VOICE OF THE MOORS

NYMA – PROTECTING THE NORTH YORKSHIRE MOORS FOR PRESENT AND FUTURE GENERATIONS

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Cover: Late autumn skies at Lockwood Reservoir (©Mel Ullswater)

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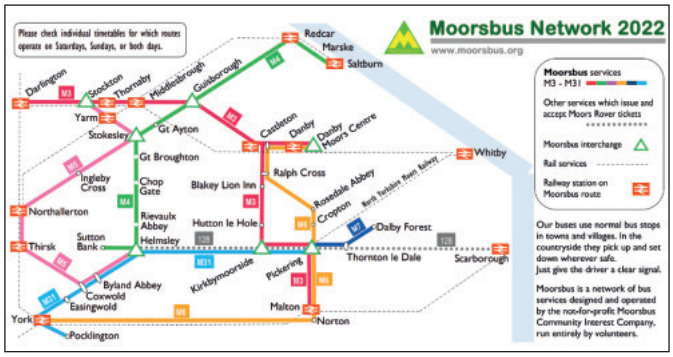
CHAIR'S FOREWORD

THE SUTTON BANK VISITOR CENTRE has, in my estimation, Britain's finest bus shelter. Regrettably, this serves only two buses a week, and those are in summer only. On the first Saturday in August the 11.15 arrival was encouragingly full, the driver welcoming and cheerful, the weather temperate and kindly. The party of walkers that disembarked were set fair to walk back the six miles or so to Helmsley, where they would catch the later bus to take them home. This was Moorsbus route M4, courtesy of the Moorsbus charity working through bus company Arriva North East.

The walkers from the bus were NYMA members and guests, among them some of the most committed to the national park cause and, of course, to the pleasures of the great outdoors. No need here for special pleading for the benefits of fresh air, landscape and exercise. Nor with many of the others at Sutton Bank that day: cyclists fettling their bikes, walkers changing into boots, all of whom had a car in the carpark. At around the same time, another Moorsbus journey was being made by a National Park Voluntary Ranger, who took it to the start of his patrol at Rosedale Abbey and then back home from the Lion Inn, on Blakey Ridge, after a meandering route on foot up Northdale and across Rosedale via Dale Head Farm. The common denominator was the effort all had put into getting there, all but a few powered by fossil fuels, plus their own determination to have a good day out.

WHAT WOULD MAKE THIS BETTER?

Many of those using the countryside for leisure are already committed environmentalists, or somewhat more modest about giving themselves such a label. They know about the damage of fossil fuels. The trouble is they are locked into a system that offers no viable alternatives. The M4 route is one of the few exceptions. It's worth spelling out that it runs Saturdays, Sundays and Bank Holidays during July, August and September (2022 season), and departs Redcar at 09:17 to the Sutton Bank Visitor Centre via Guisborough, Stokesley and Helmsley. There is one outward journey and one return.



The other five Moorsbus routes can be seen on their rather magnificent route map. Other routes shown also accept Moors Rover tickets (for day-long outings), and connect with Moorsbus services. This is the East Yorkshire route 128, which runs from Scarborough to Helmsley via Pickering and Kirkbymoorside. It is currently threatened yet again with service reductions as Covid subsidies are withdrawn. Yet this is one of the few bus routes serving the National Park that has anything close to a decent year-round regular service pattern. The others are listed on the North York Moors National Park website (https://www.northyorkmoors.org.uk/visiting/travel-and information/getting-around). As objectors are constantly pointing out, as soon as

Photo © Adrian Leaman

Walkers and Moorsbus at Sutton Bank

service frequencies drop down to 2 hours or become irregular or unpredictable, the passenger base soon drops away, and the route withers.

East Yorkshire 128 covers the closed 'Forge Valley' rail route that ran east-west between Scarborough and Pickering, but not through Forge Valley itself. Incredibly, the original proposal for this line was to connect Scarborough with Whitby running north-south along Forge Valley (now a National Nature Reserve) and then presumably via the alignment of the Scalby Sea Cut, brainchild of 19th-century aviation pioneer Sir George Cayley, on the yet-to-be-built line to Whitby. Bonkers!

POLICY RESPONSES TO PLANNING APPLICATIONS

The hollowing out of bus routes is just one part of the ongoing reduction of public services in England (less so in other parts of the UK). This is of huge concern to NYMA and its supporters. But so are several other matters which seem to get more serious by the day. Recently, I tried to summarise in one sentence NYMA's policy stance so that we could bring some kind of coherence to our responses to planning applications. It came out like this:

"We want more emphasis on aesthetically-appropriate affordable homes, better access opportunities for those who do not have cars, improved biodiversity especially in areas of lower agricultural quality, a much more rigorous focus on energy and water monitoring, achievable targets for flood and wildfire mitigation, an approach which does not compromise local employment opportunities, better funding for basic infrastructure repair and management, and greater concern for the public interest rather than private profit."

That doesn't even include other worries which involve a lot of time and effort to unravel. High on my own list is calling out dubious claims about sustainability made by those who try and justify their activities through, for example, carbon offsetting. Then there is the murky world of assessment methods supposedly measuring 'natural capital'. We'll hear a lot more about that in the future.

Recently I've been trying to fill in some of the gaps in my own knowledge, such as ways of regenerating biodiversity, which always sounds like a great idea until you start thinking about context and consequences. Try reading Lee Schofield's 'Wild Fell: Fighting for Nature on a Lake District Hill Farm', an account of a decade of land management in a protected area (in this instance Haweswater) by an RSPB naturalist. The book is excellent on the practicalities of rewilding, especially the human factor of working with other land-managers. Not so straightforward as it sounds, as with so many of these topics.

As I write this, the long dry spell which has afflicted the Moors along with most other parts of the UK looks to be coming to an end, with thunderstorms and heavy downpours. It will be some time however until our peat-bogs, ponds and rivers are back to their normal levels and restored to health, and most of us will have abiding memories of the dried-out Moors' vegetation at the end of summer. The photograph of Captain Cook's Monument in drought conditions is an apt illustration.

ADRIAN LEAMAN

Captain Cook's Monument in August 2022

Photo © Tim & Jane Dunn

IF YOU LOVE the Moors and you support the work of NYMA, please consider making a gift to the Association in your will. It's through the subscriptions and generosity of our members that we can continue to support the national park and make projects such as the Battle of Byland Memorial happen.

'SUNSHINE ON CLOUDY DAYS'

Autumn at the Bridestones, Dalby Forest

I AM SURE we have all had quite enough of hearing about the ills of society, especially as we know there are many more challenges to come. Amidst the gloom we might fear that the environment will slide into the long grass in the face of other priorities.

Strikingly, it seems that this is not the case.

Talking recently with senior officers of Natural England, it was reassuring to learn that a groundswell is emerging in large measure, not from the formal projects of established organisations, but from small groups and individuals who, often unsung, are committed to turning their hands to doing something about it in their local areas. Perhaps this randomness may prove to be the greatest strength in our cause, by not depending on someone's master plan.

