

MOORS FOR THE FUTURE PARTNERSHIP

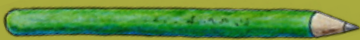
*See the Peak District National Park
with fresh eyes*

SEVERN
TRENT

WONDERFUL ON TAP



Drawn to the moors



A green sketching guide by Dr Ali Foxon

Put down your phone and pick up a pencil!



There's so much to see in the beautiful and varied Peak District National Park, with striking gritstone edges, wild moorland plateaus, peaceful reservoirs and dramatic limestone dales. And yet, increasingly, we only look at the beauty briefly, through the lens of our phone. We think we look but we don't really see. That's why it's time to put down our phones and pick up a pencil.

Green sketching is a wonderful way to relax, reconnect with nature and see the Peak District with fresh eyes. This booklet will help you get started by guiding you through a range of simple sketching activities that are suitable for all ages and abilities.

Don't worry, you don't have to be artistic!

Green sketching is all about seeing, not drawing. It's the process of sketching that helps us unplug, unwind and tune into our surroundings. It's the process of sketching that helps us notice beauty, joy and wonder we'd otherwise miss. The quality of our artwork is irrelevant.

Doodle in your own way

You can use this booklet however you like. Work through it steadily or pick and choose whichever activities appeal. Spend 30 seconds on each sketch or linger for longer. The sketching prompts are versatile, widely accessible and require no special nature knowledge. You don't have to identify something to be able to enjoy it; you just have to see it.

All you need is a pencil, pen, or some coloured pencils and perhaps something to lean on. We've suggested a few locations where you might want to look for particular features in the landscape but keep your eyes peeled for joy wherever you go.

Be kind to yourself, nature and other people.

Follow the Countryside Code and do what you can to help protect this special place for all future joy spotters.

***Now, put down your phone and pick up a pencil.
It's time to doodle!***



On your marks

Let's start with a gentle warm-up.

Find a pen or pencil and make the following marks in the box:

- Dots
- Straight lines
- Wavy lines
- Jagged lines
- Dotted lines dashed lines
- Squiggly lines

Add a circle, a triangle, a rectangle.
Finish with a spiral.

These are the only marks you'll ever need for green sketching. Whenever you sketch something, simply ask yourself, 'Which of these marks can I see?'



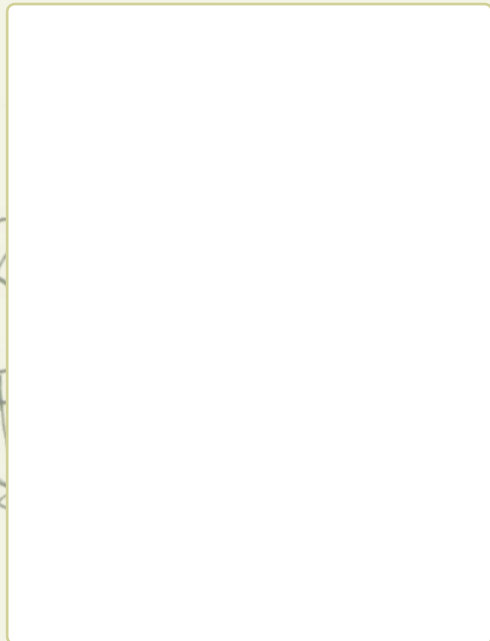
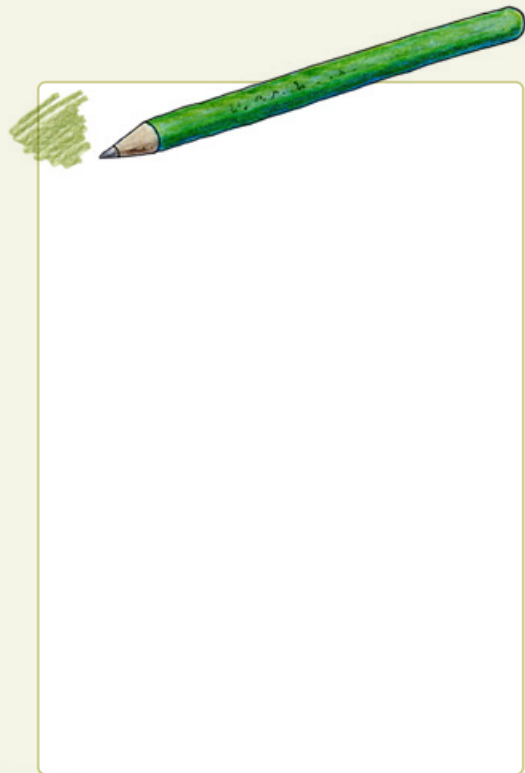
Start with a leaf

Find a leaf that catches your eye and look at it carefully.

