



National Trust

News and events for autumn and winter 2019
North West

Near you



Fresh air is nature's best tonic...

...and as the seasons start to change it somehow feels like there is just a bit more of it. The skies are big, the views are far reaching and if you're up early you might just find you've got it all to yourself.

Buttermere

Massive views

It's fair to say that the Lake District knows how to do big views. But as autumn arrives and the crowds drop off, the colours in **Borrowdale** and the **Buttermere valley** are breath-taking. Many walks start from the different car parks here, leading you in whichever direction you choose. Search 'find your perfect Borrowdale walk' for ideas to get started.

Red hot

As the summer fades you get days where the air is still warm and the late sun is dappling through the trees. The woodland at **Allan Bank** is perfect for switching off and trying forest bathing – the Japanese feel good phenomenon that's gone global. As autumn turns the trees every shade of red, it's also the perfect place for kids to have a go at spotting the red squirrels that have made these woods their home. And of course you can bring them back to spot the bright breast of the robins arriving to mark the start of winter too!



Arndale and Silverside

© National Trust Images/Paul Harris

Urban escape

At **Speke Hall**, near Liverpool, replace the grey pavements of the city, the soaking from a passing car and the honk of rush hour horns for the crunch of red and orange leaves beneath your feet. Hear the loud tooting of bird song as migrating birds pass overhead on their commute out to sea.

Soaked through

Some walks are just better in the rain and once you're wet, you're wet! **Aira Force** is incredible during a big downpour and the accessible paths make it a great spot for adventurous youngsters to experience the thunder and spray of a waterfall at full throttle for the first time.

Kaleidoscopes of colour

As you stroll through the woodland at **Quarry Bank** look for flashes of brilliant blue amongst the red, bronze and gold as the big autumn skies open up and kingfishers dart out across the river. And against the dazzling blue of Windermere, **Wray Castle's** woodland changes from bright yellow larch to fiery red oak with all sorts of different coloured fungi and shiny conkers poking through the fallen leaves.

Misty mornings

The parkland at **Lyme** opens from 8am so get here early and explore as the winter mist slowly lifts. The absolute quiet is the perfect time to spot the many deer and it's a great feeling to be full of fresh air and tucking into a breakfast butty at the café just as your day would often be getting started!

Winter colour

Dunham Massey's winter garden is one of the biggest in the UK with over 1,600 winter shrubs. As winter takes hold and the colours reflect in the frozen icicles hanging from the trees, it's a lovely time to see and feel the sharp contrast of colours and scents against the stark winter landscape.



Dunham Massey

© National Trust Images/Chris Lacey

Whether you want to get little legs running off steam, burn off all the extra winter calories, or simply ease into a gentle and rejuvenating walk, our website is full of ideas, trails, and ranger led walks to help you get out and make the most of this time of year.

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



nationaltrust.org.uk/north-west

nationaltrust.org.uk/the-lakes

You'll find your autumn and winter
What's on inside



Forget food miles, we're talking food metres...

You can't beat the taste of locally grown, seasonal produce. Autumn brings the chance to sample nature's harvest, where the journey from plot to plate is often only footsteps.



©National Trust Images/Paul Harris

At **Speke Hall** food takes seconds to reach the kitchen where home-grown produce is turned into seasonal specials. Try the aptly named Kitchen Garden cobbler, by Head Chef Hayley and her team.

Lyme has its own nursery plot, where a dedicated team of gardening volunteers grow fruit and veg for the café and restaurant. And, if there's anything left over, it's yours to buy.

Find out more: meet the team at the nursery plot open day on 23 October.

At **Acorn Bank**, the spotlight is on the traditional orchards, where no less than 175 varieties of apple grow. Some are used in the tea-room along with flour milled by volunteers in **Acorn Bank's** working watermill.

Get a taste: sample some of the orchard's northern heritage apples, freshly picked that day.