While it is hard for the millions who enjoy the splendour of our national parks to make an impact directly, participating in 'nature build back' at home, whether in the garden, a town, city or wider area can ultimately benefit the Parks by underpinning the advocacy of NYMA and its sister organisations.

Here's why, and I roll this out regularly. I have never forgotten a perceptive statement which encouraged us to see that 'politicians are not leaders, but followers; they try to see which way the parade is going and then get out in front of it'.

So that is our challenge and opportunity. Whoever we are, whatever we do, however small or large our contribution, we must tell our decision-makers so that they can be in no doubt that 'you think this matters' and that they are expected to take a lead for it too.

By our individual actions for the environment, we are fostering a climate of opinion upon which the demands to protect and support out finest landscapes and wildlife can readily piggy-back. To demonstrate that there is substance behind my optimism, here are a few examples to emphasise the point.

Throughout the country gardeners are turning over areas to wildlife, and 'No Mow May' has caught the imagination: simple, easily achieved and very effective.

In the small market town where I live - Harleston in South Norfolk - its Swift Action programme, backed by funds from the District Council, is nationally acclaimed for its high degree of educational value and social inclusion, and with some 150 new nest-boxes has brought about a dramatic benefit to the town's swift population.

Now the Town Council has resolved to treat the whole parish as a Nature Recovery Area through its emerging Neighbourhood Plan. This formal umbrella plan enables anyone - gardeners, schools, developers, farmers - to join in a non-bureaucratic common cause for whatever they choose to do to benefit the environment and community.

In York, the Trustees of a large sheltered housing complex are undertaking an environmental overhaul by establishing large areas of hay-meadows from their extensive lawns. Additionally, upgrading all the external lighting for the residences will see more than 100 fittings replaced by fully shrouded, downward pointing LED units to minimise energy wastage and greatly reduce light pollution. And they hope to have a swift nest-box project too.

Elsewhere in York, St Nick's community environmental charity is establishing York Wildlife Corridors as part of the Green Recovery network initiative and helping with conservation management tasks. Their work brings a sharp focus to the importance of green space for wildlife and everyone's wellbeing.

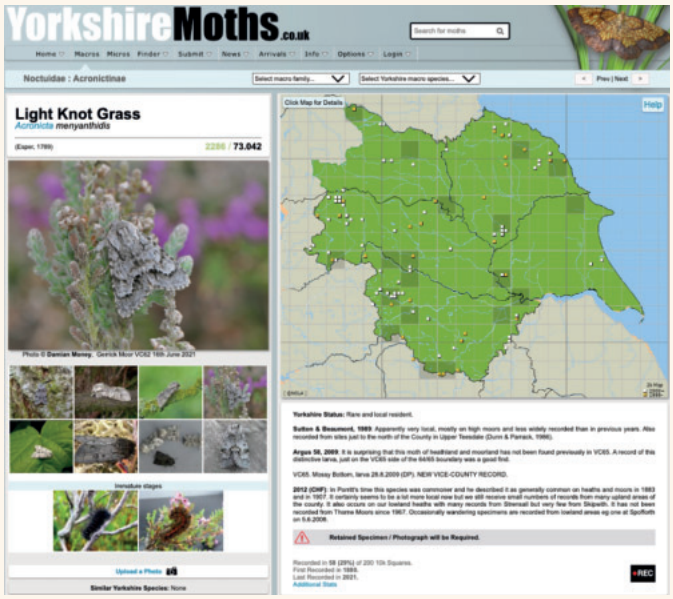
These are early days, but it is clear that locally focussed endeavours are just what is required if beneficial environmental change is to become a widespread and enduring reality. And, most importantly, each easily could be - and are being - replicated throughout the country, including within the National Parks. These practical works are 'a parade', if you like, which decision-makers can be encouraged to get out and stay in front of.

So often I hear Sir David Attenborough say at the end of a television programme, 'It is up to each one of us'. And he is absolutely right to keep repeating that message. But each time, I can equally sense viewers thinking, when faced by the enormity of the challenge ... 'chance would be a fine thing ... how can I make much of a difference?'

Well, the public's response to Sir David's challenge is finally gathering momentum. There have been false dawns before. However, this time it feels very different, regardless of the 'gloomy skies'. I hope I am right. Now let's keep the ball rolling, bringing many rays of sunshine everywhere to cloudy days.

IAN CARSTAIRS

YORKSHIRE MOTH ATLAS GOES LIVE!



Atlas page

DID YOU KNOW that 1,788 moth species have been recorded in Yorkshire as a whole? If you have an interest in moths, then you'll be pleased to know that the Yorkshire Moth Atlas has just been launched: it can be found at: https://yorkshiremoths.co.uk/

The Atlas has information on all the moths that occur or once occurred in Yorkshire, with distribution maps, photographs, descriptions, flight graphs, latest records and more: all the information needed to identify a specific moth you may have found.

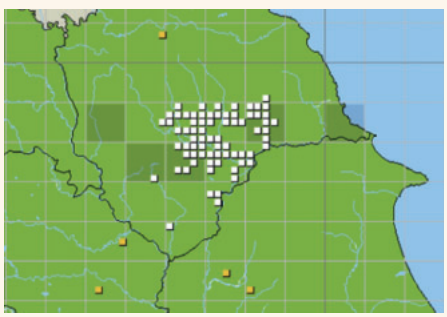
The Atlas contains over 3.3 million records of 671 species of macro-moth and 1,117 species of micro-moth, with over 5,000 photographs.

The North York Moors National Park has a number of species of moth which are quite localized to this area of Yorkshire. These include the Small Eggar, Pale Eggar, Barred Carpet, Angle-striped Sallow, Blomer's Rivulet and Light Knot Grass, all easily found in the Atlas by searching for the common name. You may recall that the Small Eggar was described in 'Voice' in Autumn 2021 by Sam Newton. It has been historically lost from much of its range and the North York Moors are now one of its strongholds.

You can also find some of Britain's most stunning moths in the Moors, for example the pink and green Elephant Hawk-moth; it is widespread, and appears in habitats where Rosebay and other willowherbs are present.

Photo © Sam Newton

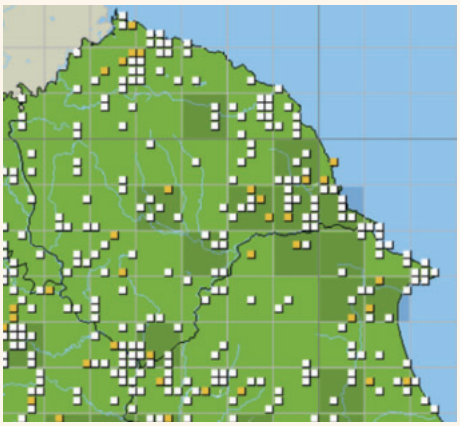
Small Eggar



Small Eggar distribution map

Photo © Martin Partridge

Elephant Hawkmoth



Elephant Hawkmoth distribution map

While the website should be easy to navigate, there will be ongoing work to update the text. The recording feature is aimed at the casual observer, rather than those recording moths on a regular basis, and the plan is to refresh the data every six months with the main update being once year-end records have been verified. If you record moths in Yorkshire, please send us your records and put your own dots on the maps!