Is the edge of your leaf straight, jagged or wavy? Can you see any veins? Are there any dots, holes or blotches? What do you like about your leaf?

Have a go at sketching it in the box.

Sketch it in your own way, however you like – there's no right or wrong way to sketch (and no-one else needs to see!).



Look for joy

Joy spotting is at the heart of green sketching. It's the practice of intentionally scanning our surroundings for things that make us smile. The joy we feel when we see something pretty, new or curious is hard to beat and a healthy way to boost our dopamine.

While sometimes this will be an iconic view in the National Park, often it will be something much smaller or unexpected, like the sight of an orchid, an iridescent green butterfly or a shiny red cowberry. It might be a heart-shaped leaf or something more fleeting, like cloud shadows or golden hour light.



Notice what you're drawn to

We all see the Peak District differently, depending on our interests and familiarity with the region. Some of us seek out gradients and adventure; others search for headspace and tranquillity.

What about you? Where is your 'happy place' in the Peaks? Where do you feel calmest, awestruck, most alive? Not sure? The trick is to notice what you notice, and how it makes you feel.

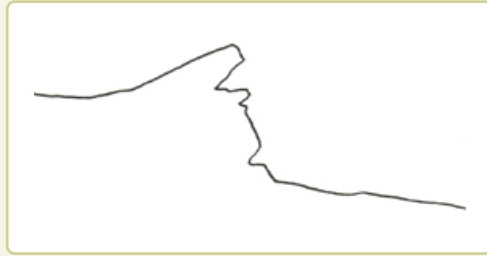
As you try the different sketching exercises in this booklet, notice when you find yourself particularly absorbed in the moment, or thinking, 'Wow! I love being here.'

Note your feelings and any sounds, smells or sensations (wind, drizzle, warm sunshine etc). It will help you savour and remember the moment. Green sketching brings awareness to the places that feel good; the places that spark joy and create calm.



Pencil a Peak

Sketching the horizon (the boundary between land and sky) is a great way to get to know the craggy peaks of the Peak District. It can help us find our bearings and connect with the local geology and landscape. It's also good for us, soothing screen-tired eyes and regulating our stress response. Not bad for one wiggly line!



Give it a go. Use the boxes here to sketch a few different horizons. Sketch as slowly as you can, noticing all the bumps, dips and changes in angle created by slopes, rocks, trees or buildings. What can you see?



THINK ABOUT: How do different horizons make you feel? Do you prefer the gentle rolling hills of the White Peak or the dramatic horizons of the Dark Peak? Why?

