

# Accessible Adventures

Interesting journeys by foot or wheelchair



Pennington Flash Country Park,  
Leigh, WN7 3UG

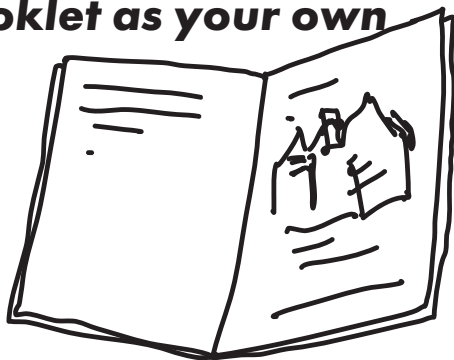
**Pennington Flash is a beautiful country park and nature reserve. The lake was created at the turn of the 20th century by coal mining subsidence, mainly from Bickershaw Colliery.**

**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.**



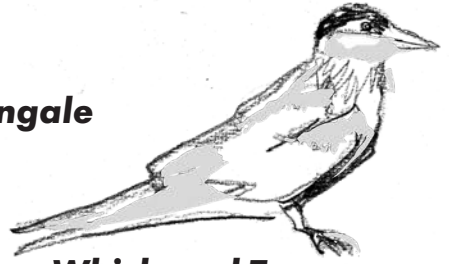
**“In all things of nature there is something of the marvellous”. Aristotle**

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# Bird Watching



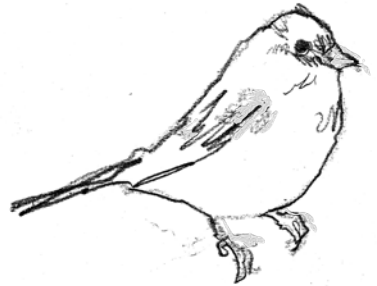
**Nightingale**



**Whiskered Tern**

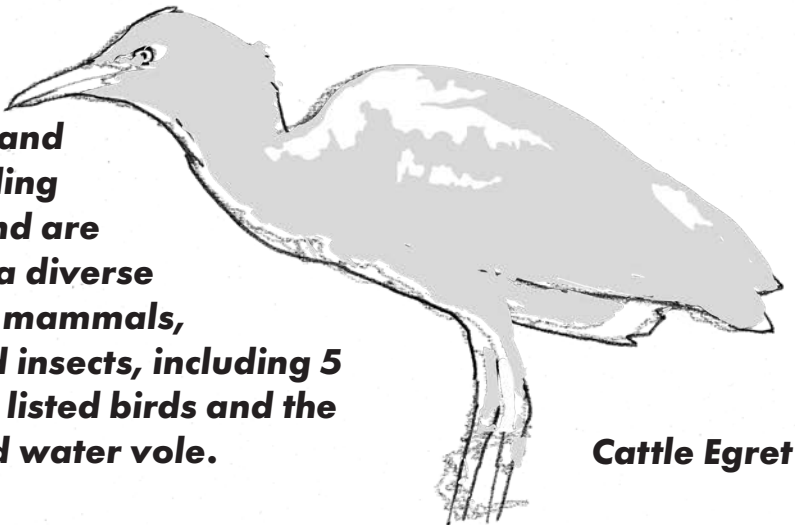


**Leach's Petrel**



**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.**

## Pennington Flash Country Park

1 Hour 3km round  
journey on flat ground

Accessible Adventure  
Route

The Fl



Bridgewater Canal

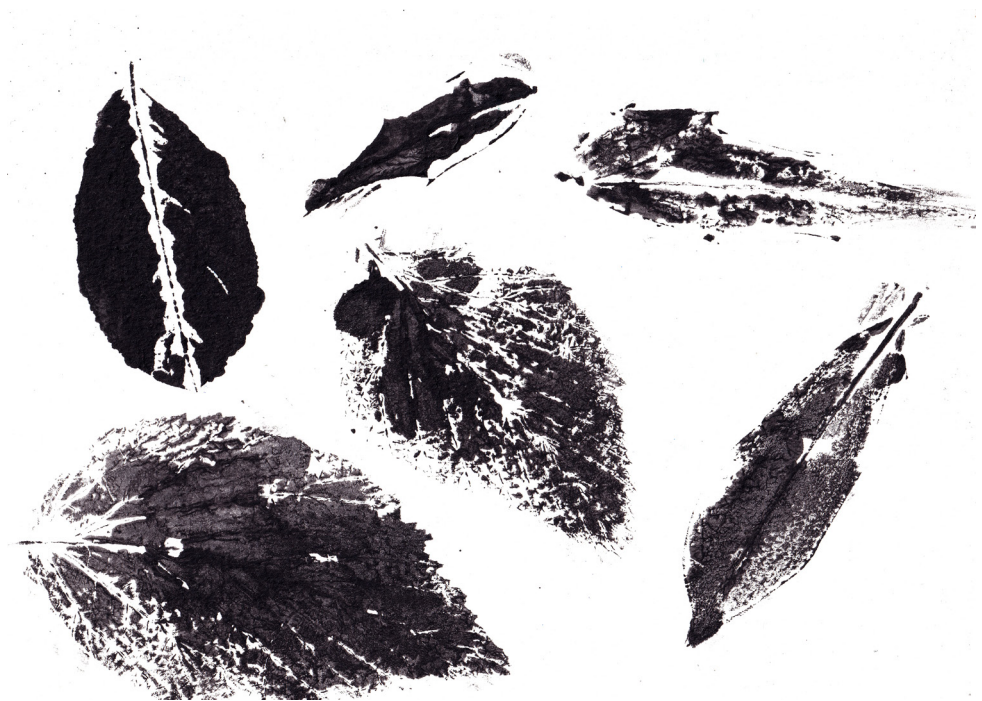
Golf  
Course

Cafe, Car  
Park &  
Toilets

P

Pennington  
Flash

**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](mailto:boltoncontemporary@gmail.com):**

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



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