Remember there is also a Yorkshire Butterfly Atlas which can be found at https://yorkshirebutterflyatlas.org.uk/

MARTIN PARTRIDGE

The Atlas website was made possible by funding provided through the Yorkshire Naturalists' Union Grant Scheme, and we thank them enormously for supporting this project.

DOING THE RIGHT THING

Photo © Adrian Leaman

Gardener's Cottage

GIVEN the increasing urgency to get real about saving energy, here we share our experiences with two examples of traditional buildings within or on the fringes of the North York Moors National Park. In both cases the aim was to do the right thing to achieve 'responsible retrofit': that is, update older buildings to modern standards without wrecking them. These are some of the things we have learned.

GARDENER'S COTTAGE

'Gardener's Cottage' was originally a two-up two-down cottage in the Arts and Crafts style from 1925, built as a dwelling for an estate gardener. The retrofit was carried out between 2009 and 2011 in stages governed by the availability of the owner-occupier's funds. The core of the original cottage was retained, with two new rooms added at one end, one above the other, and the dayroom area extended at the back. The building is part-shaded in mixed woodland - planted by the original tenant in the 1920s and sited at the top of a steep bank leading down to a beck. Site and aesthetic constraints meant that most of the supposed energy-saving technologies - ground and air source heat, photovoltaic roof panels, for instance - were ruled out. The exception was a small south-facing solar hot-water panel on the steep roof. Emphasis was on the most practical means of achieving economy and comfort, which effectively meant basic insulation and new double-glazed timber windows throughout.

Maintenance costs also needed to be considered, so builders and architects were sought who really understood how older buildings worked. The list of requirements included minimising drafts without compromising natural ventilation; cool and warm refuges to cope with summer and winter extremes; interior walls left as they were (that is, no open plan); sensible alternative power sources in the event of power cuts; and no minimalism, more like the opposite, a comfortable, welcoming home.

Then this from Building Design online in 2022. "The aim from now on must be to design buildings that need minimal heating or cooling in the first place, and then to allow occupants to use low tech, low energy person-centric solutions for comfort to be used like local fans or heaters. This must come before even considering expensive whole building solutions. A critical feature of such thermally resilient buildings is that they contain a range of different micro-climates, usually warmer facing the sun and cooler facing away from it. Buildings from now on should contain at least one cool and one hot climate refuge."

Basically, that's what Gardener's Cottage achieved ten years ago for the most part. What was missed? The front and rear doors were not insulated, so the 'Beast from the East' in February 2018 managed to get through first lines of defence. Extractor fans were kept to a minimum but there was no non-return flap on the bathroom fan, so easterly winds caused draughts in winter. Jackdaws nested in the chimney, so an anti-corvid cowling was added. Insulation was included wherever it was practical and affordable, including the cavity wall gap which must have been innovative in the 1925-vintage house. A water meter was installed. Heating from gas and electricity was augmented by a 4kW woodburner using well-dried ash logs sourced from the large woodland garden. 'Economy 7' overnight electricity discounts were available. A single solar hot-water panel was installed. All lighting was changed to the lowest wattage available. There were no magic bullets. But there is a fighting chance of surviving ridiculous energy price hikes.

THE OLD FARMHOUSE

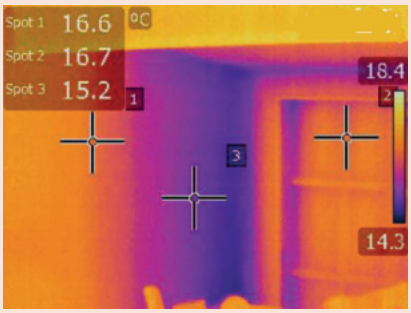
The 'Old Farmhouse' is stone-built of 18th-century vintage with vernacular features such as horizontal sliding sashes typical of the Moors and other parts of Yorkshire. It was refurbished in early 2019 with a package of measures also used on other estate dwellings. These included 'passive' - double-glazed windows, loft insulation, internal wall and floor insulation - and 'active' technologies, such as air-source heat pumps, supplying hot water to underfloor heating on the ground and radiators on the first floor, and photovoltaic panels which were put on the south-facing roof (which fortunately could not be seen from the road). The Energy Performance Certificate rating based on these and other features came in at A98, which the assessor said was the highest he had known! The only recommendation was to add a wind turbine, but this was felt to be inappropriate. The heat pump also supplies hot tap water, and there are back-up immersion heaters, to which controllers also transfer any surplus photovoltaic electricity.

The Old Farmhouse

Photo © Bill Bordass

The estate landlords were keen to obtain an independent assessment of whether their measures were appropriate for this modest traditional building, having been prompted by a presentation on Responsible Retrofit by Nigel Griffiths of the Sustainable Traditional Buildings Alliance (STBA) during a webinar organised by NYMA in January 2022. Energy specialist Bill Bordass generously agreed to carry out a short site visit.

Did they do the right thing? For the main part, yes. No substantial changes have been necessary. And the result is a comfortable and usable home.



Thermal image of cold window reveal at The Old Farmhouse

The crucial internal wall insulation, which has an air gap between the solid external walls and the insulation itself, has avoided creating moisture and rot problems.

Windows, apart from the main facade, are UPVC, and have not severely compromised the overall appearance of the original sash windows, at least when shut. Other possibilities for windows, all more expensive than UPVC and not as good for energy conservation, are internal secondary glazing, aluminium-clad timber windows, and timber windows made of high rot-resistant material. But the UPVC windows were only installed in elevations not facing the road (for aesthetic reasons – the house is not listed). Thermal images from a special camera showed that there was noticeable heat loss at the window reveals, the places where the windows were fixed to the walls (see image). The reveal to the left (deep blue) is particularly cold and the one at the top less so, perhaps indicating a timber lintel. With higher density occupation that might have led to condensation and mould. Suggestions were made for how these too could be better insulated.

The occupiers said that heat is retained well, but they needed help from the installers to understand the controls. The heat pump is programmed for short periods only - half an hour in the morning and an hour in the evening, with the result that the heating is adequate rather than toasty warm. The wood stove is used intermittently.

Ventilation is natural with openable windows and 'trickle' vents within the window frames, which can be opened when the windows are otherwise closed, plus local extractor fans in the kitchen and bathroom to help remove moisture at source. In spite of the potential vulnerability of some uninsulated window reveals, no mould or condensation was observed.

WHAT LESSONS HAVE BEEN LEARNED?

If the objective had been solely very low or zero energy consumption, then both our case study buildings would have had to be demolished, and a fresh start made. But, of course, there are historical, cultural and sustainability considerations which stop this happening. It takes a long time to recover the upfront energy, carbon and pollution embodied in demolish-and-rebuild, which should be an option of last resort.

There is a growing trend to make buildings more airtight, with better control of ventilation. Continuously-running mechanical extraction systems have heat recovery from the indoor air, but this can be difficult to achieve cost-effectively in many traditional buildings. So informed retrofit was the only viable way forward. In both cases the 'core' of the original building survived and will be good for many more decades of use.