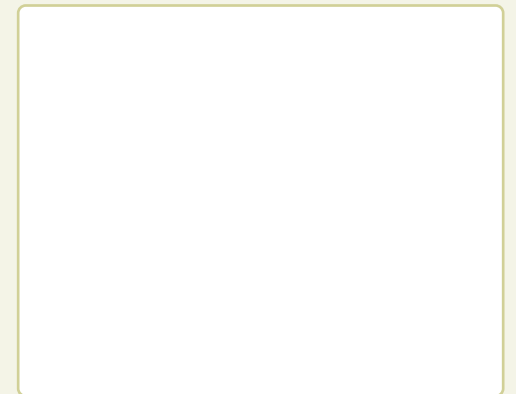
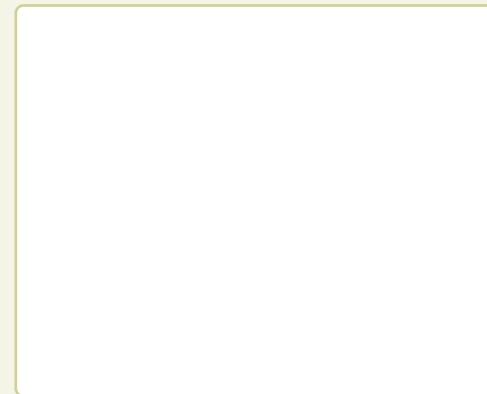
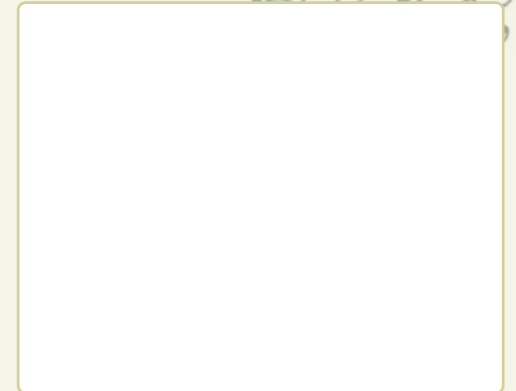
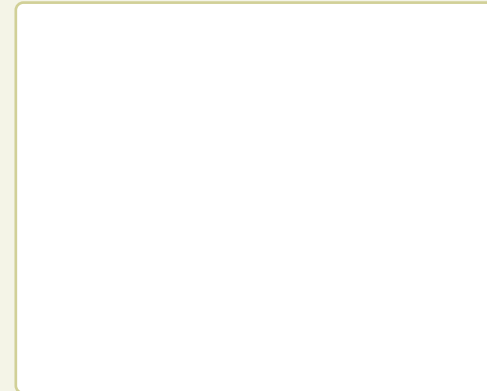
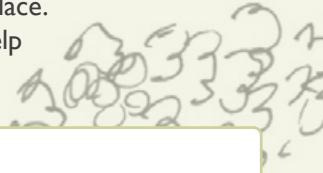
WHERE TO LOOK: Kinder, Shutlingsloe, Win Hill, Parkhouse Hill and Chrome Hill.

Look for the lines

From spectacular Winnat's Pass to stunning Dovedale, it's easy to fall in love with the dramatic landscape of the Peak District.

Instead of taking a photo, why not spend a few minutes savouring your favourite views with a simple sketch.

Try and limit yourself to five or six lines. Let your eyes locate the horizon and then see what other lines you can find in the landscape. Look for hills, streams, cliffs, hedges and stone walls. Everyone sees different lines in the landscape, so there's no right or wrong way to do this. And don't worry if the lines you sketch aren't in the 'right' place. The aim isn't to create an accurate or beautiful drawing; it's to help you see and appreciate your surroundings.



Once you feel comfortable finding the lines within the landscape, you can add other features that catch your eye. Look for trees, farm buildings, craggy rocks; a trig point, boggy pool or packhorse bridge. Be selective and only add details you like.

Map the mosaic

The wild moorland hills of the Peak District are a mosaic of different habitats, with rocky edges, patches of grass, heather, bracken, bog and woodland. You may also see areas of bare peat, although the fewer the better, as the peat is happier and healthier when it's covered in boggy plants.

See how many different pieces of the moorland mosaic you can spot as you explore the Peaks. Imagine you're mapping the area and create a key in the boxes below. You can make up your own squiggly and descriptive patterns, or use colours if you have some with you.





Rename a rock

The Peak District is known for its dramatic rocky edges, quirky gritstone rock formations, spectacular caves and discarded mill-stones. The rock formations are typically named after things they supposedly resemble: kissing stones, pots and pans, mother and child, to name but a few. Which are your favourites? Do you agree with their names?



Keep your eyes peeled and sketch any curious rock formations you find in the boxes here. What would you call your rocks? Rocks can be fiddly to sketch, so if you're struggling, just focus on their outline or, better still, sketch their silhouettes at dusk. It's often easier and just as revealing.

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THINK ABOUT:

How do the rocks make you feel? Comforted by their enduring presence? Amused by their quirky shapes? Energised by the promise of challenge and adventure?

WHERE TO LOOK: Kinder plateau, Bleaklow, Alport Castle, Stanage, The Roaches.

Doodle the stars



The Peak District is home to blanket bog, a squelchy moorland habitat of international importance. Blanket bogs are important for carbon storage, flood protection, water quality and wildlife. They're also really beautiful when you look at them more closely.