Dunham Massey's historic estate used to supply the house with everything it needed and it's still a working estate today – all the eggs used in the kitchen come from Red House Farm, while the apple juice and cider used in cakes and stews come from Dunham Press apples and cider. Look out for the steak and ale pie on the menu – it's made with beer from Dunham Massey Brewing Company!

Get a taste: join a guided walk to visit local tenants and sample the best tastes on the estate.

The garden team at **Sizergh** have a busy autumn ahead. Apples from the orchard and produce from the kitchen garden are used in the café, echoing the estate's centuries-old tradition of self-sufficiency.

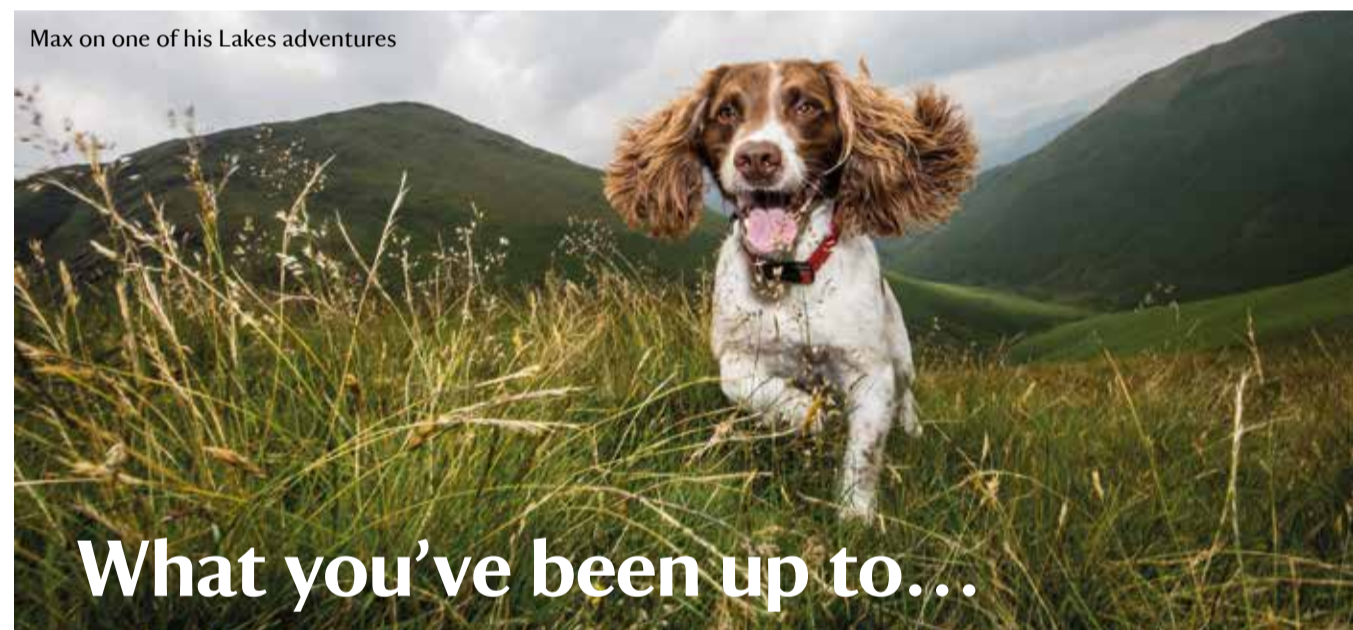
Look out for: The chestnut, rum and chocolate Pavlova inspired by Cecilia Strickland's visit to Versailles in the 18th century. The recipe is also in the new National Trust cookbook, *Comfort Food*, so you can recreate the taste at home.



Speke Hall

©National Trust Images/Steve Harris

Max on one of his Lakes adventures



Cherry Irving

What you've been up to...

National Trust member Kerry Irving's life was transformed when he met a springer spaniel called Max. Now the pair, and two other four-legged friends Paddy and Harry, are raising money to help us look after special places through their popular social media networks.

