to connect with something greater than ourselves. How do we isolate and defend ourselves? What do we connect with? What does nature offer us in terms of connection?**



No special equipment is needed for this walk, although you could do this walk anywhere, a place with historical significance would lend itself better to the reflection. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies.

For this walk see: Ordnance Survey Explorer Map OL4 The English Lakes North-Western Area.

This activity is specific for this area, but the reflection on 'connection' could be adapted for any walk.

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.