Both retrofits have avoided, so far, the curse of exposed locations in cold, wet/warm climates like the UK: condensation, moisture, damp and mould with all their damaging side-effects, especially for human health.

At Gardener's Cottage the decision not to knock down any internal walls not only preserves the intentions of the original design, but makes it possible to create warm and cool refuges which cope with the excesses of the coldest winters and the hottest summers. Informal observation of indoor temperatures has shown that in the coldest winter periods when outdoor temperatures fell to minus 14°C, indoor overnight temperatures in the warm refuge dayroom area never fell below 17°C, with the heating off overnight. Similarly, the cool refuge never went over 24°C when outdoor temperatures were in the mid 30s. This in a building which has no mechanical ventilation, except three small extractor fans in bathroom and toilets.

Both our cases still have energy costs, although without detailed data it is impossible to provide before-and-after conclusions. At Gardener's Cottage the monthly average costs for gas and electricity together average £250, with additional low-cost contributions from the woodburner and the solar hot-water panel. The Old Farmhouse has lower monthly outgoings for electricity - £200 - before the 2022 price hikes (there is no mains gas), augmented by electricity from the photovoltaic panels.

WOODBURNERS – TO USE OR NOT TO USE?

There is increasing national concern about woodburning stoves contributing to pollution. Our understanding is that the problem is made much worse when logs are wet and burned at too low a temperature. Wood is a significant resource in the North York Moors, and it is difficult for the cost-conscious to resist using logs in rural areas, especially when other cost pressures set in. Both our case-study buildings have woodburners (6kW and 4kW), and it is likely that occupants will use them more in future.

Heat pumps are now in vogue in the UK. The air-to-water source installation at the Old Farmhouse provides heated water for the underfloor heating on the ground floor, and radiators on the first floor (which are rarely used as the heat from the ground floor permeates up through the whole house). Heat pumps were not used at Gardener's Cottage, partly because the ground floor would have had to be levelled to accommodate the underfloor heating, which would have raised the floor thereby creating a trip hazard at the bottom of the original staircase. At the time there was also concern about the ready availability of maintenance skills and the high initial cost of heat pumps.

We have shown here that it is possible to meet the challenges of the energy crisis without adversely affecting the appearance of those dwellings that make such an important contribution to the character of the national park landscape. The key is Responsible Retrofit.

ADRIAN LEAMAN AND GEORGE WINN-DARLEY
With thanks to Bill Bordass for additional material

Names of the buildings have been changed to protect residents' anonymity.

Sustainable Traditional Buildings Alliance (STBA): https://stbauk.org

Responsible Retrofit: Presentation by Nigel Griffiths. https://www.youtube.com/watch?v=8E117SoacWU

The STBA Green Wheel helps navigate the risks and opportunities involved: https://responsible-retrofit.org/greenwheel/

MICHAELMAS IN THE MOORS

SEPTEMBER 29th is Michaelmas, St Michael's Day, or the Feast of Michael and All Angels, one of the four 'quarter days'. The others are Lady Day (March 25th) and the much better-known Midsummer's Day and of course Christmas.

St Michael is thought to be associated with autumn, as days grow shorter and the weather cooler, because as the mighty Archangel who hurled the rebel angel Lucifer down from heaven to earth, his protection would also help mortals withstand the forces of night during the darker months.

Most people have heard that 'the devil spits on the blackberries in October', meaning the fruit is no longer fit for eating. The story goes that when Satan fell to earth he landed in a thicket of brambles - and was so annoyed that he cursed and spat on the fruits. By the end of September blackberries are likely to be less juicy and tasty, so the legend may well have arisen to fit the facts. But as the legend pre-dates the introduction of the Gregorian calendar in 1751, which 'excised' 11 days from September in 1752, you should be safe until 10 October - the date of 'Old Michaelmas'!

In the past, agricultural life revolved around the quarter days. By Michaelmas, the harvest would be over and a new farming cycle begun. Sheep were brought down from the uplands to over-winter in more sheltered pastures, and ewes were put to the tup, in time for lambs to be born in spring. Servants and labourers were hired at hiring fairs, which often became major festivals in their own right; leases were commenced and rents became due. Even now, rents on agricultural land are often still due on quarter days, and echoes of the hiring fairs and of Old Michaelmas persist: in Yorkshire, the major event of Hull Fair takes place for ten days around October 11th. In 1752 an enraged mob charged around Hull because they thought that cutting the days from the calendar would shorten the festivities, until reassured that they would go ahead as normal.

The custom of eating a fattened goose at Michaelmas has strong roots in the agricultural year. After the crops had been harvested geese were allowed to feed on the fallen grains amongst the stubble, so by the end of September they were at their fattest, ready for slaughter or for sale; they might be driven to big goose-fairs in towns such as Bedale and Hull. As the quarter day was the time to settle debts and pay rents, it was common practice to offer a goose as part of the payment.

An old Yorkshire tradition forecast weather for the winter ahead from the condition of the goose-meat when it was carved: "If the goose breast at Michaelmas be dour and dull, we'll have a sour winter from the start to the full". No doubt the cooks felt under pressure to produce a bird that was far from 'dour and dull'!

JANET COCHRANE

The engraving is entitled 'Besieged at Michaelmas' and comes from 'The Graphic', published on September 30th, 1871. 'The Graphic' was a weekly newspaper set up to rival the Illustrated London News. It appeared from 1869 to 1932 and prided itself on the quality of its art, especially engravings, often produced by well-known artists of the day. This one is by William III Bromley, whose scenes of everyday life were regularly shown at the Royal Academy and still fetch high prices today.

NYMA WINTER SOCIALS: We're arranging a series of online get-togethers over the next few months to explore NYMA members' interests and give people a chance to get to know each other. Each session will have a NYMA member as a guest speaker. Held on the first Tuesday of each month at 7pm, the first guest will be NYMA President Ian Carstairs, OBE, who will talk on the theme of 'Nature Recovery' (November 1st). Next comes musician and entrepreneur Jamie Walton, who runs the annual North York Moors Chamber Music Festival (December 6th). Early in the New Year we'll hear from 'Voice of the Moors' editor Janet Cochrane about the joys and challenges of horse-riding in the Moors.

In each case, there will be plenty of opportunity for asking questions and chatting. We'll circulate more details by email, so if we haven't got your email address yet, do please send it to secretary@nyma.org.uk or update your member details on membermojo.co.uk/nyma.

HOW DO BIRDS COPE WITH DROUGHT?

Golden plover on the Moors

I'M SURE I don't need to set the scene: we are all only too aware of the recent record temperatures and the summer's drought. But what effect is this likely to have on the birds around us?

First, the lack of moisture and hot temperatures considerably decrease the insect population as they seek shelter and fly less, thus being less accessible to birds. Invertebrates provide essential nourishment for the vast majority of terrestrial birds, especially for feeding to their young, and their absence will slow the growth of nestlings and can prove fatal.