The stars of the boggy show are sphagnum, the very special bog-building, water-storing mosses that are a glorious sign of a happy healthy bog. They grow in hummocks, carpets and at the edge of boggy pools. Some sphagnum varieties look like boggy edelweiss; others are more maggoty! It's usually easier to spot bright green sphagnum but if you're lucky, you may see salmon pink, dark red, mustard yellow and brown varieties too.

See what you can you find. You can either doodle the starry top (aka the capitulum), zoom in on a teeny tiny leafy branch, or step back and sketch a boggy pool full of chunky hummocks.

Your sketches don't need to look good and they don't need to be botanically accurate. All that matters is you're giving these bogtastic wonders a few minutes of your undivided attention.

WHERE TO LOOK:

Black Hill, Kinder Plateau, The Eastern Moors, Goyt Valley, The Roaches.

Look for midge-munchers and match sticks

Once you start joy spotting on the moors, you won't be able to stop! Keep your eyes peeled for purple bilberries, black crowberries and bright red cowberries. See how many different ferns, heathers, reedy rushes and fluffy cotton grasses you can spot. The more you sketch, the more you'll see. See if you can find a carnivorous sundew, a weird and wonderful plant with leaves covered in sticky, insect-trapping red hairs that glisten in the sunlight, like dew. If you're lucky, you might spot a beautiful bilberry bumblebee (look for yellow stripes and a reddy-orange tail) or spot some lichen that looks like match-sticks and tiny pixie cups.

Keep your eyes peeled and see what you can find. Doodle your bogtastic discoveries in the boxes below.

Your favourite moorland berry

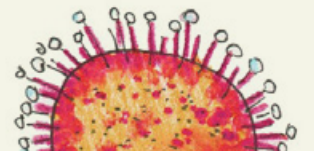
Your favourite heather

Your favourite fluffy cotton grass

Your favourite moorland bug

Your favourite moorland leaf

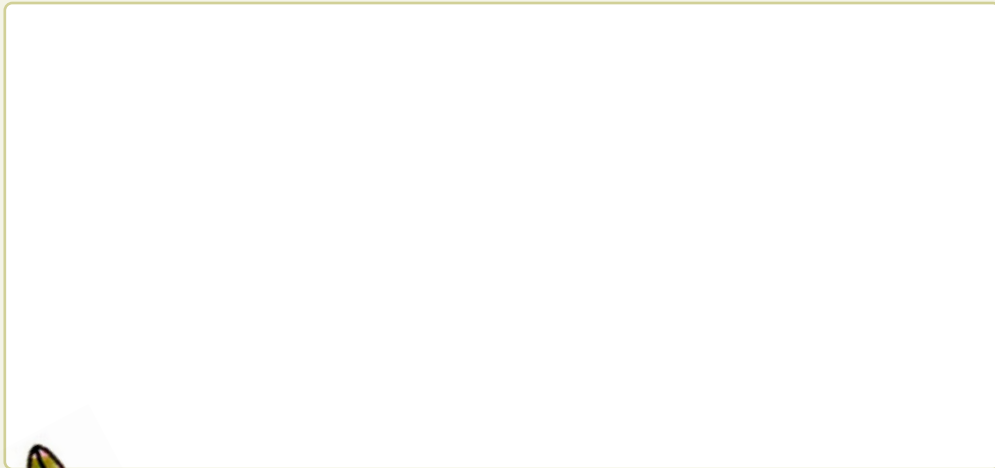
Your favourite moorland lichen



Try a boggy doodle

See if you can find something naturally occurring on the moors to use as paint. Then look for a twig you can use as a brush – heather works well. If it's berry season, you can add some colour with bilberry juice. Just find a sharp reed/rush, pierce the berry and use it as a quill.

Now, try and paint a few lines of the wild, moorland landscape before you. It's best to do this with low expectations and a playful heart!



Experiment and have fun!