Thirteen years ago life changed drastically for Kerry when his car was hit by a truck. Used to being really active and spending as much time as possible in the outdoors, he was struggling to walk 100 metres and became very depressed. But then Kerry met Max, a neighbour's loveable springer spaniel, who literally got him back on his feet. Now Kerry, Max and new additions Paddy and Harry are inseparable and their Lake District adventures have got everyone walking and talking. From video posts of the dogs on a windy mountain top with 'Flapometer' readings to drop-dead gorgeous sunsets, it's easy to see the appeal.

When Kerry invited people to join him on his first guided walk, within three hours 900 people had signed up.

Since then Kerry has organised two fundraising walks for our partner 'Fix the Fells' project, which looks after 330 upland paths in the Lakes, and an autumn walk to boost funds for our 'Riverlands' project benefitting people, wildlife and rivers in the Derwent river catchment.

Thank you Kerry, Max, Paddy and Harry for all that you do.

We'd love to hear other stories about the places that are close to your heart and the things you've been doing to help raise money for different things.

NW.CustomerEnquiries@nationaltrust.org.uk



Kerry, Max, Paddy and Harry

©Angela King

Follow Max, Paddy and Harry's latest antics on @maxoutinthelakedistrict_ Max Out in the Lake District

Tree spotting

If only trees could tell a story. Some have witnessed Roman invasion others are remnants of big changes in land use over the centuries. And, they're all quietly getting on with providing a home to hundreds of insects, mammals, birds and fungi.

From ancient to veteran, the tallest and the tiny, we care for some pretty special trees in the North.

Find Beatrix Potter's own Bramley Apple tree at **Hill Top**, the Duke of Cambridge's Oak Tree at **Beningbrough Hall** and ancient beech and oaks at **Dunham Massey**.

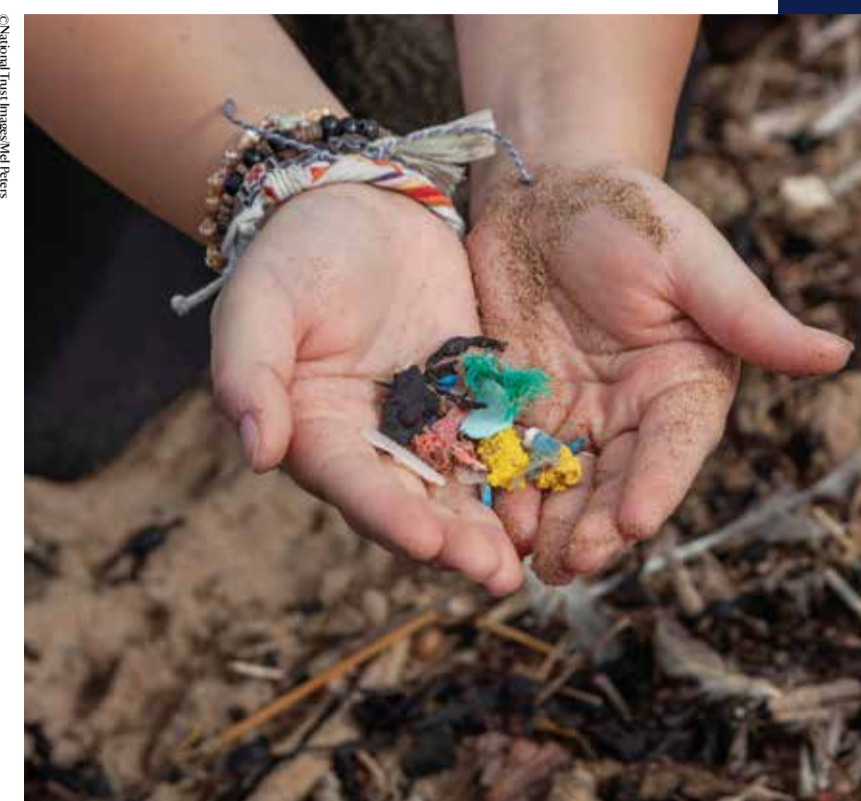
The Dalston Oak, in the Lake District, is one of the oldest trees on the **Acorn Bank** estate at around 350-400 years old. Despite this grand age it's a mere teenager compared to one of **Sizergh's** ancient yew trees in Holeslack Wood, which is estimated to be over 1,800 years old.

