



## Thinking Space for the North exercise idea walk or walking and thinking circuit

From lake to hill and back again in 11 parts over three stages, offering spectacular views of Coniston Water, the Crake Valley and across to the Coniston fells

Boat (3 miles) Walk (3 miles) – Boat (3/4 mile)

1: Solar boat / water – eco transport. Visitors embark at Coniston local terminal

From Coniston Boating Centre, take the low impact solar powered Coniston Launch to Park-A-Moor Jetty. First boat 1040, timetables available from Coniston Boating Centre.

2: Walking exercise, outdoor education, Steiner/Ruskin, health, totalitarian fitness regime, scouts, international pedestrian, wandering, future transport, feet on the ground, one in front of the other.

From Park-A-Moor Jetty turn left to follow the East of Lake Road, north, for 300 metres until you reach Dodgson Wood car park. Take the path to the rear of the car park, which will lead you up through the wood. The path eventually leaves the wood, taking you up to Low Park-A-Moor farm.

3: Approach up hill, through Dodgson wood, past the scout house, flags of insignias, models and networks, thoughts of projects, proposals and initiatives

4: Low Park-A-Moor Farmhouse preserved derelict romantic abandoned remote, a stage set for the future

Take a while to explore the Leisure Allotment.

5: Onsite Activity renovation work, camping, open call for future imagination, images of group thinking, scout tower, art work. Schwitters, Ruskin & Steiner.

6: Interior - 'Thinking space for the north' a fresco in progress and a new organisational HQ, 'venture capitalist kitchen', 'sustainable eco parlour'

7. Scientific Weather Balloon. Symbolizes activity on site. Eco science / sustainability, alternative energy, transport– invited experts. Site of special scientific interest.

8. Tops Rural mountain top knowledge, quest for truth, enlightenment, Mormon tablets, Spirit of the hillside, elevated view of valley below – see geological, water and farm systems.

Go through the farmyard and follow the ridge path in a northerly direction, entering Grizedale Forest through a gate after ? mile. Continue along the path into the forest for just over ? mile, where it meets the main forest road.

Turn left onto the forest road and walk for approximately 1/3 mile (ignore a road turning off to the left) then turn off left down a footpath marked with a blue and yellow arrow post and follow this path down through the trees. When this path joins a larger track, turn left and you will shortly reach a clearing on the edge of the forest by Lawson Park farm.

9. Lawson Park Lawson Park, originally emparked by Furness Abbey in 1338, once belonged to John Ruskin and was the home of the Severn family. Now the new home of the Grizedale Arts residency programme; part artists' residence, part small holding, a new model for what the art institution should be in the 21st century, a hub in a local, national and international network, disseminating ideas, the local feeding into the global, offering new solutions and ways of thinking for the post urban world.

From the clearing continue on the path, north, alongside the wall and go through the gate into the Brantwood estate. Follow this path around the hill side until you reach an iron gate in a stone wall, leading into the Brantwood gardens.

10: Brantwood Home and micro utopia of John Ruskin

Explore the gardens and house of the influential, writer, artist and thinker

11: Complete the circuit "The circuit is complete and the energy is flowing" Natures systems and Economic systems, water cycle – lake to cloud to hill to river to lake, Ruskin to Gandhi to the present.

Take the Steam Yacht Gondola or Solar Launch back to Coniston. Last boat 1635.

Links:  
[www.grizedale.org](http://www.grizedale.org)  
[www.thenorthernway.co.uk](http://www.thenorthernway.co.uk)  
[www.brantwood.org.uk](http://www.brantwood.org.uk)  
[www.nationaltrust.org.uk/gondola](http://www.nationaltrust.org.uk/gondola)  
[www.conistonlaunch.co.uk](http://www.conistonlaunch.co.uk)