

1. Farleton Crag

is a limestone out crop. Limestone is a sedimentary rock. This means it was formed from the remains of tiny shells left on the seabed millions of years ago. Limestone is a very strong rock and is used in buildings it also makes good rock for climbing & abseiling.

2. River Kent

The River Kent starts its journey from the hills surrounding Kentmere, the highest of which is High Street being approximately 830 meters above sea level, the river flows for a distance of only 20 miles before entering the sea at the northern end of Morecambe Bay.

3. Whitbarrow Scar

is a Site of Special Scientific Interest and a National Nature Reserve and forms part of the Morecambe Bay Pavements Special Area of Conservation due to the fact it supports some of the best European examples of natural limestone habitats.

4. Windermere

Lake Windermere is England's largest lake, and one of it's most popular with visitors. It is 10.5 miles long and approx 1 mile wide. The water of the lake reaches a depth of around 220 feet! Today the lake is used for a number of sporting activities including sailing, canoeing and kayaking all of which you can do at Water Park!

9. High & Low Nibthwaite

High Nibthwaite was once important industrially. Nibthwaite was a vital transport link between the copper mines and slate quarries of Coniston, to the estuary at Greenodd. The goods came down Coniston Water by boat and landed at the jetty at High Nibthwaite, from there the goods then continued by road to Greenodd which was then a busy port. Today High and Low Nibthwaite are a collection of quiet dwellings and working farms.

8. River Crake

The name 'Crake' derives from the Celtic language and means *rocky stream* The river drains Coniston Water from its southernmost point and flows for about 6 miles (9.5 km) in a southerly direction before joining the upper estuary of the River Leven at Greenodd.

7. Greenodd

The name *Greenodd* is of Scandinavian origin, the *odd* meaning *ness* (headland) in this case. In the late 18th and early 19th centuries Greenodd was a significant port. Exports included copper ore from Coniston, locally-quarried limestone, and gunpowder from the nearby settlement of Backbarrow. Sugar, raw cotton and coal are listed in historical documents as some of the imports.

6. Morecambe Bay

Morecambe Bay is a huge sandy bay covering 310 square kilometre. The cross-bay walk is a popular 9 mile trek from Arnside to Kents Bank. Great care has to be taken due to the incoming tides and quicksands. Crossing is only possible at low tides and with the leadership of a professional guide. Guides have been employed since 1536 and the latest is Cedric Robinson, official Queen's Guide.

5. River Leven

The Leven drains from Windermere and flows for approximately 8 miles into Morecambe Bay The Leven has one significant tributary, Rusland Pool, which drains a large part of Grizedale Forest and the Rusland Valley. The Leven is a noted salmon river. At spawning time the fish can be seen jumping up the waterfalls at Backbarrow and during winter when the water levels are high you may spot some kayakers!

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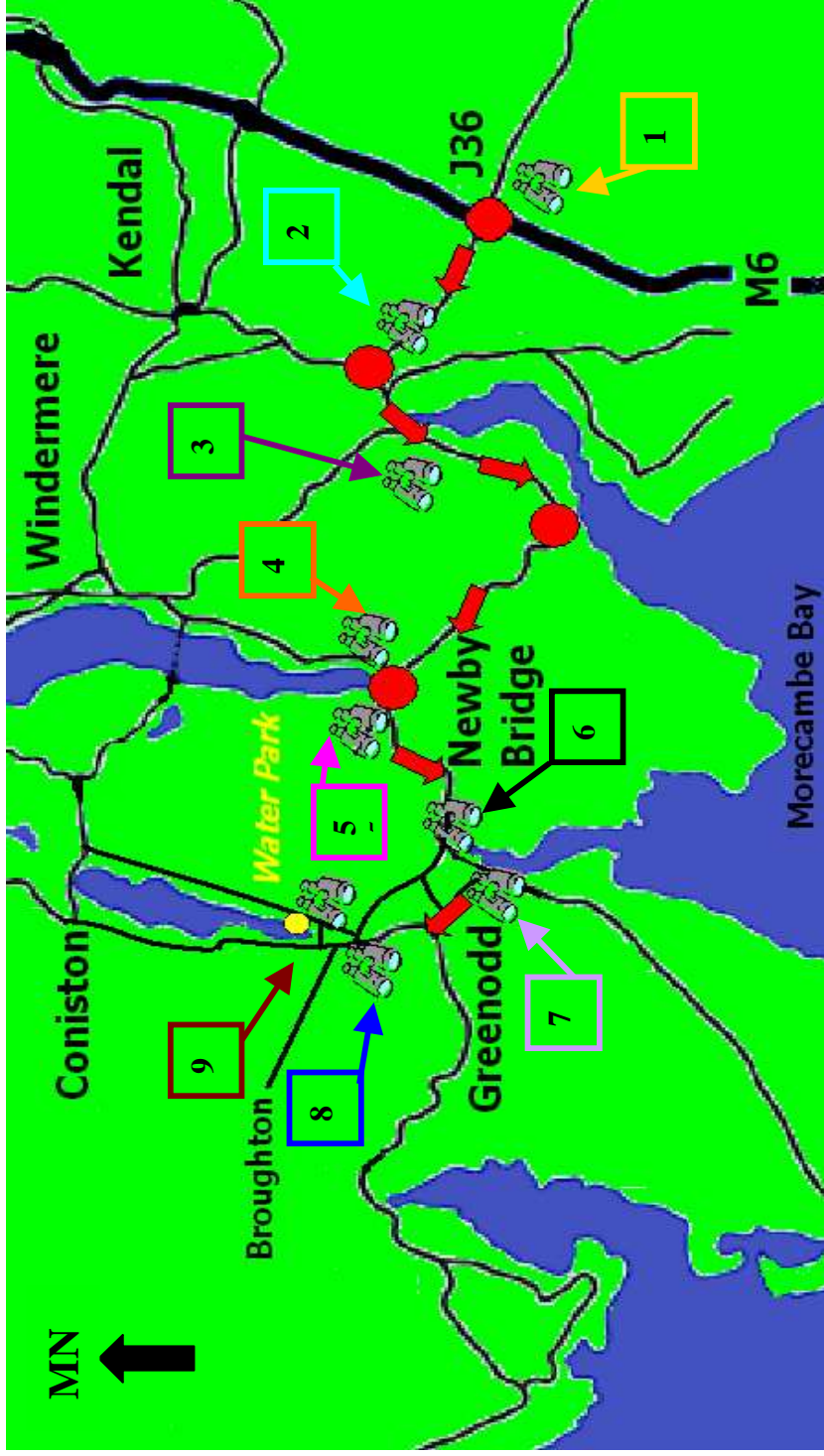
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