Towering in at 40 metres high, the country's tallest tree is a Scots pine at **Cragside**.

If you want to extend your adventure you can now sleep in a woodland canopy in new tree tents at Low Wray Campsite.

Under Northern Skies

Wordsworth House and Garden
16 September to 3 November



©National Trust Images/Adam Hines

A group of teenage curators have taken over the exhibition space and historic furnished rooms of Wordsworth House and Garden, the childhood home of a certain local nature poet, to share their hopes and fears for the natural environment.

Taking their cue from Wordsworth's role in motivating the founders of the National Trust and the global conservation movement, the young people have created 'Under Northern Skies'.

This new exhibition highlights the ways in which we humans are damaging the world around us.

See installations the teenagers have made from plastic gathered at local beach cleans. They'll be shown alongside original illustrations by artist Gustave Doré for *The Rime of the Ancient Mariner*, written by Wordsworth's friend and fellow Romantic poet Samuel Taylor Coleridge.

The poem, believed to be one of the first ever to shine a literary light on environmental concerns, includes the plight of the albatross. Alongside the installations and artwork are taxidermy examples of rare and endangered birds and animals, among them a full-sized albatross.

nationaltrust.org.uk/wordsworth-house

Five minutes with Father Christmas

Father Christmas will soon be checking his list and getting his reindeer ready. Before the hard work starts, we caught up over a mince pie to get the low-down from the man himself.

Name:
Father Christmas

Profession:
Delivery service, sleigh pilot, and mince pie muncher

Age:
1,749 years young



Quarry Bank

©National Trust Images/John Mann

What do you love about Christmas at the National Trust?

It's like travelling back in time and remembering what Christmas was like all those years ago and it's great to see people making new memories together. I always look forward to the traditional decorations at **Lyme**, tucking into a Christmas lunch at **Sizergh** and having a sing-a-long with carols at **Speke Hall**. I make sure there's time on my visits to stop by the tea-room for a scone, but it's got to be jam first and then cream.

©National Trust Images/Paul Harris



What's the best way to spot you on Christmas Eve?

Well, you do need to be asleep on Christmas Eve so the magic can happen. There are plenty of places to see me ahead of the big day though including **Quarry Bank**, **Lyme**, **Speke**, **Rufford Old Hall**, **Sizergh**, and new for 2019, **Little Moreton Hall**. Don't forget your wish list and enough room in your tummy for a treat in the café afterwards.



Dunham Massey

What's your favourite Christmas carol?

Rudolph the Red Nosed Reindeer is my ringtone, but I like to sing-along to all carols. I'll often take a night off from list-checking with Mrs Claus to enjoy carol singing at **Lyme**, in disguise of course.

Speaking of Rudolph, do the reindeer get a break on Christmas Eve?

All that flying on Christmas Eve certainly does tire them out and sometimes I do need to borrow a deer or two from **Dunham Massey** or a flock of sheep from the Lake District when they need a break. It's easy for me to spot **Dunham Massey** from the sky for a pit-stop because of all the twinkly lights. I just sprinkle a bit of flying dust on the deer and off we go.

