



National
Trust

Near you



Murmuration of starlings.

Take a front row seat for nature's greatest show

You don't have to be a wildlife expert to enjoy autumn in all its glory. It's often just a case of being in the right place, at the right time. Our rangers and volunteers are out and about every day looking after the countryside, so we can let you know where that right place and right time is. We'll keep you posted on when the woods are at their most colourful or when the deer start to rut.

Admittedly, there are a few autumn delights that you need to look a little harder for, like migrating birds and red squirrels. But if you head to the right spot and have a bit of time, patience, a pair of binoculars and a sprinkle of good luck, the odds should be in your favour.

To whet your appetite for an adventure (if you needed it), we've rounded up some of the best things to see in autumn. But don't stop there, keep in touch with us on our Facebook and Twitter pages for live updates on the best times to get out and about. There are also some useful spotters guides on our web pages to make life easier for you.

Easy to spot



Seals

Take a boat trip to the **Farne Islands** and you're bound to spot lots of playful seals. They have their pups in autumn, so if you're lucky you might see some white, fluffy bundles too. Our rangers spend the autumn months counting the pups to keep track of how many are born each year and make sure the population is healthy.

Deer

The deer park at **Fountains Abbey and Studley Royal** is a great place to see and hear the deer rut. Males compete to attract females and challenge their counterparts for the place of top stag. You can join a guided walk to learn more about the deer from our wildlife experts or simply stand back (they can get feisty!) and watch the show.

Look a little closer

Red squirrels

One success story for wildlife in the past few years has been the increase of red squirrels at **Wallington**. Seven years ago we thought we may lose the entire population, but today they're thriving, with around 200 at the last count. Visit the wildlife hide for a chance to spot these curious creatures, and, if you'd like to give our conservation efforts a boost, buy a raffle ticket. All money raised goes towards doing what we can to save the reds.



Migrating birds

The coast is a fantastic place to grab a glimpse of migrating birds as they make a pit stop during their journey. The berries here, and inland, provide the perfect fuel to help them on their long trip. If you want to take a closer look, join the rangers at **Souter Lighthouse and The Leas** for a bird ringing demonstration, as they carefully attach ID bands to wild birds to help us follow their movements.

Rarities

You could spot a rare wildlife spectacle just by knowing where to look. From whales to starling murmurations, start by checking out the tips on our website and see where they lead you.

Visit nationaltrust.org.uk/northeast and nationaltrust.org.uk/yorkshire

We'd love to hear what you've been up to. Join the adventure and share your top spots this season:

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You'll find your
autumn/winter
What's on inside >>>

Give nature a helping hand

It's hard to get away from stories about how the natural world is suffering at human hands these days. And it's easy to feel a bit powerless as to how you can help. But what if taking just two minutes, two hours or two days could start to help the nature that you love, on your doorstep?



We're working hard year round for nature. Next time you visit there might be something you can do to help out. We'll thank you for it of course, but more importantly so will the birds, the bees and the trees...

If you have... two minutes:

On your way to the beach at **Robin Hood's Bay**, pop by the Old Coastguard Station for a bag and a litter picker, and do your bit for the seas with a two minute beach clean. You might even spot a fossil while you're keeping your eyes peeled for plastic.

More two minute ideas:

- Be a Brimham Rocks Litter Fairy
- Plant bulbs at Fountains Abbey and Studley Royal
- Spot red squirrels at Wallington (and let us know so we can keep track of numbers)

If you have... two hours:

Surveying animals (by counting them, no special languages needed) is a crucial part of nature conservation. It means we know how populations are doing and tells us when they might need a helping hand. Call into the info room at **Marsden Moor** to find out about the mountain hare or ringed ouzel surveys. Or join us at **Ravenscar** during National Mammal Week and help count and record furry locals as part of our Bioblitz.

If you have... two days or more:

We're always on the lookout for volunteers to help with nature conservation. This autumn you could be helping plant trees to restore woodland. Or how about clearing invasive species to protect native habitats? Or maybe you're a brilliant people person and can help spread the word about nature needing a helping hand with our visitors?

Check online for the latest volunteer opportunities at nationaltrust.org.uk/volunteer

Mindful moments this autumn

It can be easy to rush through life without stopping to take it all in. Paying attention to the moment and pausing to notice your surroundings can help you reconnect with your thoughts and feelings.



Between the buzz of summer and the bite of winter, autumn is the perfect season to slow down, appreciate the changing landscape and rediscover your favourite places.

