



National
Trust



Littledale Hall Therapeutic
Community, Iron Keld, June
2018

High Wray

Yearbook 2018

The Lakes

www.nationaltrust.org.uk/high-wray-basecamp

Welcome to High Wray Basecamp's 2018 yearbook

High Wray is the National Trust's full time volunteer centre in the Lake District. We're based in the South Lakes, a gloriously diverse area that includes 15 working farms and a wonderful network of paths, covers everything from lakeshore to high fell and includes popular destinations like Tarn Hows, Wray Castle and the Beatrix Potter properties Hill Top and the Gallery. We work on National Trust land and tenant farms and, in partnership with many other organisations, right across the incredible Lake District landscape.

With an army of willing volunteers from a huge cross-section of society, we play a vital part in helping the National Trust be an organisation that is truly 'for everyone'. At High Wray we don't believe there is such a thing as a typical volunteer and the wide diversity of the groups who come to Basecamp helps spread understanding of our work to maintain and restore a healthy, beautiful natural environment. We believe this grows support as well. After all, if you've helped look after somewhere you'll always have a strong connection with it and there's a much better chance it will be a place you'll care about and want to protect in the future. Basecamp volunteers can also act as ambassadors for us, telling friends and family about their time here. With the variety of people we work with this can be a great way of reaching beyond our traditional supporters.

While we are enormously grateful for all the practical help we get from volunteers, since Basecamp was founded in 1969 our ethos has always been that they should get as much out of this work as we do. We want people to return home with a warm, tingly feeling – knowing that they've helped to look after this wonderful place, perhaps having learnt some new skills or gained some new found confidence, certainly having had some fun along the way!

This yearbook is our way of saying thank you to everyone. We'd have a much harder job looking after our area without your help and we look forward to seeing many of you again in 2019!



Find us on:
facebook®

Search under 'High Wray Basecamp and Bunkhouse NT' and 'like' our site!

There's not enough room to fit everything into this yearbook so why not keep up with what's happening at High Wray on our Facebook page?

We post regular stories and pictures about the different groups we work with, places we've been and wildlife we've seen as well as those odd little events that just can't be categorised!

Some of the groups who come to High Wray gain recognition of their experiences and their contribution towards the conservation of wild places through the John Muir award. The award can help those who participate to gain a better understanding and appreciation of how their time with us is about more than just working and how their contribution fits into the bigger picture. A famous quote from John Muir sums it up: *'When we try to pick out anything by itself, we find it hitched to everything else in the universe'.*



Hill Top

With such a diverse and interesting area there's always something happening in the South Lakes. You can find out more by visiting:

www.nationaltrust.org.uk/tarn-hows

www.nationaltrust.org.uk/wray-castle

www.nationaltrust.org.uk/hill-top



Tarn Hows



Wray Castle



The Lake District is an increasingly popular visitor destination and with the new status as a World Heritage Site we expect to see more and more walkers on the fells. But the upland landscape is surprisingly delicate, which is why the work of Fix the Fells to look after the paths and surrounding landscape is more important than ever. In 2018 Basecamp was proud to play our part once more in this work. We returned to sites on Crinkle Crag, Red Tarn and St Raven's Edge and with the help of the South Lakes upland path team, worked on new sites at Glenamara Park and Martcrag Moor.



In May the Fell Pony Society came out to carry sheep fleece up to Martcrag Moor.

'We were involved in path building and landscaping which was fantastic. I'll never look at a path the same!' **West Runton volunteer**



'I've had a brilliant time learning about footpath management - not just how to make one but why we make them. It makes me appreciate the work that goes into every foot of the path!' *'Whilst I've always had a huge respect for those that maintain National Parks, having spent two days building nine steps my appreciation and respect for all rangers and volunteers has reached new heights! I can't wait to book on to my next working holiday!'*
Upland footpath working holiday participants



Want to get involved? To find out more about Fix the Fells go to: <http://www.fixthefells.co.uk>



The Fix the Fells volunteers



It has been another record breaking year for the ever dedicated Fix the Fells volunteers, with them completing 2500 days in the uplands on drain runs and work parties: a truly fantastic achievement! Not only did they make this huge contribution, but they also worked with the Basecamp team on Martcrag Moor to build a 'floating' path on sheep fleece across peat moor. After an initial unusual day of loading the fleece into helicopter bags at a local farm (except the ones carried by ponies—see page 3), the volunteers were instrumental in helping us work out how best to put this uncommon but very effective technique into practice over most of the fell season. With additional help from the South Lakes and Western Valleys upland teams, along with path workers from Scotland and Wales in our summer 'blitz', we're now well set up to continue with this ongoing job in 2019.