To be in with a chance of chatting to Father Christmas yourself see What's on or visit the website.

nationaltrust.org.uk

News round-up

British Textile Biennial at Gawthorpe Hall



©Michael Pollard

3 October-3 November, Wednesday-Sunday

The Gawthorpe Textiles Collection is one of the finest in Europe. This autumn contemporary textile artworks will join the display. Part of the inaugural British Textile Biennial, the works explore new perspectives on cultural heritage and migration. In the Great Barn see Alice Kettle's 'Thread Bearing Witness' – three monumental textile pieces exploring the refugee experience across land, sea and sky, capturing their stories in beautifully embroidered threads. 'Strands of Place and Time' by five contemporary artists' will also be on display, along with a community Yarn Bombing installation by local refugees and asylum seekers.

nationaltrust.org.uk/gawthorpe-hall

Christmas at Dunham Massey



©National Trust Images/Mike King

Following last year's sell-out event, Christmas at **Dunham Massey** is back for a third year. Get wrapped up and follow the magical, after-dark trail as it winds through a mile of festive illuminations, twinkling tunnels and a scented fire garden. This year's event promises to have even more sparkle with gigantic flowers, festive projections and trees lit up like fizzing fireworks. Time slots are starting to book up, so be quick. And don't forget, as a member you'll receive free parking.

nationaltrust.org.uk/dunham-massey

Under the bed covers at Sizergh



©National Trust Images/Steven Barber

As the cold nights close in, there's something cosy and warm in the Tower Basement at **Sizergh**. King James II's 17th-century bedspread was gifted to Sir Thomas and Winifred Strickland as a thank you for accompanying him into exile in 1688. The Goan bedspread is made from satin, with gold thread stitched into an intricate design of mythical creatures. Don't miss your chance to see it before it's safely wrapped up and put away again when the exhibition ends on 27 October.

On the move

As autumn moves in, many animals across the North are seeking out new places to live. We look after habitats to suit even the most discerning of house hunters. Read on for a roundup of some of the best natural autumn and winter homes across the North...

Commuter convenience

The river network across the Lake District takes the hassle out of commuting for different types of fish, all the while enjoying the privilege of living in a World Heritage Site. The River Kent is a popular commuter route for salmon, ideally located for leaping out and spotting a glimpse of **Sizergh** as it winds its way upstream.

Bird-watching's one thing but have you tried fish watching? Spot salmon leaping up river during autumn as they return to their breeding grounds to spawn.



© National Trust Images/Paul Harris

© National Trust Images/Neilman Scott

Seaside living

Grey seals will feel at home in the island community of the Farnes. Craggy boltholes boast sought-after views across to Northumberland's coastal castles and Holy Island. An onsite crèche is popular, with over 2,700 pups born here last year.

Learn more about the residents of the Farnes at Marine week, from 26 October – 3 November, where you can join our rangers for talks, show and tell, and learn more about marine plastics.