Looking for a walk which can bring you closer to nature, your thoughts and your senses? Take a stroll through the walled garden at **Beningbrough Hall** as the autumn harvest begins and spot branches heaving with apples and pears, and pumpkins swelling on the ground. Or stop to take in the bright red Virginia creeper at **Washington Old Hall**.

For longer, quieter walks head to the Yorkshire Dales as the bracken in **Upper Wharfedale** turns into a tapestry of rusty reds and vivid yellows. If you're quiet you may spot a roe deer in the gold, brown and red woods around **Malham Tarn**.

Making time for your favourite hobbies can also help you stop and catch your breath. Remember to bring your camera (or make sure your phone is charged!) – with nature's changing colours, autumn is the ideal time to practice a bit of photography and pick up a few 'likes' along the way.

Wander through the woodland at **Rievaulx Terrace** and capture a view not seen for over 30 years. The 'lost vista' has recently been opened up, giving a new view down to the abbey below.

Making time for your favourite hobbies can also help you stop and catch your breath.

You could also join a woodland photography session at **Wallington**. It'll really make you stay quiet and still for a moment, as you try to spot red squirrels stocking up on nuts and berries.

Earlier sunsets as the nights draw in provide plenty of opportunities to experience your favourite places in a new light. Relax amongst the rocks at **Brimham** and watch the soft red light bounce off the small quartz crystals within the rocks as the sun sets on the horizon.

And there's nothing more uplifting than seeing a shooting star. Take advantage of long, crisp autumn nights to stop and take in the magic of the night sky with an evening stroll under the stars at **Souter Lighthouse** and **The Leas** or a stargazing event at **Hadrian's Wall** on 29 October.

For more ideas go to nationaltrust.org.uk/yorkshire and nationaltrust.org.uk/northeast

Lest we forget

On Remembrance Day, 100 years after the end of the First World War, we're playing our small part in honouring those who lost their lives in war.

If you'd like to join us to pay our respects, we're lighting beacons at **Cragside** and **Ormesby Hall**. Ormesby also has an emotional exhibition of letters between Mary Pennyman and the grieving widows and mothers of soldiers killed in action. There'll be a day of activities including letter readings and the chance to try a soldier's training on 11 November itself.

We're lighting a beacon on Scafell Pike in the Lake District as well, England's highest mountain. Scafell and 13 other Lakeland summits were gifted to us at the end of the First World War as Britain's most unique war memorials.

Check our website and What's on for more details.

Before it's too late...



The Gazing Ball by Lucy + Jorge Orta, part of folly! at Fountains Abbey

Autumn is the last chance to see some of our exhibitions and displays before our places are put to bed for winter at the start of November. Explore lost follies before they disappear at **Fountains Abbey** and **Studley Royal**, take a last look at contemporary art in the empty castle at **Lindisfarne** or see artistic interpretations of a walk through the landscape at **Cherryburn**.

In the year we remember the first women gaining the right to vote, you can also explore the achievements of women in industry at **Cragside** and come face to face with female stars of stage and screen, writers and musical icons at **Beningbrough Hall**.



See What's on or our website for more details.

Switched on! at Cragside

Slowing the flow

After serious flooding damaged thousands of homes in the Calder Valley in the Boxing Day floods a few years ago, local people set up the group 'Slow the Flow - Calderdale' to look at natural flood prevention measures.

They came to us to see if we could help and, working with additional funding from the Environment Agency, it's a project we've really loved being part of.

Twice a month local volunteers meet at Hardcastle Craggs to build 'leaky dams' on streams that criss-cross the ancient woodland. They've built almost 200 so far, with big plans to get to 600 dams.

Craig Best, Countryside Manager at Hardcastle Craggs, told us: 'Six new sensors now record the difference the dams are making. I hope to see the sensors downstream recording a slower flow than those further upstream.'

He also shared some of the knock on benefits too: 'By thinning the conifer and beech trees in the woodland to create the dams, we're reducing some of the shade and letting the sunshine in.

As well as being lovely and bright, this will mean more flowers, insects and butterflies, and gradually the return of other native trees to the woods too. The leaky dams have become deadwood habitats in their own right, and we're improving the homes of fungi, bats, invertebrates and birds at the same time.'

