

Castleton Bake-Off and family fun kicks off National Parks Week 2012

A baking competition and a host of free activities in Castleton are to launch a week of festivities across the Peak District to celebrate National Park's Week 2012.

Dedicated to raising awareness of Britain's National Parks, the week of events celebrates the beauty, diversity and wide range of opportunities national parks offer for recreation and enjoyment.

This year's National Parks Week theme, 'Winning Landscapes', ties in with the Olympics taking place in London and Castleton has links to two current Olympians: local resident Maddie Thompson, is a member of the women's Paralympic basketball team; and heptathlete Jessica Ennis, used to run timed laps of her grandparents garden in the village.

The celebrations start on Sunday July 29, at Castleton visitor centre, 10.30am to 4.30pm.

Family fun activities and guided walks will be available. Have a go at polishing local Treak Cliff Blue John stone, try your hand at spinning and weaving local wool, painting on silk, or capture the view in watercolours with local artists.

There is something for all ages and abilities, whether you are starry-eyed over astronomy, batty about birds, cooky for cakes, potty about poetry or go wild for woodland.

For full details of events during National Parks Week go to www.peakdistrict.gov.uk/news/npweek

What's on in National Parks Week, July 29 to August 5:

Sunday July 29

Castleton's Winning Landscapes family fun day at Castleton visitor centre (GR: SK149 829) (PC: S33 8WN) Start 10.30am, finish 4.30pm. Pay & Display parking. More information from Castleton visitor centre 01629 816572.

- Free activities and demonstrations for everyone to have a go, from drystone walling to wildflower collage making, textile art, spinning, weaving, silk painting and Blue John crafting. Local produce, special bicycles, Dark Skies astronomy project solar telescope and moorland fire fighting displays.
- Sign up for the new Peak District Award and celebrate what you know about the national park. Free. No need to book. 01433 620373 for more information.
- Castleton Bake Off - baking competition for homemade cakes, flans, pies or biscuits. Entries will be judged on taste, presentation and use of local ingredients. Produce will be sold off for afternoon tea with the proceeds going to Night Stop (a charity that provides emergency food parcels to families in the High Peak). Entries must be at Castleton village hall (PC: S33 8WJ) by 11am on Sunday July 29, judging until 1.30pm. Deadline for entry forms is 22 July, 2012. Afternoon tea from 2pm at Three Roofs Café. Organised by Three Roofs Café and the Chamber of Trade. For more information or to enter, contact Carl Bracken, at the café 01433 620533, or email threeroofscafe@onebillinternet.co.uk
- Aliens Have Landed! Castleton Pindale Ranger guided walk 4 miles (3 mile option also available, avoiding steeper descent). What are Alien Invasive Species? Come along to Pindale to find out! On

the walk we shall be removing some of the pesky plants (gloves provided) and visiting an area blooming with our own native wildflowers. On paths, tracks, grass, one moderate ascent taken slowly and country lanes. Meet Castleton visitor centre (GR: SK149 829) (PC: S33 8WN) Start 11am, finish 3pm. Pay & Display parking. Booking essential; call 01629 816211 (available Mon-Fri 9am-4.30pm).

- Castleton Village History Blue Badge guide led walk 1 mile walk within the village to discover the history of the place. Meet Castleton visitor centre (GR: SK149 829) (PC: S33 8WP) Start 2.30pm, finish 4pm. Pay & Display parking. Booking essential; call 01629 816 572. Costs £3 per person, pay on the day.

- Poetry Writing Stroll An inspirational stroll in and around Castleton visitor centre (GR: SK149 829) (PC: S33 8WP). Start 4.15pm, finish 5.30pm. Bring a notepad and pen for poetry writing exercises. Pay & Display parking. To book, contact Castleton visitor centre, 01629 816572 or just turn up.

Sunday July 29, Working Forests of the Upper Derwent Ranger guided walk

7 mile walk through the beautiful woodlands looking at how they have been managed over the years and learning about trees. Good paths, some steep climbs. Meet Fairholmes Visitor Centre. (GR:SK172 893) (PC: S33 0AQ) Start 10.30am, finish 4pm. Pay & Display parking. Booking essential; call 01629 816 211 (available Mon-Fri 9am-4.30pm).

