



RESOURCES

Reflective Walks

Mortal

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

For this walk we parked at Tilberthwaite Car Park (Grid Reference NY306010 nearest postcode LA21 8DG). At the start of the walk we gave everyone a circular piece of card with the words 'Mortal - subject to death' written in metallic pen on one side. We asked them to write their name on the other side in chalk and put it in their pockets.

During the walk we went into the longer tunnel, the entrance to which is a sign saying Little Langdale Quarries. About half way along is a junction that is shut off and this is where we paused for our reflection. We took out our pieces of card. As they had been kept in our pockets the names had begun to rub out. We used this as a way of reflecting on our own mortality. Everyone was asked to put their card flat into the bottom of a kilner jar. A tea light was lit and put in the jar on top of the pile of card. We turned our torches off and left the candle for a moment before closing the lid of the jar, watching in silent reflection until the candle went out. Switching our torches back on we broke the chalk into small pieces and crushed a small piece beneath our feet 'from dust we came and to dust we will return.'



You will need to prepare your card before the walk, we used black card which we cut into circles slightly smaller than the circumference of the Kilner Jar - so that they can lay flat at the bottom of the jar. You will also need chalks. You should ask people to dress appropriately for the time of year and wear suitable footwear, they should also bring torches or head torches with them.

Darkness is needed for this activity to work therefore a walk to a cave works well, alternatively you could do a night walk.

There are several ways of getting to Cathedral Cave, for reference 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.

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