If you'd like to get involved email secretary@slowtheflow.net



News round-up



Pedal Power at Wallington

Wallington has teamed up with HSBC and British Cycling to get the nation cycling. With 5km of family-friendly cycle trails meandering through woodland and the Northumberland countryside, Wallington is one of three National Trust places offering bike hire and a programme of cycling related activities. Now, even more families can get outside, have fun and stay healthy at Wallington this autumn.

nationaltrust.org.uk/wallington



Work starts at Seaton Delaval Hall

This autumn we're taking after the prankster Delavals who gave Seaton Delaval Hall its party reputation back in the 18th century. Party guests were known to have woken up to find the furniture in their rooms nailed to the ceiling. 300 years on, thanks to players of the National Lottery and a generous grant of £3.7million from the Heritage Lottery Fund, we're turning the place upside down again as work starts on our £7.4million project to bring the Hall's theatrical past back to life.

While we're in the interval, check our website for opening times as we're expecting a bit of disruption over the next few months as work starts: nationaltrust.org.uk/seatondelavalhall



The sounds of winter

What does winter sound like? Let your ears be your guide through the gardens of Beningbrough Hall and experience a different side to the season. As you wander, take in a series of brand new sound installations, poetry and verse. Listen out for the rustle of crispy leaves, crunching frost underfoot and rain drops on glass rooftops – no two days will have the same sounds.

Keep an ear out for 'Sounds of winter: whispering spaces' at Beningbrough Hall at weekends from 10 November, 11am-3.30pm.

It all adds up...

Over 1,100m of Christmas lights

See twinkling lights on trees, around the houses and in gardens this Christmas. Don't miss the Christmas light displays at **Fountains Abbey and Studley Royal** as we light up the ruins with a kaleidoscope of colour.



Fountains Abbey and Studley Royal

©National Trust Images/Chris Lacey



©National Trust Images/Paul Harris

50 Christmas trees at Wallington alone

As **Wallington** marks 50 years since it first opened to visitors, there'll be 50 special trees in the house and grounds for you to find. And at **Treasurer's House** in central York, look out for over 100 feet of garlands and 250 bows, all handmade by staff and volunteers to give the house a festive makeover.

An 86-year-old stocking filling

Did you know that Terry's Chocolate Oranges have been around for 86 years? You can discover the Terry family's own Christmas traditions at **Goddards House and Garden**. You can also enjoy more Christmases from the past at **Nunnington Hall, Cragside, Ormesby Hall and Washington Old Hall**.



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Help us decorate

If you fancy joining in as we create one of our finest Christmas displays, you can get hands-on at **Nostell** and spread joy all around the house, decorating rooms and taking inspiration from Thomas Chippendale's legendary interior designs.

Pick your perfect tree

Deciding which is the ideal Christmas tree for you is never an easy choice! You could enjoy a walk around the grounds at **Ormesby Hall** and take your pick from the huge variety of trees on sale in the stables or pick up a potted tree on a visit to **Fountains Abbey and Studley Royal**. **Marsden Moor's** popular Christmas tree sale returns this year too, with a selection of non-drop Nordman firs.

Create your own decorations

Ever wanted to make your own decorations? This year you can have a go at wreath making at **Treasurer's House, Cherryburn, Brimham Rocks and East Riddlesden Hall** or get hands-on with festive workshops at **Cragside, Fountains Abbey and Studley Royal** or **Washington Old Hall**. You can also join a special tour of the house or conservatory at **Wallington** then use the beautiful decorations as inspiration for your own creation.



5,000 reindeer miles

That's how many miles we've totted up Father Christmas and his reindeer will be travelling across Yorkshire and the North East to meet your little ones. We have grottoes in some very unusual places, including the attics at **Treasurer's House**.



©National Trust Images/William Shaw

4,000 mince pies

Christmas wouldn't be Christmas without a mince pie or two, and we'll be serving up over 4,000 of them in our tea-rooms from November onwards. But it's not just mince pies on offer. Head to **Gibside** for Christmas evenings in December where there'll also be live music, mulled wine, street food and festive entertainment.

For more details on Christmas activities, see [What's on and our website](#).



More than 750 people this year...

...have already made donations to local projects like the sand martins' hotel at **Souter Lighthouse** and the restoration of tapestries at **Nunnington Hall**.

Add your favourite place to your Christmas list and give them a helping hand for 2019. Check their web pages to see what it is they're wishing for next year or visit [nationaltrust.org.uk/donate](#).



See [What's on and our website](#) for more details.

For alternative formats, please call us on 01904 702021 or email yne.customerenquiries@nationaltrust.org.uk



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