

Accessible Adventures

Interesting journeys by foot or wheelchair



Pennington Flash Country Park,
Leigh, WN7 3UG

Pennington Flash is a beautiful country park and nature reserve. The lake was created at the turn of the 20th century by coal mining subsidence, mainly from Bickershaw Colliery.

Before the Flash the area contained two farms, both of which were abandoned in the early 1900s due to flooding.

Facilities include a small information centre, a nine-hole municipal golf course, a car park, a children's play area, toilets, picnic and recreation areas, several bird hides.

Activity:

Feel free to use this booklet as your own notebook, add your own observations and drawings, mark your progress on the map in the centre.



“In all things of nature there is something of the marvellous”. Aristotle

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Bird Watching



Nightingale



Whiskered Tern

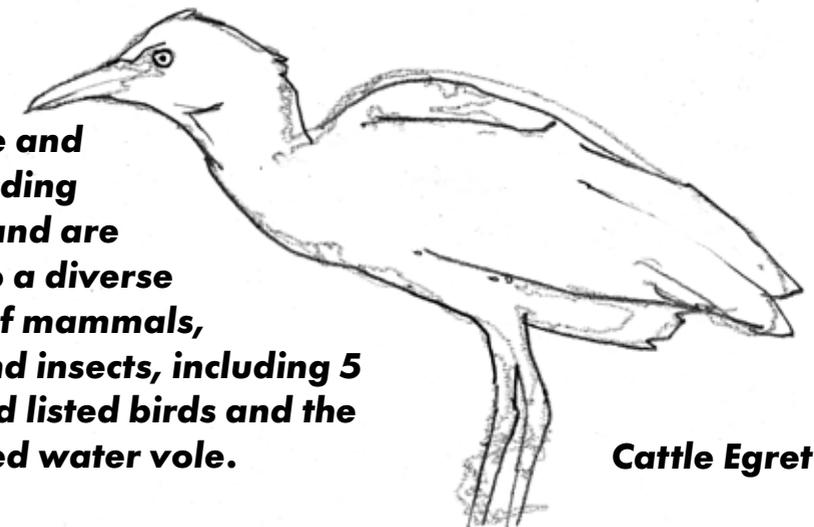


Leach's Petrel



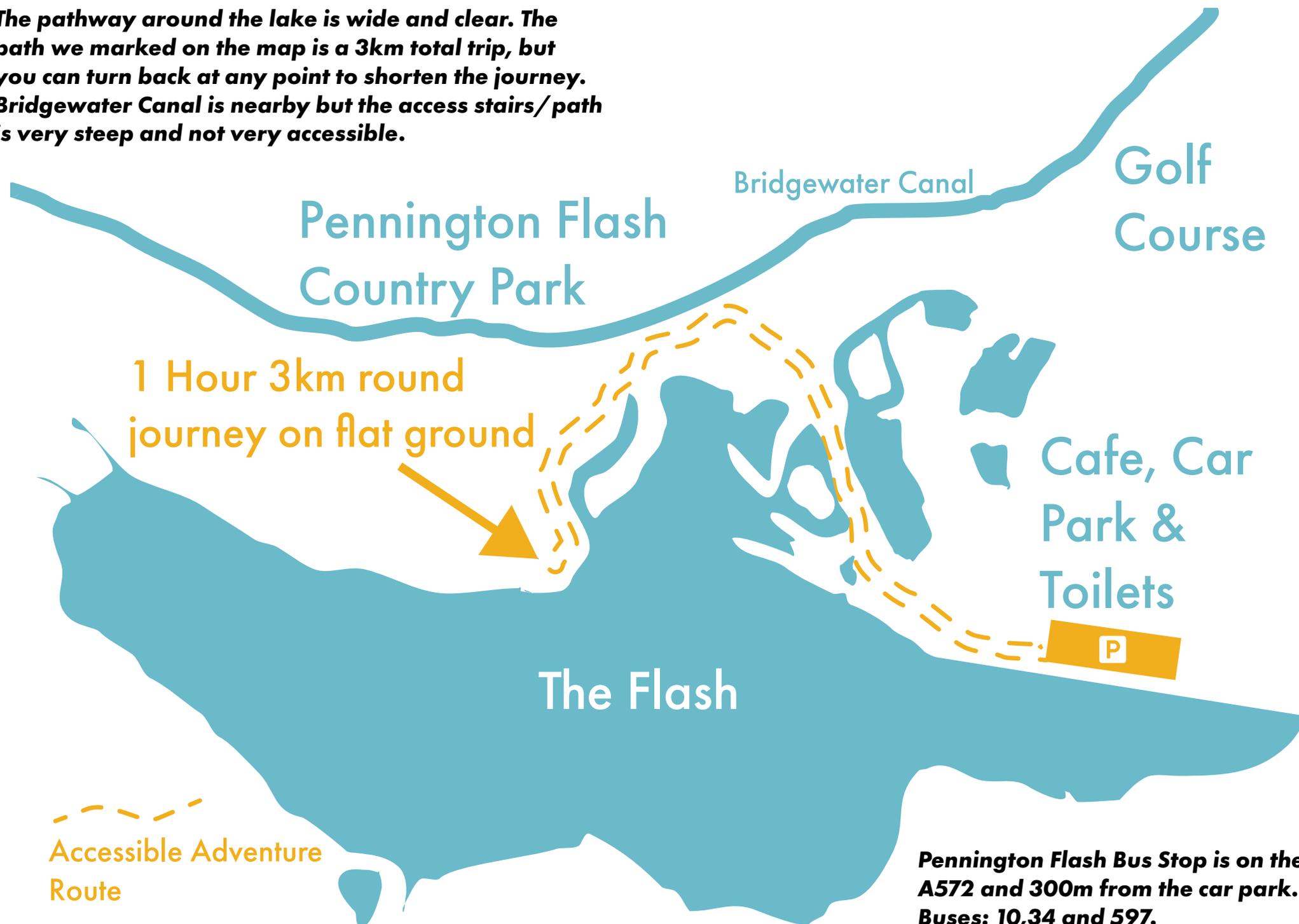
Black-faced Bunting

The lake and surrounding marshland are home to a diverse group of mammals, birds and insects, including 5 RSPB red listed birds and the protected water vole.



Cattle Egret

The pathway around the lake is wide and clear. The path we marked on the map is a 3km total trip, but you can turn back at any point to shorten the journey. Bridgewater Canal is nearby but the access stairs/path is very steep and not very accessible.



1 Hour 3km round journey on flat ground

Accessible Adventure Route

Pennington Flash Bus Stop is on the A572 and 300m from the car park. Buses: 10,34 and 597.



Leaf Printing