Go to <https://www.fixthefells.co.uk/building-a-sheep-fleece-path/> for more sheep fleece building detail!

A new role with Fix the Fells

In 2018 Basecamp ranger Matt moved into the brand new post of Volunteer Development Ranger for Fix the Fells. Being a volunteer centre Basecamp was chosen as the obvious place to host this role, so we're now officially a team of four, but this new job covers the whole Lake District. Matt now focusses on helping with the induction of new volunteers when they join Fix the Fells and on running training days to enable them and established volunteers to build their path working skills. In consultation with the upland path team supervisors, he also works with the volunteers to tackle the many smaller repair jobs they identify while out on drain runs. By prioritising the work and setting up regular work parties, he has started to deal with the large backlog the upland path teams haven't had the capacity to take on. A mark of the success and continued expansion of the volunteer element of Fix the Fells, we're pleased that Basecamp is integral to this next stage in the project's story and excited to see how Matt develops this important new role in the coming years.



*It's not been without its challenges, particularly when it comes to the Lake District weather, but working with such an inspiring and committed bunch of folk, in such an amazing place as this, has to be about the best job in the world! Thanks to all for giving me such fantastic support as I've got to grips with this brand new role - I'm already looking forward to whatever 2019 brings! **Matt***



Recognising the importance of planning and consultation: an early meeting at Basecamp with Fix the Fells volunteers and staff



Building partnerships: a combined Fix the Fells and John Muir Trust day on Helvellyn



Getting stuck in: a work party above Derwent Water



Encouraging the next generation: a day with the Lake District 'young rangers'



A concentrated burst of conservation working goodness, Working Holidays are a great way for anyone to get involved with our work to look after our beautiful countryside. Over the course of a week, participants get hands-on with traditional countryside tasks like hedgelaying, drystone walling or upland path work, learning the principles of these fascinating skills for themselves. At the end of the week they'll leave with a sense of pride at a job well done and, as a bonus, maybe having made some new friends!

Working holidays



'It's been fantastic to work with like minded people, making new friendships. I've really appreciated being able to spend so much time outdoors, getting away from daily life stress and anxiety - this has been great for my mental health and well being!'

'A wonderful, very happy experience, learning a new skill with no pressure or expectations on me. This holiday has exceeded expectations in every way. The company, the countryside, the new skill and the fact that I was contributing to future generations.'

Working holiday participants

Want to get involved? Go to <https://www.nationaltrust.org.uk/holidays/working-holidays>



Wall goes up with ease; with large base and small above; but! No running joints!
Haiku composed by working holiday participant

Tarn Hows

Tarn Hows is one of the Lake District's most beloved places and over the last few years the National Trust has been working to restore elements of the original 'designed landscape' look, planned by its creator James Garth Marshall in the 1860s. A lot of the work centres around gradually thinning dense growths of trees to open up views identified in the original design, which will also



help to protect fragile wetland habitats from being dried out by tree roots. Volunteer groups from Mulberry Community project, Chester National Trust volunteers, Little Dale Hall, Vision England and even Seinan Gakuin university in Japan all played their part in helping with this ongoing and important project.



'After years of being in the wilderness of addiction being here has helped me reconnect with my passion of the great outdoors and feel inspired to continue to do more, even possibly volunteer in the future.'

Mulberry Community Project volunteer



Go to <https://www.nationaltrust.org.uk/tarn-hows> to find out more about Tarn Hows

'Everybody worked well together and bonded. Feels good to give a bit back after years of wasting my life drinking, slowly killing myself. Being here at Basecamp has made me feel alive again. A truly fantastic experience.' 'I learnt how to have fun and a laugh and go back to the basics and appreciate what you have in life'

Shardale volunteers



Fell Foot Park

Like Tarn Hows, Fell Foot Park is a very popular visitor site but one that has also lost a little of its original vision over the years.

