



MINI PILGRIMS

Light and Dark

RESOURCES

The Mini Pilgrims Group 4th Sunday Adventures went on a walk to the woods around Lowther/Askham near Penrith. A chance to explore the theme of light and dark. During the walk we stopped and looked for materials and objects in nature that were both dark and light, for this particular walk stones were used. The found materials were sorted into colour, grouping similar colours together, or creating an ombre pattern going from dark to light; or made into a picture. This was used to explore the theme of dark and light and how they complement and contrast one another.

There is parking at Lowther Castle car park (Postcode CA10 2HH Grid Reference:NY528242) this is permissible for walkers as well as users of the castle grounds. Cross the parkland to Lowther church and then down to a permissive path by the river. From there, walk downstream to the double bridge, cross here and double back on yourself following the footpath signs to Askham - distance approximately 3.5km. For reference see: Ordnance Survey Explorer Map OL5 The English Lakes North East.

Nature is constantly demonstrating that light and darkness are persistently with us; it is usual for light and darkness to dwell together, where there is light, there is also shadow.

How is the reality of this interweaving of both light and dark reflected in your own life? and does nature have something to teach us about how we view darkness in our lives?



Apart from the materials you find on your walk you won't need any other equipment, although wet wipes and a hand sanitiser are advised. You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies.

This activity can be done on any walk. It is not reliant on a particular environment.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.