



PENDLE HILL  
LANDSCAPE  
PARTNERSHIP



## People Enjoying Nature

July 2021

These sessions are free but booking is essential for every session. Please contact Nick Alderson to book (07973747718).

Transport is available and Nick will also provide you with information of where the pick up points are for each session.

All sessions will begin at 11.30am, and finish at approx. 2.30pm, but transport will pick up 30mins before the session.

**Date: Thursday 1st July 2021**

**Activity: Wildflower and wildlife walk**

Meet at Sabden Car Park (opposite White Hart pub), BB7 9EB

Join us for a 3 mile walk around the wonderful village of Sabden. We will be exploring local wildlife and learning more about different habitats and local wildflower meadows.

**Date: Thursday 8th July**

**Activity: Outdoor mindfulness and tree-mendous walk**

Meet at Spring Wood, Whalley, BB7 9UE

Join us for a relaxing walk around Spring Wood. We will learn more about the trees, and also try some Forest Bathing - taking some time to slow down and practice mindfulness surrounded by nature.



**Lancashire &  
South Cumbria**  
NHS Foundation Trust

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**Date: Thursday 15th July 2021**

**Activity: Nature Activity Session—Bird box building**

Meet at Downham village car park, BB7 4BP

We will head off on a 2km walk from Downham to Hollins barn, through fields and over stiles. At Hollins we will be making some bird boxes and enjoy the amazing views, before walking back. No prior experience or skill needed!

**Date: Thursday 22nd July**

**Activity: Archaeology Activity Session**

Location tbc

Join us for an archaeology themed PEN session, delivered by UCLan intern Rebecca. We may not be excavating, but the session will be an interesting insight into the world of archaeology.

**Date: Thursday 29th July**

**Activity: Heritage and Nature session at Clarion House**

Meet outside Sparrowhawk pub, Fence, BB12 9QG

We will be walking 2km to from Fence to Clarion House. At Clarion we will be able to explore the wonderful species in the grounds, and learn more about the heritage of the site. We will then walk back to Fence.