Sunday July 29, A Stroll Through Hurdlow Flower Meadows Ranger guided walk 1.25 miles.

Learn about flowers, conservation and folklore with ranger Steven Bell. One stile and some steps. Meet Hurdlow car park, quarter of a mile from the A515 at Sparklow on the High Peak Trail (GR: SK127 659) (PC: SK17 9QT) Start 1.30pm, finish 4pm. Booking not required. Pay & Display parking.

Wednesday August 1, Family Fun Activity Walk on the Monsal Trail Ranger guided walk

2 mile walk for children and their families, with activities, to explore nature along the Monsal Trail from Millers Dale Old Station car park. Start 11am, finish 2pm. Children must be accompanied by an adult. Booking essential 01629 816 211.

Wednesday August 1, Down by the pond - Explore the wonderful watery world of the creatures that live in our ponds. 10.30am to 1pm, at Longdendale Environmental Centre. Cost £3 per child. Booking essential, on 01629 816290.

Saturday August 4, Water from wild places - Watery fun in the outdoors, a variety of hands on activities and games. 10.30am to 4pm, at Upper Derwent, Fairholmes, near Bamford. Free. No need to book. 01433 620373 for more information.

Saturday August 4, Heather and Grouse Ranger guided walk

9 mile walk to look at the traditional moorland management of Kinder Scout. Strenuous, steep ascents. Meet at Bowden Bridge car park (GR: SK048 869) (PC: SK22 2LE). Start 10.30am, finish 5pm. Pay & Display parking. Booking essential 01629 816 211.

Saturday August 4, Rocking Horses Ranger guided walk

11 mile strenuous moorland walk overlooking the Derwent Valley. Steep ascents and descents over rough moorland. Meet Langsett car park, on the A616 at Langsett village (GR: SK211 005) (PC: S36 4GY) Start 10.30am, finish 5.30pm. Booking not required.

Saturday August 4, Tissington, Parwich, Ballidon and Bradbourne guided walk 6 mile walk through charming Tissington village to discover the influence of the FitzHerbert family, the deserted village of Ballidon; and uncover the role of Bradbourne in the history of both villages. Meet Tissington car park, in Tissington village (GR: SK178 521) (PC: DE6 1RA) Start 11am, finish 4.30pm. Booking not required. Pay & Display parking.

Sunday August 5, White and Dark Peak Wildlife Walk Ranger guided walk 5 miles looking at wildlife habitats on limestone, gritstone and shale. Undulating terrain, can be very wet underfoot in places. Meet Hulme End car park, near Hartington (GR: SK102 593) (PC: SK17 OEX) Start at 10am, finish at 4.30pm. Booking not required. Pay & Display parking.

Sunday August 5, Waymarkers of the Eastern Moors Ranger guided walk
10 mile challenging walk on Big Moor to identify guide stoops and learn about old transport methods, on steep upland terrain and exposed moorland. Meet Nether End car park at Baslow (GR: SK258 721) (PC: DE45 1SR) Start 11am, finish 5pm. Booking not required. Pay & Display parking.

Sunday August 5, Up Hill and Down Dale Ranger guided walk
7 mile walk discovering Coombs Dale and its scenery. On tracks, paths and some rough terrain, with some stiles and steep slopes. Meet Calver Crossroads, Calver village, on the A623 (GR: SK239 748) (PC: S32 3XH) Start 10.30am, finish 4.30pm. Booking essential; call 01629 816 211(available Mon-Fri 9am-4.30pm).

Sunday August 5, Cycles, Cotton & Cheese! cycle ride 12 mile leisurely cycle ride through White Peak landscape, with stunning views. Suitable for occasional or regular cyclists (not beginners), on quiet roads. Undulating, with a few short, steep climbs. Meet Parsley Hay Cycle Hire (GR: SK146 637) (PC: SK17 ODG) Start 11am, finish 4.30pm. Bring a bicycle (or hire one in advance), packed lunch, drink, suitable clothing and footwear. Minimum age 10yrs. Pay & Display parking. Booking essential 01629 816 211.

For more guided walks in the national park, visit www.peakdistrict.gov.uk/rangerwalks