Drought has made the heather moorlands tinder-dry, the peat soils that underlie them are potentially a huge fuel source, and deeply burnt moorland can take decades to recover. Rare birds like the Hen Harrier, Merlin and Dunlin are vulnerable to losing their nests and their habitats, while wetland birds such as Golden Plover, Dunlin and Snipe - all in decline - are particularly vulnerable to drought as they need moist soils and water-filled pools and ditches to breed and feed their young, and will be struggling to find food enough even for themselves.

Lack of water in farmland has also been implicated in the sharp decline of once common birds like the Song Thrush, Tree Sparrow and Yellow Wagtail. These species also need moist soils and rich insect life to feed their chicks. Many of the small, wet areas which used to abound on and around farms have disappeared in recent years.

LACK OF WATER LEADS TO DESPERATE MEASURES

The combination of drought and heatwaves can push birds to their physiological limits, leading to lethal dehydration. Thirsty birds will congregate at dwindling water spots, which become ripe for the spread of disease as well as hot-spots for predators. The British Trust for Ornithology (BTO) has warned that some of our best-loved birds are struggling as they try to raise their second broods. They need regular summer rainfall to create the damp conditions that bring earthworms and other soil-dwelling invertebrates to the surface, while droughts mean that worms stay down in the damper earth, so birds cannot catch enough to feed themselves or their chicks. This can lead to desperate measures: during the very dry spring and summer of 2011, hungry Blackbirds were reported to have resorted to cannibalism, feeding on their own offspring.

Caterpillars are also a prime food source, but while hot and sunny days may be better than wet and rainy ones for adult butterflies as they fly from plant to plant to lay their eggs, they are bad news for caterpillars, which need plenty of moist foliage on their host plants if they are to feed and grow. A recent study showed that in the years following prolonged summer droughts, when plants die off early because of the heat, butterfly populations tend to fall.

Trees and shrubs too save energy just to survive the drought. They don't produce as much or maybe any fruit, so food such as seeds, nuts, and berries will also be scarcer, storing up problems for the winter to come. It's not just our resident birds. How will winter migrants which usually find food and shelter around the edges of the moors survive? Looking around, it is a mixed picture. Some berry-producing species such as rowan and cotoneaster look to be loaded with berries, others such as pyracantha are not, whilst elderberries and other soft fruit have variable crops depending on their situation.

WHAT CAN BE DONE?

Even if we have a wet autumn and winter, the effects of the drought will last well into next year, and without conservation action there will be further population declines and range contractions in years to come. Moorland has traditionally been wet, the peat that underlies it being like a sponge. If it is to survive it needs to revert to being wet; not only will this help multiple species of flora and fauna to breed, but it will also protect it from fire damage and general degradation as climate change brings longer spells of hotter and drier weather. To help moorland recover its water-holding abilities, the drainage installed over the past many years must be reversed. This is already happening to an extent, but more needs to be done.

It won't be until well into next year that we really start to find out what effect this year's drought has had on the bird populations of the Moors and elsewhere.

MIKE GRAY

View over Rosedale in August 2022 showing the unusually dry vegetation

Please visit the BTO website - https://www.bto.org - for details of the birds in the Moors, your garden, and surrounding areas.

WILLOWHERBS

Great or Hairy willowherb

AS I WRITE THIS, the two largest of our native willowherbs are just coming to the end of their short but gaudy late summer displays of deep pink and purple. These the only two really tall willowherbs, growing up to a metre and a half high; the Rosebay (*Chamerion angustifolium*) and the Great or Hairy (*Epilobium hirsutum*) Willowherbs.

They belong to the family Onagraceae, together with the Medium and Small Creeping Willowherbs, the intriguingly named Enchanter's Nightshade (*Circaea species*) and the well-known Evening Primroses (*Oenothera species*). Many of these species are prone to hybridisation.

The willowherbs are perennials with light or dark pink/purple four-petalled flowers and undivided, oval, pointed, stalkless leaves without stipules, resembling those of willow trees (hence their name). Each flower has a prominent central stigma in the form of a cross or a club, which aids identification, as does the plant's size and habitat. Behind the flowers are long thin pods containing the seeds, which split open once the seed is ripe to release the silky haired seeds which blow away in the wind. Thus in early autumn they continue to look spectacular, for as the stems die down they are topped by clouds of white feathery seeds which stay close to the pods for some time before being gradually blown away. The flower stems slowly die off during winter, most species having creeping rootstocks or stolons, or small 'sets', formed underground which store food and energy for the next year's growth.

Here, I am going to concentrate on the two most conspicuous and common species, the Rosebay and the Great Willowherbs. These are by far the most spectacular and beautiful and the most noticeable of our late summer flowering plants, delighting us and giving a pre-winter nectar treat for our insects, bees, wasps and butterflies.

THE HISTORY OF WILLOWHERBS

The Rosebay has numerous dark pink/reddish flowers with conspicuous long, white stamens set on leafy spikes. The leaves are narrowly lanceolate, like those of the willow tree, giving it its local names of Blooming Sally, French willow, Tame withy and Flowering willow. Its scientific name 'Chamerion' is said to derive from 'nerion', meaning the shrub oleander, which is also called rosebay, and 'chamai' meaning 'ground' or a lower growing plant or herb.

The story of Rosebay is a fascinating one. In the past, until a few centuries ago, it was a rare plant of montane regions, screes, and rough rocky ground. The English herbalist John Gerard (1545-1612) mentions it as a rarity but notes that he managed to obtain specimens for his garden, calling it a flower of great beauty. A few decades later, the botanist and physician Nicholas Culpepper remarked that it is the most conspicuous and beautiful of all the willowherbs. It was often taken into gardens as an ornamental plant.

With industrialisation, particularly the spread of railways and later roads – coupled with increased forest clearance – the Rosebay's seeds were whisked along by the traffic and it spread rapidly. This was accelerated in the 20th century by the devastation to our towns and cities during the World Wars, when the plant colonised the damaged and derelict areas which were similar in many ways to its bare, rocky habitats in the wild. It particularly liked burned places with increased nutrients. It adapted, became more vigorous, survived and spread, collecting more common names such as Fireweed and Bomb-site Bessy. In fact, its white roots became so invasive it began to be looked upon as a weed. It can now be found in many situations: roadside verges, forest clearings, rubbish tips and waste ground, as well as on disturbed and abandoned urban ground and by the side of roads and railways, usually in close stands.

The Great Willowherb is equally tall and also beautiful but in a gentler, more subtle way. The large pink flowers with central white styles are held on more lax, spreading, terminal branches, which, together with their broader oblong or lanceolate leaves, are covered with soft spreading hairs, giving it a grey-green appearance. The pods and seeds are very similar to the Rosebay: the name 'Epilobium' means 'flower upon a pod'. Like the Rosebay, it also grows in tall, close stands, but in damper, richer soils, by streams, pond edges, ditches and in damp woods. Because of this need for slightly different habitats, the two plants rarely grow amongst each other, though they may appear in close proximity.

