

Liza Path



River Liza and Autumn Forest

£1

Welcome. The River Liza is one of England's most natural rivers. From its source under the majestic peak of Great Gable the river flows through a glacial landscape past the iconic Blacksail Youth Hostel. Constantly eroding new routes it flows through the heart of the big forest before calmly entering Ennerdale Water where Arctic Charr spawn at Charr Dub.

Suitability. The walk meanders along narrow grass and gravel paths. A few sections are not well defined encouraging exploration. Some areas are wet or the surface is rough or there is a side slope. Walking boots are recommended. **Please note that the bridge over High Beck has been damaged by flooding. Please cross the beck carefully avoiding the bridge or walk the forest road**

Red Admiral butterfly and Devils Bit Scabious



Wild Ennerdale is a partnership between people and organisations lead by, The Forestry Commission, National Trust, United Utilities and Natural England. Our vision is "to allow the evolution of Ennerdale as a wild valley for the benefit of people, relying more on natural processes to shape its landscape and ecology."

For more information visit www.wildennerdale.co.uk



A Roe Deer crosses the river

Please Protect Our Wild Valley
Don't start fires
Protect and respect wildlife, trees and plants
Keep dogs under control
Take your litter home
Make no unnecessary noise
Take only memories away



Meandering natural river

Forest road from Bowness Knott Car Park (¼ hour to Liza Path Start) Grid Ref NY110153 or Postcode CA23 3AU

Meandering Natural River
The River Liza is free to meander across the valley bottom and it takes every opportunity to do so. It is constantly changing its course, destroying established woodland as well as building new gravel islands. Scrub vegetation provides important habitats as well as acting as Velcro stripping the river of debris and energy in time of flood. The River Liza illustrates the value of allow natural processes in providing flood protection and clean drinking water.

Wildlife.
Look out for wildlife such as the rare Marsh Fritillary butterfly (May—June) , Red Squirrels and otter. Also birds such as Dippers, Buzzard and Heron.

High Beck Bridge
High beck bridge was damaged in the 2009 floods and whilst we hope to replace the bridge in 2011 please cross the beck carefully and avoid the bridge or walk the forest road from Low Beck to Middle Bridge instead.

Return via either forest road, enjoy the path in reverse or follow the forest road up to the east end of the valley.

Path from Bleach Green Car Park (1½ hours to Liza Path Start) Grid Ref NY085153 or Postcode CA23 3AS

What's in a name
The River Liza gets its name from the old Norse language "ljōs ā" meaning 'shining river'.

Roaming Cattle.
Look out for one of our three roaming herds of Galloway cattle. With their jet black curly hair they often get compared to bears. We have introduced them as a natural process, grazing and disturbing the ground they create opportunities for vegetation change. Please do not approach the cows when

Emergency!
A&E Hospital Whitehaven. 01946 693181
Nearest Public Phones Gillerthwaite YHA common room. Low Gillerthwaite Field Centre. Ennerdale Bridge outside the school.
Rescue Phone 999 ask for Mountain Rescue.
Mobile Phones. Poor (west) to no reception (east).

Trail Route. No Way markers

The trail is 2 miles long and takes around 1 hour each way excluding travel time from either car park or other start point.

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