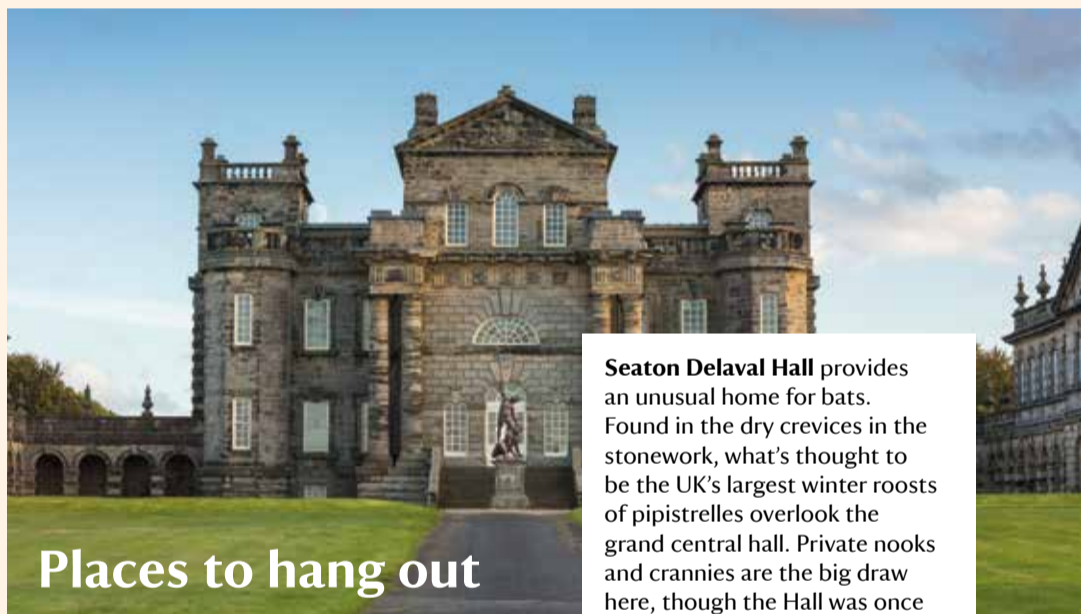
© National Trust Images/Chris Lacey

Woodland retreats



Red squirrels at Formby get the best of both worlds with homes among the pine forest, naturally full of all the berries and seeds they could possibly need and unrivalled access to the popular beach right on the doorstep. Over at **Wallington** they can enjoy ranger-assisted living with catering and security provided by concierge Glen, all within the appealing setting of Wallington's West Wood.

Join us at Wallington for Red Squirrel Month this September with talks, walks and activities to enjoy.



© National Trust Images/James Dobson

Places to hang out

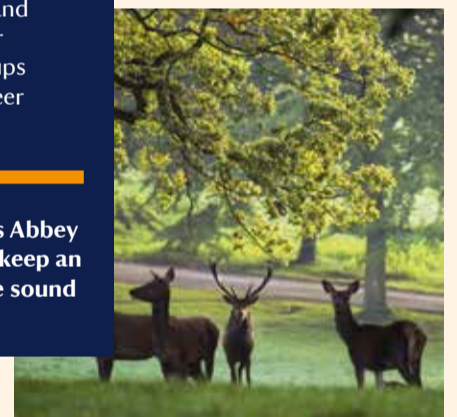
Seaton Delaval Hall provides an unusual home for bats. Found in the dry crevices in the stonework, what's thought to be the UK's largest winter roosts of pipistrelles overlook the grand central hall. Private nooks and crannies are the big draw here, though the Hall was once notorious for lavish parties.

Find out how we're breathing life back into Seaton Delaval Hall and looking after the bats, on your next visit.

Country life

Set on a generous plot, the deer park at **Fountains Abbey and Studley Royal** is a thriving community of red, fallow and sika deer. There are regular opportunities to spot groups of visitors taking part in deer feeding walks.

Stay onsite at a Fountains Abbey cottage this autumn and keep an ear out for the impressive sound of the deer rut.



© National Trust Images/Paul Harris

Winter time share

Meanwhile on the Mersey shoreline birds are flocking to **Speke's** coastal reserve to take up their winter residences. This taste of coastal living at the edge of the city is a draw for godwits, teal, plover and more, with **Speke Hall's** eye catching black-and-white exteriors and woodland walks right on the doorstep making this an attractive proposition.

Take an easy walk around the Coastal Reserve Trail at Speke for views to the Wirral and North Wales, and look out for wildlife enjoying the estuary on your way round.



Plover in flight

© National Trust Images/Dougie Holden

© National Trust Images/Dougie Holden



Rural retreat

For hedgehogs that have been through a difficult time, the loving care provided by the gardeners at **Rufford Old Hall** is exactly what's needed.

After all that good home cooking has had the desired effect and the scales are tipping in the right direction, it's time to venture into the woods and set up cosy new homes in the grounds.

Enjoy the blazing reds of autumn at Rufford (the hedgehogs have the right idea) and then treat yourself to a warm, homemade scone in the tea-room too.

For alternative formats, please call us on 01539 435599 or email NW.CustomerEnquiries@nationaltrust.org.uk



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