FOOD AND MEDICINE

In the past, the young shoots of Rosebay, just as they break the ground in spring, were cut below the surface like asparagus, and eaten, while the young leaves were cut as a green vegetable or brewed as a tea. The stem pith was dried, boiled and used as a sweetener or to thicken soups and stews. Burning the dry leaf stems was said to produce a smoke that kept midges away; I have also sprayed them gold or silver as Christmas decorations. The plant, being astringent, was used to heal the wounds of

Typical roadside stands of Rosebay willowherb

Rosebay willowherb with a hoverfly about to enjoy its nectar

horses, its mucilage helped with coughs and hiccups, and it was a good tonic containing calcium, potassium and vitamins A and C. The colourful flowers were used in jellies and baking.

One of the Great Willowherb's commonest names is 'codlins and cream'. Codlins are crab apples and some say the fresh leaves smell of apples. However, unlike the Rosebay, it has not been used for food or medicines, except as an astringent to staunch bleeding, as it appears to be toxic if taken internally, causing epileptic type convulsions!

But both species, and the related Enchanter's Nightshade, are the food plant of the caterpillar of the lovely pink and green elephant hawk-moth (seen in the Moth Atlas article on pg. 5). The caterpillar of this moth can inflate its head to make it look grotesque and frightening when threatened.

Two striking and related plants with very different but interesting histories and lifestyles!

ANNE PRESS

BEE ORCHIDS SPREAD NORTH

WE WERE very pleased when a NYMA member living in a village near Stockton phoned to say that for the first time ever a Bee orchid had appeared in her garden this summer. She thought it was sufficiently unusual for us to be interested – and we certainly were! We asked botanist Anne Press to comment.

Anne reported that there were always places near the coast where Bee orchids were not uncommon, but in the last couple of years they have suddenly appeared all over Teesside in quite a dramatic fashion. Orchid seed is very small and light so can travel long distances, and it can last for some time before germinating. They like space, not being too overcrowded with other plants. Bee orchids were more common in the past, especially in the south-east of England on dry or slightly damp pastures on limestone or chalk. However, colonies slowly died out because of post-war 'agricultural improvements' in the 1950s and 60s.

Happily, though, the plant is now slowly recovering and moving northwards, being found scattered locally on lime-rich banks, quarries, sea-cliffs and grass scrub, often on disturbed soils. Excitingly, populations can occasionally suddenly explode, with flowers appearing on verges and lawns in large quantities. This may go on for years – and then it may just as suddenly vanish again.

The reason for the Bee orchid's recent appearance in the north-east on verges and in gardens could be for two reasons: because of the warmer winters we now experience, and due to its growth habits. It produces a rather nondescript rosette of leaves over late winter and early spring, which is easily overlooked, with the rapid elongation of its stem in early June and the plant flowering dramatically soon afterwards.

Anne discussed this with other botanists and they agree that the most likely factor in the spread of this eye-catching flower is the change in people's (and Councils') grass-cutting regimes. The 'No Mow May'

Photo © Nancy Hyde

The Bee orchid in our member's garden

and 'Let It Bloom June' policies mean that the small early rosette is spared any early cuts, while the stems that formerly would have been cut in May now have the time and space to produce the spectacular flowers.

It just goes to show that even minor actions on our part can have a major effect!

JANET COCHRANE WITH ANNE PRESS AND THANKS TO NANCY HYDE

Photo © Tom Ratcliffe

WALKING RESEARCH IN THE NORTH YORK MOORS

From 2017-2021, NYMA Trustee Tom Ratcliffe conducted a PhD research project which investigated how people identify with three landscapes within the North York Moors and the role communities have in influencing decisions about landscape protection and change. The project researched the identity and influence of new community groups and the valorisation of landscapes with alternative management purposes in the National Park. The project was a qualitative study of the viewpoints held by a wide range of communities and key National Park stakeholders and how these people connect with these landscapes. Key groups and individuals interviewed included the National Park Authority, government bodies, conservation organisations and NGOs, landowners, land managers, developers and local voluntary groups.

Tom conducted 58 interviews using 'walking interviews' as his primary method of data collection. He recorded the interviews then transcribed and analysed the data. Participants were taken on a set walking route on Sneaton Low Moor, Fylingdales Moor, and also other locations around the Park, which took around 1 hour to walk whilst questions were being asked. This article outlines some of Tom's experiences and findings of walking on the moors.

WHY WALKING?

> ***"The moorland landscape is ideal for walking. The surface is usually dry with springy turf, there are numerous tracks and footpaths, and the sequence of panoramic views gives a 'roof of the world' character to the walker."***
>
> ***(Spratt & Harrison 1989, p. 214)***

Walking methodologies have become an increasingly popular approach in National Park research to consider how people's lives and identities relate to different landscapes, spaces and places. They allow a researcher to investigate the everyday, embodied experiences of humans in a landscape. In a walking interview, the walk brings the interviewee and interviewer closer to the landscape, allowing people to fully immerse themselves in their surroundings. Being 'in' the landscape provokes ideas, beliefs and opinions which may not have emerged if the interview had happened away from this place. In the interviews, participants I walked alongside praised the big skies, the openness of the moorland and the wildlife seen on Sneaton Low Moor and Fylingdales Moor whilst considering the impact of the Woodsmith Mine on the skyline. As respondents were present in the landscape it became easier for them to discuss their experiences and knowledge immediately as they moved through it.

Walking interviews felt natural and ordinary to research participants, especially to those where walking was an everyday physical practice. They presented a different type of research method to the traditional 'one-on-one' sit-down interview or focus group which sometimes can feel quite abstract and demanding for interviewees, with a burden of pressure added to participants who are unfamiliar with this process. Many of the research interviewees I spoke to were accustomed to walking on a frequent basis: walking in their day jobs or in their free time, many for leisure purposes, and some had previously been on the paths we walked on during the interviews.

> ***"I know this path very well ... this used to be horrendously boggy and the Park is doing a damn good job here ... you are on the old smugglers' trod route."***

It is also important to recognise that not every person is able to walk and not everyone interviewed wished to undertake a walk. When I offered the option of a walking interview to a semi-retired farmer, he replied "*We are not doing that, I don't walk anywhere, we're getting in my tractor!".* However, the tractor still provided a medium with which we could move through and engage with the landscape.

While acknowledging that not everyone has the capability to walk nor an interest in doing so, walking is still seen as a very inclusive, democratic activity because it is a normal practice fundamental to social life. Walking as an egalitarian activity reduces the power imbalance between interviewer and interviewee as the researcher walks alongside the participant. As I walked along with the interviewees, it was noticeable that the casual and relaxing nature of walking made it easier to connect with them and, as a consequence, the conversation felt

Using the wide open spaces to unlock thoughts and experiences

normal. The participant and I would sometimes talk about other subjects which might not have been directly linked to the research questions, side-tracked by a feature in the landscape – perhaps the history of fell-running in the North York Moors after observing a runner go past us, or the number of lapwings on the moors from glimpsing this bird. Interviewees also asked me questions, such as "How do you use the moors?" and "What's the main research question of your thesis?" as their trust in the research process increased.