Collect Leaves of various shapes and sizes from your walk, both fresh and fallen leaves will work.

Cover your work area with a mat or newspaper.

Prepare your paint, cut paper to required size.

Paint the underside of your leaf coating the entire surface.

Press the leaf onto the paper.

Remove the leaf.

Repeat the process using different colours and leaf shapes, experiment with different designs. Allow your paint to dry.



Leaf Rubbing Activity

Collect some leaves from your walk, choose different shapes and sizes.

Put the leaf upside down on the table.

Place a piece of paper over the leaf.

While holding the paper and the leaf in place use the side of the crayon to rub across the leaf.

Make sure you colour over the entire leaf rubbing firmly all over the leaf will show the veins and the outline of the leaf.

A dark crayon will produce a clearer print of the leaf.

Choose another colour and leaf shape. Experiment with different designs.

This guide is designed to encourage all people to investigate Greater Manchester's accessible areas.

As well as travelling around the location we have created some bespoke activities you could undertake during your adventure.

We would appreciate if you recorded the following information below which you can email with any additional feedback to boltoncontemporary@gmail.com:

Location of each activity (which journey did you take)					
Date and time of each activity					
Duration of activity (for example 30 minutes, 1 hour, full day)					
Number of people attending each activity who haven't attended before					



Disclaimer: Every effort has been taken to ensure that these journey and activities are safe, however please exercise your own judgement.