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.

Urban escape
At Speke Hall, near Liverpool, replace the grey pavements of the city, the soarking 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! Air 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.

Urban escape
At Speke Hall, near Liverpool, replace the grey pavements of the city, the soarking 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.

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!

Kaleidoscopes of colour
As you stroll through the woodland at Quarry Bank look for flashes of brilliant blue amongst the red, brown 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.

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.

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!

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

facebook.com/NTNorthWest
facebook.com/NTLakeDistrict
@NTLakeDistrict
nationaltrust.org.uk/north-west
nationaltrust.org.uk/the-lakes

News and events for autumn and winter 2019
North West
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.

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’s take on the popular bread and butter pudding.

Lyme has its own nursery plot, where a dedicated team of gardener-volunteers grow fruit and veg for the café and restaurant. And, it’s anything but over, it’s years to buy.

Find out more: meet the team at the nursery plot open day on 25 October.

At Acorn Bank, the spotlight is on the traditional orchard, where no less than 175 varieties of apple grow. Some are used in the roasting room with flour rolled by volunteers in Acorn Bank’s working bakery.

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

Don’t miss:
- Look out for this chestnut, hazel and chocolate Pavlova inspired by Costa Novembre’s visit to Versailles in the 18th century. The recipe is in the new National Trust cookbook, Comfort Food, so you can recreate the taste at home.
- If you want to extend your adventure you can nose in a woodcutter’s cabin in new tree tents at Low Wray Campsite.

Under Northern Skies

Autumn/Winter 2019

Wordsworth House and Garden

16 September to 3 November

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 epitaph: “Regretting the motives 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 are focusing on addressing the issues facing the natural world.

See installations the teenagers have made from plastic gathered at local beach cleans. They’ll be shown alongside original illustrations by artist Ganzea Durre for ‘The Arborist’s Memoir’, written by Wordsworth’s friend and fellow Romantic poet Samuel Taylor Coleridge.

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

What’s your favourite Christmas card?

Wordsworth’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago. The drawing is one of the first ever to shine a literary light on environmental concerns, including the plight of the albatross. It’s a particularly poignant image when you consider Coleridge’s own history of ill health and the pressures of life in the early 19th century. Coleridge’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago.

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

What’s your favourite Christmas card?

Wordsworth’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago. The drawing is one of the first ever to shine a literary light on environmental concerns, including the plight of the albatross. It’s a particularly poignant image when you consider Coleridge’s own history of ill health and the pressures of life in the early 19th century. Coleridge’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago.

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

What’s your favourite Christmas card?

Wordsworth’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago. The drawing is one of the first ever to shine a literary light on environmental concerns, including the plight of the albatross. It’s a particularly poignant image when you consider Coleridge’s own history of ill health and the pressures of life in the early 19th century. Coleridge’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago.

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

What’s your favourite Christmas card?

Wordsworth’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago. The drawing is one of the first ever to shine a literary light on environmental concerns, including the plight of the albatross. It’s a particularly poignant image when you consider Coleridge’s own history of ill health and the pressures of life in the early 19th century. Coleridge’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago.

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

What’s your favourite Christmas card?

Wordsworth’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago. The drawing is one of the first ever to shine a literary light on environmental concerns, including the plight of the albatross. It’s a particularly poignant image when you consider Coleridge’s own history of ill health and the pressures of life in the early 19th century. Coleridge’s friend and fellow Romantic poet, Samuel Taylor Coleridge, sketched this image of the Red-Nosed Reindeer – Rudolph – many years ago.

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

Places to hang out

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.

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

Winter time share

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.

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 Eden, 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.

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.

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 all the latest news, events and ideas from across the North West, sign up for updates delivered direct to your inbox at nationaltrust.org.uk/mynationaltrust

For the latest news, events and ideas from across the North West, sign up for updates delivered direct to your inbox at nationaltrust.org.uk/mynationaltrust

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

©National Trust Images/Dougie Holden