



# RESOURCES

## Reflective Walks

### Flow

Each reflective walk has a theme, this was the fifth of six reflective walks being completed in 2017 and was on the theme: Flow.

For this walk we went up to Buckstones Jum (Grid reference: NY 3666 0775) a popular wild swimming spot. Park in Rydal (we parked at Rydal Hall - fee payable). The path we walked followed the river up from Rydal Hall, where there is also a cafe. (Postcode LA22 9LX).

As we walked we reflected on the different examples of 'Flow' around us, from the river which ran beside the path, to the falling rain, to the bogwater shifting under our boots. What it sounded like, felt like, as well as what we could see. At one point on the walk we came across a Hydro-Electric plant in the river and we compared the containing nature of the structure, with the chaotic, wild and untamed river as it flowed over rocks nearby. When we reached Buckstones Jum we paused to listen to the words of 'Coming to Water' in *Praying Like a Woman* by Nicola Slee, (London, SPCK, 2004). We spent some time reflecting on these words as we watched the river gushing into the natural pool.

Fast flowing water could be seen as dangerous, noisy, wild, but for those who like extreme sports these same conditions could be exhilarating, freeing and liberating. Some would appreciate the peace of calm waters whereas others would bore easily. Discuss the different examples of flow that you experience on your walk, whether that's playing pooh sticks in a river, painting a seascape, or even swimming in it, and how it might illustrate the ebb and flow of life.



You should ask people to dress appropriately for the time of year and wear suitable footwear. If wild swimming additional risk assessments will need to be carried out to ensure safety, and suitable swimwear suggested e.g. wetsuits. As much as you can prepare for these things, you may need to change your plans on the day according to weather conditions.

Ideally this walk should be done near flowing water.

For the walk to Buckstone Jum see: Ordnance Survey Explorer Map OL7 The English Lakes South Eastern Area.

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](http://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.***