However, a project is now underway to restore the park to its former glory and Basecamp has been helping out in this first year, with groups including the Prince's Trust, Manchester National Trust volunteers, Mind in Furness and Shardale lending a hand. Here's what gardener Bethan has to say about it: *'Fell Foot was once a grand villa landscape where the family would show off their exciting tree collection which included Monkey Puzzles and Giant Sequoias, and sail on Windermere in sumptuous boats. Much of this has been lost for the past few decades but with Basecamp volunteers' help we are putting this to rights. The volunteers have helped clear the land around some of these magnificent trees which included digging out huge amounts of bramble and clearing lots of rock before levelling out the ground to allow us to reseed the grass. Now these pieces of living history can stand out again and there is absolutely no way this could have been done without the hard work of the Basecamp volunteers.'*



'Doing a hard days physical work was a new experience for me, something I wasn't sure I could do. However, the finished job gave a very satisfying feeling.' **Prince's Trust volunteer**



Know your boundaries!



Looking after boundaries is an important aspect of countryside management. Whether it is maintaining and refreshing stock proof barriers and valuable habitat for wildlife by laying (or planting) hedges and rebuilding drystone walls or clearing metal wire cluttering up woodlands by removing redundant fences, volunteers from all walks of life have joined us over the year to learn the skills involved in these classic countryside tasks.

'I really enjoyed it, it was a lot of fun and I learned how to use the fencing pliers. I like that the National Trust keep the landscape looking nice and I was glad to be part of making that happen.' **Princes Trust volunteer**



'The group worked really hard and didn't give up, they got such an amazing sense of achievement when they saw the difference they have made to an area and have really enjoyed their stay. As always the NT staff were amazing, the group has really got into the John Muir award and have loved exploring the area.' **Princes Trust staff member**



Focus on LHTC



Since it opened in 2006 as a residential rehabilitation centre for people recovering from substance abuse problems, volunteers from Littledale Hall Therapeutic Community have been coming to Basecamp to help us with our conservation work. With 160 volunteer days contributed in 2018 alone, they've done a huge amount of work to help us care for our area over the last 12 years. But,

as well as this fantastic contribution and the fact that a day with Littledale is always great fun for us, it is what the residents get out of the experience that makes us realise how special our working relationship is.

Quotes from Littledale hall volunteers:

'It was a great team building experience. Created a lot of laughs and memories which will last forever. It was a great experience and a good time without drink. Amazing day!'

'The self worth it has given today is exactly what I need and more of it.'

'I have enjoyed my time at Basecamp as I am someone in recovery from addiction it has been good for me to do something different whilst I am in my treatment and it has benefitted me greatly because it has enabled me to think about my future life.'

'I have experienced the sheer beauty of nature, very peaceful.'

'I have had one of my best days so far, challenged myself and never laughed so much. Top day all round.'

'Impressed upon me the positive possibilities leading a sober life.'

'I am a city girl and if you had told me 10 years ago I would be in treatment and chopping down trees I would have laughed at you. It has been absolutely fantastic, the rangers do a fab job. I think I need a career change from advertising.'



It's difficult fitting everything in from a busy Basecamp year – here's a mix of other volunteering days and events from 2018



Mind in Furness volunteers resurfaced the Basecamp fire pit



West Runton bashed balsam at Hawkshead Hill



Tameside volunteers removed rhododendron at Moss Eccles Tarn

Basecamp won the Countryside Management Association's Gordon Miller award



National Park Authority outreach and education staff from around the country visited Basecamp



South Lakes conservation group fixed paths on Lingmoor



In 2018 we lost long term Fix the Fells volunteer Will Smith after a short battle with cancer. Will was also a staff member at Phoenix Futures, bringing volunteers from Newcastle to work with us. Here they are on a bracken bashing day at Cold Well Intake in the summer. Will's enthusiasm, hard work and great sense of humour will be sorely missed.

Basecamp staff team 2018



Rob Clarke



Philippa Barber

High Wray Basecamp is also available for private hire. Contact us to find out more.

National Trust

High Wray Basecamp

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Matt Tweed



Hilary Nixon

Basecamp would like to offer heartfelt thanks to all those who've supported our work, with gifts of time, donations or gifts in wills. Every contribution, whatever the amount, helps to look after places special to people.

www.nationaltrust.org.uk

Registered charity no 205846



Longland block



Acland block