

Haverigg and Hodbarrow - The Tern's Tale



I There is a seven-tonne dragon sculpture called *Escape to Light* by the world-famous sculptress Josefina de Vasconcelos. It's near the Haverigg Inshore Rescue station and is dedicated to all inshore rescue teams in the UK.

I The village of Haverigg lies on the Duddon Estuary. It is a small seaside fishing village and a haven for wading birds. The name Haverigg comes from the old Norse language meaning 'the hill where oats are grown'.

I Hodbarrow Nature Reserve is managed by the RSPB. It spans a large area of the former mines on the north side of the Duddon Estuary. The reserve is part of the Duddon Estuary Site of Special Scientific Interest.

I Ospreys can occasionally be spotted here hunting for fish. They have amazing talons to grab their catch with and huge yellow eyes. Apparently, if you spot one and dream about them it means you have great spiritual powers... good luck!

I Hodbarrow Beacon is the old Victorian lighthouse... it's 18 metres tall! Can you spot the old spiral staircase and light housing? What a view from here!

I Can you see a strange red lava? It's the spoil from the mines. You might even spot a rusty red chunk of haematite. Pick it up and see how heavy it is when you hold it in your hand... are you as strong as Thor holding his iron hammer?!

I If you stand quietly on the track between the lagoon and the sea wall you might be lucky enough to see an eider flock 'fly over'.

I Terns are around 40cm long and make 'scrapes' (shallow holes) in the ground to lay their eggs in. Little terns share their home with great crested grebes, beautiful yellow sedge warblers and diving merganser ducks. Also if you are lucky enough to see a tern with a red chest, you have spotted a rare cousin... the roseate tern!

I The secret coves around White Rock Beach at Hodbarrow Point must have been great smuggler spots.

Trail Safety Information
This Tale Trail follows a mixture of grassy/silty footpaths, gravel tracks and quiet roads. It is part of the famous Cumbria Coastal Way. Please stick to the marked footpaths and avoid unstable ground along

the coast. There are exposed quarry edges and steep cliffs. The stretch along the coast is tidal, so please check the tide timetables before setting off. Do not attempt to cross the estuary as the tidal flats have areas of sinking

sand and deep channels. The outer barrier can be very exposed in windy conditions!!

Discover more at
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