Get to know a reservoir

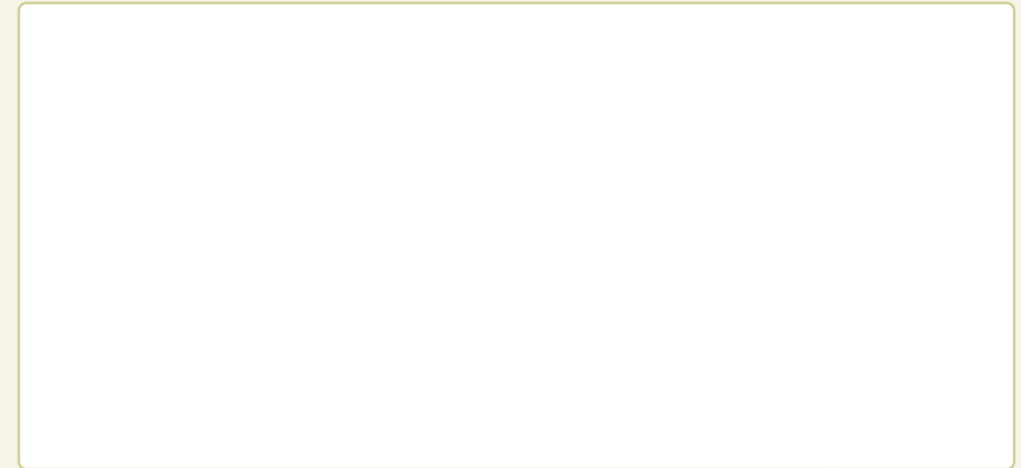
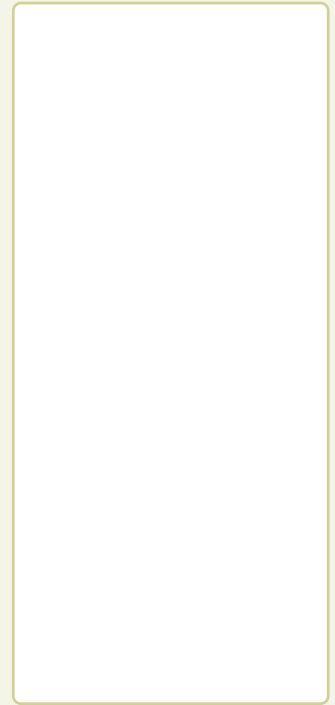
The Peak District is home to beautiful waterfalls, streams and some very famous stepping stones. But did you know there are also 46 reservoirs in the Peak District?

They are an important feature of the landscape and, in the absence of natural lakes in the National Park, a much-loved source of calm and tranquillity.

Green sketching can help you savour the calm and get to know your favourite reservoir even better. If you're sitting up in the hills looking down on a reservoir, try sketching the shape of the whole water body (or treating it as a 'negative space' and shading the area around it). Notice how the water hugs the contours of the land.

If your doodle stop is beside the water, try a vertical 'slither' sketch instead. Start at water-level and gradually move (your eyes and pencil) up the shoreline opposite you, towards any trees, moorland and sky.

Do you notice anything you'd never seen before?



WHERE TO LOOK: The three Derwent Reservoirs, Tittesworth and Carsington reservoirs (just outside the National Park). Elevated reservoir views from Kinder Scout, Bamford Edge and The Roaches

KEEP AN EYE OUT FOR:

Common Sandpipers and Dippers, Heron, Kingfisher and Canada Geese.



Search for Purple, Yellow & White

Flower-loving joy spotters are spoilt for choice in the Peak District, with heather-clad moorland, glowing fields of buttercups and dandelions, and an abundance of hawthorn blossom, foxgloves and ox-eye daisies. Keep looking and you'll find purple orchids, pretty wild pansies and many rarer species. There's no need to identify flowers to enjoy and appreciate them. You just have to see them!

Using the prompts below, see how many different flowers you can find and doodle them in the boxes below.

If the whole flower is too complicated (or big) to draw, just sketch an individual petal or make a simple colour note. Which are your favourites?



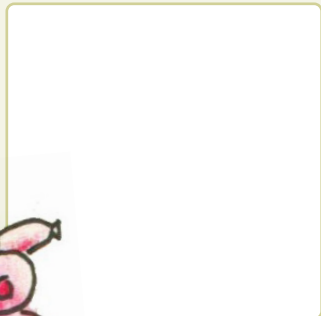
A flower you've never seen before



A flower that reminds you of someone



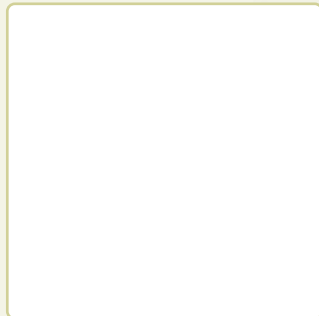
A flower that butterflies love



A flower that grows in a bog



A flower that grows on a tree



A flower that isn't yellow, white or pink/purple

WHERE TO LOOK: Enjoy excellent views of the heather (in late August and early September) at Surprise View, Baslow Edge and Kinder plateau. Visit Lathkill Dale in the White Peak to see Jacob's Ladder, Derbyshire's rare and pretty, county flower.

