

Foulshaw Moss Nature Reserve



The peat bog here started to form around 7,000 BC and has developed a layer of peat a metre thick every 1,000 years ever since. The vast open area is home to red deer, hunting owls and in the summer, dragonflies and even ospreys! Bring your binoculars and climb the viewing tower for the best view!

Included in this pack:

- Information on getting to and around the nature reserve
- A short history of Foulshaw Moss Nature Reserve
- Spotter sheets - easy, medium and difficult
- A quick quiz
- Draw or write about what you saw

Your walk

Although the nature reserve is quite large the footpath only offers a short walk, as the area is very wet. There are various walking routes along the boardwalk to a viewing platform (1km), a hide where you can see birds on the feeders and an osprey-viewing shelter.

The walk is flat and easy underfoot being partly stone track and partly boardwalk. There are several steps to reach the top of the viewing platform. There is no access off the board walk! Please wear sturdy boots and remember to take waterproof clothing, sunscreen and hats – it's easy to get caught out in the Cumbrian weather! Also read the advice displayed on the information board to make your visit a safe one.

Paul Waterhouse, the Reserve Officer, says
"Look out for the large red damselflies during the spring, large heath butterfly during the months of June and July, large hawker dragonflies during the late summer and hen harrier during winter months."

Large heath butterfly



Large red damselfly



Hen harrier
Photo: David Marshall



WILDLIFE
WALKS

Foulshaw Moss Nature Reserve



GETTING TO THE NATURE RESERVE



- *By car* From Kendal take A590 towards Barrow-in-Furness. At the end of the dual carriageway at Gilpin Bridge, continue for 1km/0.6 miles. Immediately before a signed layby on the west-bound carriageway, a track leaves the road. Go through the gate and follow the track until a small car parking area is reached. From Grange/Barrow in Furness on the A590, pass the junction for Witherslack and continue for 0.6km/0.4 miles. The track to the nature reserve is on the right immediately after the layby. Please take care when turning into the reserve from this direction, as the road can be extremely busy.
- *By bicycle* The reserve is on National Route 72 (Walney to Wear).
- *By public transport* Buses run from Barrow-in-Furness, Ulverston, Newby Bridge, Grange-over-Sands and Kendal to Witherslack.

GETTING AROUND THE NATURE RESERVE

🔍 For more information on features marked with this symbol, see 'A short history of Foulshaw Moss Nature Reserve'




A short history of Foulshaw Moss Nature Reserve




Cumbria
Wildlife Trust

Active raised peat bog is one of Europe's most rare and threatened habitats – there is only 6% left!

 Features with this symbol are marked on the nature reserve map

It all started to go wrong when man discovered that once dried out, peat burned very well. It was not so very long ago that if you wanted some fuel for your home fire, you could just pop out to your local  peat bog and pick up a few slabs from the peat cutter. You could even rent your own strip so you could cut as much as you wanted.

Later in the 1960s, just as people stopped using fires and started to have gas central heating at home, it was realised that peat would fetch a lot of money for use in gardens. There are even big machines specially made to suck up peat like a giant vacuum cleaner, which is then sold on to garden centres.

Many peat bogs have been destroyed in this way, but in some ways Foulshaw Moss has been lucky. Instead of being farmed for garden peat, the bog was planted up with  non-native conifer trees in the 1960s. These trees have sucked up much of the water, drying the bog out and causing the bog to die. To stop this and help the bog, the trees are gradually being removed. Also, as you might be able to see, they are so poorly rooted some are starting to fall over. Drainage ditches were also dug to help the trees to grow and these are now being blocked up with excavator machines with especially wide tracks to stop them sinking!

Restoration work is finished and specialised wildlife has increased, like sphagnum mosses and insect-eating sundew. These plants don't die and rot like normal plants but become preserved in the water and form the peat. The peat is a form of stored carbon and so saving Foulshaw Moss helps to reduce climate change too. We have also reintroduced a rare dragonfly called the white-faced darter.

Look out for the herds of deer that roam, owls that hunt and if you are really lucky, visitors such as hen harriers and ospreys which have bred here since 2014.



EASY

SPOTTER SHEET

Foulshaw Moss
Nature Reserve



Tick them off as you spot!

☐

Information sign

☐

Raised viewing platform

☐

Bird hide

☐

Boardwalk

☐

Birch trees



What else did you spot?



Medium

SPOTTER SHEET

Foulshaw Moss
Nature Reserve



Cumbria
Wildlife Trust

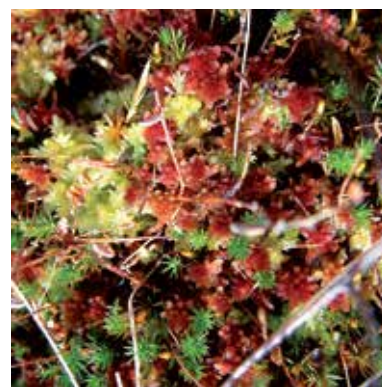
Tick them off as you spot!

☐

Dragonflies

☐

Cottongrass

☐

Sphagnum moss

☐

Butterflies

☐

Bog rosemary



What else did you spot?



DIFFICULT SPOTTER SHEET

Foulshaw Moss
Nature Reserve



Tick them off as you spot!

☐

Red deer

☐

Common lizard

☐

Large heath butterfly

☐

Osprey

☐

Round leaved sundew



What else did you spot?



QUICK QUIZ

Foulshaw Moss
Nature Reserve



When did the peat bog start to form?

What percentage of active raised peat bog is there left in Europe?

In what ways has dug-up peat been used in our homes?

.....

In the 1960s something dramatic happened to Foulshaw Moss. What was it?

.....

Tick the wildlife that lives at Foulshaw Moss

☐

Common frog

☐

Large red damselfly

☐

Wolf

☐

Red deer

☐

Polar bear

☐

Sphagnum moss

☐

Osprey

☐

Hen harrier

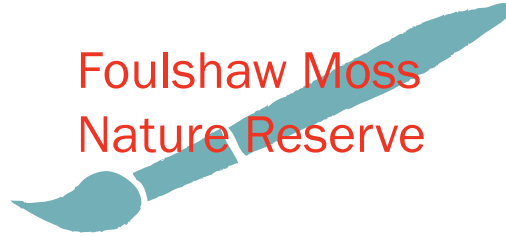
☐

Cranberry



DRAW OR
WRITE ABOUT
WHAT YOU
SAW

Foulshaw Moss
Nature Reserve



Cumbria
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