WALKING STIMULATES AND ENLIVENS

In general, we were walking at the same pace and rhythm across the landscape and I could sense the flow of thoughts between myself and the interviewee generated by the questions being asked and the responses, but also by the surroundings as we moved through them. Walking is a very simple activity, sometimes perceived as mundane, but it can inspire the most complex of thoughts, suggesting the strong connection between embodiment in a landscape and mental stimulation. In his autobiography 'The Confessions', the Enlightenment philosopher Jean-Jacques Rousseau (1712-1778), wrote:

> ***"Never did I think so much, exist so vividly, and experience so much, never have I been so much myself – if I may use that expression – as in the journeys I have taken alone and on foot. There is something about walking which stimulates and enlivens my thoughts. When I stay in one place I can hardly think at all; my body has to be on the move to set my mind going."***

This outdoor experience combined with the movement of walking made interviewees feel alive in a Rousseau-type manner. A member of a local history group said, "*I love just being out here in this weather, at one with the landscape*". The health benefits of walking in green spaces over the course of the pandemic have been well documented but it was clear that interviewees' experiences of walking on the moorland had positively enhanced their well-being. For example, participants frequently mentioned the freshness and cleanliness of the air – "*there is more oxygen*" – and how this made them feel relaxed and happy. The role of UK National Parks in public health has been vitally important in the COVID-19 pandemic and will continue to be in a post COVID-19 world.

STORIES FROM THE PAST, PRESENT AND FUTURE

The interviews also had a strong association with nostalgia and memory, with many interviewees telling stories. These stories

Photo © Gerry Orchard

Tom Ratcliffe with an interviewee

brought together past, present and future contemplation, with the interviewee not only conversing with regards to memories but also considering their present-day experiences and values. Participants would hurdle across the spectrum of time; for instance, the sight of an old military bunker on Fylingdales Moor leading to stories of the military presence on Fylingdales Moor during the Second World War and of the current RAF Fylingdales Radar Station, an early warning station for ballistic missiles which monitors security on a global scale. The nearby construction of the Woodsmith Mine provided a discussion point for what the future of the UK's National Park landscapes might hold. As walking interviewees identified with the landscape, it was clear that the process of heritage was being practised as the interplay between past, present and future was at work.

Walking interviewees used their experiences, memories, knowledge and values of their surroundings within the interview process to rationalise the responses they gave to the questions. Those taking part benefitted from the multi-sensory nature of the environment as a stimulus and context for discussion. Immersed in a landscape, they felt more comfortable in expressing their attitudes and articulating their feelings. This enabled the project to gain rich insights into how people identify with landscapes in the National Park.

Some findings from the research will be explained in a future issue of 'Voice of the Moors'.

TOM RATCLIFFE

Lecturer at York St John University and member of NYMA's Council

Background to the project

The PhD research project was hosted by the Social Sciences Department at Northumbria University, funded by the Arts and Humanities Research Council (AHRC) and in partnership with the Heritage Consortium Network at the University of Hull.

A WALK FROM GREAT AYTON

High Green, Great Ayton

Metal picture frame in Newton Wood

GREAT AYTON is on the western edge of the North York Moors National Park and is well provided with refreshments and car-parking, including one at High Green from where this walk starts - a 7-mile circuit to the east of Great Ayton, taking in Roseberry Topping (with an optional climb) and Captain Cook's Monument.

Captain James Cook lived in Great Ayton as a child and there are information boards on the Green and around the town to direct you to his childhood school, now a Museum, and to a family grave in the old All Saints' Churchyard.

The walk starts from the carpark at High Green, or just north of the Royal Oak Hotel. After passing the Chemists and the turning to Little Ayton on the right, you follow a wall for a short distance and go through a gate on the right, following the footpath sign. From here you walk alongside fields to the railway crossing. Crossing the track, you continue to follow the clear path until you reach some rocky steps into Cliff Ridge Wood (this belongs to the National Trust).

Turn left and follow a good path to an information board about Cliff Rigg Quarry, part of which is now a Site of Special Scientific Interest because of its geological features. In the 1800s huge quantities of whinstone were removed from here to support the industrialization of northern England, in particular for road surfaces and pavements. Return to the main path and bear right through the gate to a path along the fence line into semi-natural oak woodland. Continue for a couple of hundred yards until you reach a fork, where you go right and climb up diagonally through the woods.

At the top, in springtime, you will find carpets of bluebells under the ancient oaks together with views of Roseberry Topping. Turn sharp right and go along a left fork, then drop into a dip and up some steps. You have just crossed an old tramway used for carrying iron ore from the local mines to the blast furnaces of Teesside. Just beyond, you will see a metal picture frame which gives you a classic view of Roseberry Topping. Turn right through a gate and follow the fence to another gate in the left-hand corner of the field.

Go along this enclosed path until you reach a gate on the right. Go through this and continue along the former Roseberry Tramway to an information board explaining the history of local ironstone mining and the Roseberry Tramway.

To your left lies Aireyholme Farm, whose name derives from the Celtic 'Airgh', meaning a high or summer pasture. The young James Cook lived near here with his family; his father was the farm foreman. Turn right and follow the lane towards Roseberry Topping. At the gate you have the choice of going left and scaling the iconic peak before retracing your steps to continue our walk.

Turn your back on the Topping and follow the obvious path as it climbs up Little Roseberry onto the moor, from where there are panoramic views over the Cleveland Plain, industrial Teesside, and to the sea.

Pass through a gate in the wall, bear right and follow a track for a couple of miles in a southerly direction across Newton and Great Ayton Moors.

On reaching Gribdale, with its parking area and tarmac lane, you continue south to pass through a gate on to a forestry track which leads up to Easby Moor and Captain Cook's Monument, where you can rest and enjoy the views.

Facing north-west, take the path diagonally right away from the Monument through heather. Pass between stone gateposts and follow the path down through the trees. It is steep in places so proceed with caution!

When the path levels out you turn right through a gate, and continue downhill to a surfaced farm track. Follow this to the left over a railway bridge and descend to Fletchers Farm Coffee Shop – normally open for welcome refreshments (closed on Mondays). Pass through the farm to a minor road where you turn right and walk along a quiet road back to High Green in Great Ayton.

TIM & JANE DUNN

Paths in Cliff Ridge Woods

SKYLARKS

Woodland walks can be especially interesting in the autumn. Is your favourite thing in the woodland something you can smell, see or hear? Maybe it's the sound of crunching leaves beneath your feet, or birds in the trees?