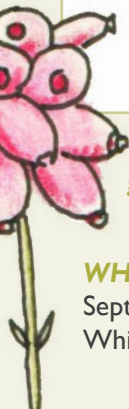
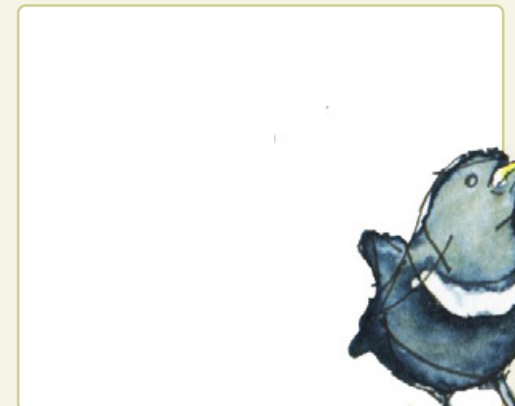
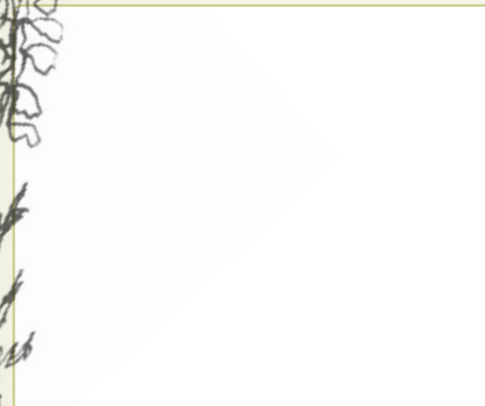
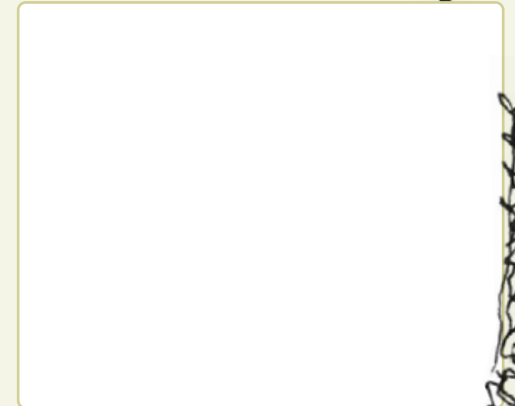
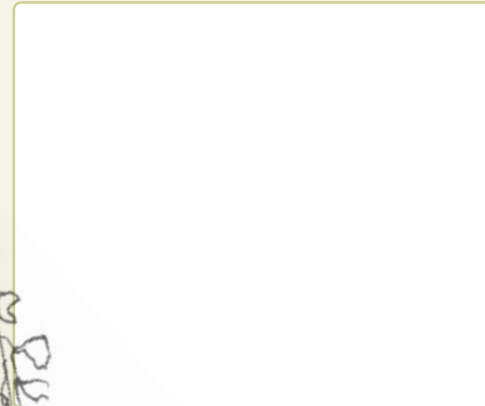
Catch a glimpse of...

The more time you spend green sketching in the Peaks, the more likely you are to spot a glimpse of magic – a bilberry bumblebee or winter-white mountain hare. You'll likely startle (and be startled by!) some red-grouse and meet other birds that live or visit here.

Keep your ears and eyes open for curlews, skylarks, short-eared owls, ring ouzels, meadow pipits and golden plovers. Don't worry if you can't tell your pipits from your ouzels – you don't have to identify birds to enjoy getting to know them. You just have to see them and pay them attention. Wildlife encounters are typically fleeting and you'll understandably reach for your camera. But a quick doodle will help you savour the moment even more.

Use the boxes below to record what you can.

You may only have time to sketch a beak or note the colours. It doesn't matter if your sketch is unrecognisable or incomplete – it's the observation that counts and creates stronger memory and connection.



Go for a doodle walk

The Peak District is famous for its walking routes and home to the Gritstone Trail and the start of the Pennine Way. There are hundreds of more gentle and accessible footpaths too.

Why not transform your next walk into a doodle walk?

Whenever you stop for a rest, make a quick sketch of something that catches your eye in the boxes below. It will change what you look at and how much you see.



A grid of seven empty boxes for sketching, arranged in two rows: three boxes in the top row and four boxes in the bottom row. A pencil icon is at the top left, and a small plant illustration is at the bottom right.

THINK ABOUT: Where's your favourite footpath in the Peak District? What makes it so special? What do you see?

Signs of hope and recovery

We all know nature is in trouble and under pressure from pollution, habitat loss and climate change. Thankfully, there are huge efforts underway across the Peak District National Park to protect endangered wildlife and restore degraded habitats.

You may see deciduous trees being planted or allowed to regenerate. You may spot areas of degraded peat being rewetted and revegetated. Perhaps you'll hear a cuckoo, see more butterflies than usual, or notice an extra vibrant patch of wildflowers that wasn't there last year.

If you see something reassuring or encouraging, sketch a little visual reminder in the boxes below. In a world where we are bombarded with bad news, these observations are a powerful source of hope.

Two empty boxes for sketching, arranged side-by-side. A plant illustration is on the right side.

Use your eyes to help

Wildfires pose one of the greatest threat to nature within Peak District. They release large amounts of greenhouse gasses and smoke, contributing to climate change. They can increase the chance of flooding and make us less resilient to drought.

You can help by doing your bit to prevent wildfires and protect our moorland habitats. Phone 999 if you spot a suspected wildfire – don't assume someone else has reported it.

Don't have barbecues or fires on or near the moors and don't smoke on or near the moors. Take all your litter home.



What next?

We hope you've enjoyed this booklet and started to see the Peak District with fresh eyes. If so, why not get yourself a little sketchbook and carry on doodling? The more you sketch, the more beauty and wonder you'll see.

You can find out more about the benefits of green sketching at www.alifoxon.com

To learn more about our precious moorlands and efforts to restore them, visit **Moors for the Future** www.moorsforthefuture.org.uk where you can find out how to donate or volunteer.

For more information about the wider **Peak District National Park** visit www.peakdistrict.gov.uk or pop into one of the four visitor centres at Bakewell, Castleton, Edale and Upper Derwent.

Visit **Severn Trent** www.stwater.co.uk to find out more about visiting their Derwent, Tittesworth and Carsington Water reservoirs.

Finally, please spread the word and encourage your loved ones to put down their phones and pick up a pencil. Encouraging others to see the value and beauty of boggy landscapes is one of best ways we can help protect them.

Happy doodling!



Moors for the Future Partnership

Moors for the Future Partnership was established in 2003 to protect damaged blanket bog habitats across the Peak District and South Pennines. It provides evidence-based conservation, backed up by innovative public engagement.

The Partnership has raised £50 million of public and private funding to deliver restoration over 250 square kilometres of bare and eroding peat and created 3 square kilometres of native clough woodlands.

Healthy peat moors:

- **Provide a unique habitat for a wide range of wildlife.**
- **Absorb and store carbon – peat is the single biggest store of carbon in the UK, storing the equivalent of 20 years of all UK CO2 emissions and keeping it out of the atmosphere.**
- **Provide good quality drinking water – 70% of our drinking water comes from these landscapes. Damaged peat erodes into the reservoirs so that water companies have to spend more money cleaning the water for consumption.**
- **Help reduce the risk of flooding to communities living downstream.**

MOORS
FOR THE FUTURE

PARTNERSHIP



Severn Trent's Great Big Nature Boost

Looking after water means looking after nature and the environment too. That's why Severn Trent has committed to improve biodiversity across the Midlands through its Great Big Nature Boost campaign.

They will:

- **Revive 12,000 acres of land (an area bigger than the size of Gloucester).**
- **Plant 1.3 million trees.**
- **Restore 2,000km of rivers across the Severn Trent region by 2027.**

It's time to put down our phones and pick up a pencil.

Green sketching is a wonderful way to relax, reconnect with nature and see the Peak District with fresh eyes. This booklet will help you get started by guiding you through a range of simple sketching activities that are suitable for all ages and abilities.



www.moorsforthefuture.org.uk

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