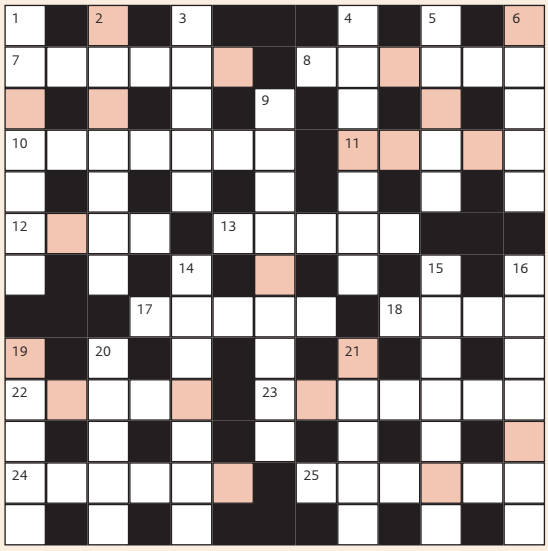
Or is there a particular smell that reminds you that you are in the woods in the autumn? Things start to decompose in the autumn and this can give a musty smell. Decomposition helps fungi grow. Look carefully and you can see lots of different fungi.

Autumn can be a great time for spotting various fungi in the woods, but please be careful of picking different fungi as they can be poisonous. If you go down in the woods today... beware of danger!!!! **Red in nature often means danger.**

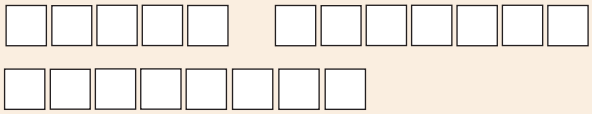
How many words can you make out of DECOMPOSITION? Here's some to start with:

P _ S _
M _ _ _ T
C _ M _
_ _ T
N _ _
M _ P

CROSSWORD 98 by AMANUENSIS



Take the letters from the coloured squares and rearrange in the boxes to solve the anagram:



ACROSS

7 Gone off in a hurry to police organisation (6)
8 See 10 across
10 & 8 Old spanner found at Glaisdale (7, 6)
11 Happy animal, perhaps? (5)
12 Crazy dame produces dairy product (4)
13 Can be good or bad (5)
17 AKA
18 Initially named as a pop group (4)
22 Shun an empty space (5)
23 A little instrument to pick (7)
24 Instruction to go slow? (6)
25 It has many branches (7)

DOWN

1 Times three (7)
2 You'll find one in this puzzle (7)
3 He had a golden touch (5)
4 Old fashioned but greatest first (7)
5 Bladderwrack conceals the viper (5)
6 Wild exploding flare (5)
9 Sparrow grass to some folk (9)
14 He got the spirit out of the bottle (7)
15 Said to make the heart grow fonder (7)
16 Often have their shutters closed (7)
19 Veto little Albert for being hackneyed (5)
20 Letters from Greece (5)
21 Weight of a leopard? (5)

CLUE: Yorkshire's greatest living artist and the town where he was born in 1937.

Answers on back cover

NYMA NEWS

NYMA Council members and others have been active over a number of fronts during the summer. Ray Clarke and Janet Cochrane have publicised the work of NYMA with entertaining talks across north-east Yorkshire and Ray has added to his programme by giving us a presence at local agricultural shows, including Duncombe Park, Kildale and Castleton. He says "there was lots of engagement with the public and excellent book/magazine sales, and some probable new members".

A full and varied programme of walks has taken place thanks to Walks Coordinator Dave Moore. In addition to our regular walk participants, we have enjoyed the company of some young British Asian women who are keen to explore North Yorkshire and go on many walks. We provided a guided coastal walk for them, and some of the women subsequently joined our walk from Sutton Bank to Helmsley. We all enjoyed benefitting from the exchange of knowledge and experience on a range of subjects and cultures, and we look forward to future walks with them.

The fascinating 'Hanging Stones' sculpture trail in Northdale is something we've followed with great interest ever since its inception, and on a hot day in August Dave, Ray and Albert visited all ten parts of the installation. Their visit was enhanced by bumping into sculptor Andy Goldsworthy towards the end of the walk.

It was sad to learn of the death in July of Harry Mead, who did so much to help people enjoy the Moors during his long life. The Lifetime Achievement Award we made to Harry earlier in the summer in recognition of his great contribution (see the Summer 2022 Voice) was communicated to him by his daughter, Helen, and he was very pleased about it, so we hope that helped to brighten his last weeks.

We welcomed two more people to our Council at our meeting in July: Gerard McElwee, who is an active dry-stone waller and part-time Professor of Rural Entrepreneurship at York St John University, and John Ritchie, formerly editor of the Scarborough Evening News and now a Councillor representing Woodlands (Scarborough) on North Yorkshire Council.

Finally, we're looking forward to the events of October 15th, the culmination of two years of work by National Park and NYMA volunteers on commemorating the Battle of Byland. Held at the Sutton Bank Visitor Centre and open to the public, the programme starts at 10am and includes unveiling the Memorial stone by Adam Bruce, a descendant of King Robert the Bruce, who led the Scots to their victorious encounter with the English on 13th October 1322. Along with music, food, archery and displays of contemporary armour, there will be a NYMA stand. We look forward to seeing you there!

CROSSWORD ANSWERS (see page 15)

Anagram

DAVID HOCKNEY BRADFORD

Down

1 trebled, 2 anagram, 3 Midas, 4 archaic, 5 adder, 6 feral, 9 asparagus, 14 Aladdin, 15 absence, 16 cameras, 19 banal, 20 iotas, 21 ounce

Across

7 rancid, 8 See 10 across, 10 & 8 Beggar's Bridge, 11 hyena (laughing), 12 Edam, 13 habit, 17 alias, 18 ABBA, 22 avoid, 23 ukulele, 24 adagio, 25 acacia (tree)

NYMA WALKS & EVENTS

Saturday 8 October
CLAY BANK CIRCULAR

Meet 10.30 at Clay Bank carpark (Grid Ref NZ 572 035, postcode TS9 6RF, W3W engineers.theory.converter)
This 7-8 mile route includes forest tracks, a steady climb up Ingleby Incline and a section of the Cleveland Way.
Numbers are limited so please contact Kath Mair to book, email kathmair@icloud.com, mobile 07974 288056.
Please come dressed and equipped for the weather. It's worth wearing gaiters or at least tucking your trousers into your socks to deter ticks.

Wednesday 16 November
WHITBY: AN INSPIRING PLACE

The walk starts at 1.00pm outside Whitby Railway Station Postcode (YO21 1BH, W3W flicked.spoon.buckling)
The route includes steep gradients and uneven surfaces and the walk will take up to 2.5 hours. We witness how Whitby has been – and remains – a source of inspiration for creative people such as writers, sculptors, photographers, architects and artists.
The walk is timed around the Northern Trains Esk Valley service. Arriva X4, X93, 840 and 95 buses serve Whitby, and there are several car parks near the meeting point.
Booking is essential; maximum of 15 participants. For more information and to confirm attendance, please phone John and Joan Roberts on 01287 642322, text 07903 404098, or email joanyeoman24@btinternet.com.

Numbers are limited so please contact walk leaders to book onto a walk, or contact Dave Moore, email walks@nyma.org.uk, 01287 669648.

Saturday 17 December
MEMBERS CHRISTMAS LUNCH

This will be at the Bay Horse, 88 High Street, Great Broughton, TS9 7HA. There are only 25 places, so please let Cal Moore know if you'd like to come on calmoore61@gmail.com.

Photo ©Shemanara Haq

Stepping stones in Nettle Dale