

## History of Duddon Mosses

Although commonly known as mossland, the waterlogged habitat at Duddon also has the unusual description of *raised bog*, a habitat with a thin layer of plants over a type of soil known as *peat*. The peat is formed from plant remains, which at Duddon are over 7000 years old and up to 6m deep. Experts believe the raised bog could be home to archeological remains.

## Things to see

The Duddon Mosses are a haven for wildlife. The boardwalk is a great place to spot adders and lizards bathing in the sunshine! Bog plants such as cottongrass are easy to spot: look for the sea of white, cotton-wool like flower heads swaying in the spring sunshine! The yellow bog asphodel and pink bog rosemary are also easy to spot in the summer months. If you look carefully you might even see the sundew – a small round leaved, insect-eating plant that thrives here.

As you walk round the site you'll see low walls of peat, known as bunds, which have been made to help reverse past drainage of the peat. The temporary pools created are popular with birds like mallard, teal and heron.

Both red and roe deer often graze in the outlying woodlands, and are best seen in early morning or late evening. Hunting barn owls often fly low across the mosses, and you might be lucky enough to hear the call of the elusive nightjar during late spring and summer.



Four-spotted chaser dragonfly

### Make a day of it!

End your visit with a drink at the Prince of Wales pub (opposite Foxfield Station), or at one of the cafes in Broughton village, a 20 minute walk from the station.



## Why go by train?

Travelling to Duddon Mosses by train on the famous Cumbrian Coast railway means a smaller carbon footprint. Using Northern Rail's regular service instead of your car helps to reduce environmental impacts on our landscapes and famous habitats: fewer cars mean a more tranquil experience and a greater sense of getting away from it all. Travelling by rail is relaxing, healthier, and the Cumbria Coast railway reveals dramatic views along the length of the line - views that could never be seen from the road. It's a journey you'll never forget!

## Further Information

For information on train times go to:  
[www.northernrail.org](http://www.northernrail.org)

Duddon Mosses is a National Nature Reserve managed by Natural England. For more information on NNRs visit  
[www.naturalengland.org.uk](http://www.naturalengland.org.uk)

Front cover (left to right): Green hairstreak butterfly, bog rosemary, emperor moth caterpillar and Duddon Mosses Nature Reserve

## RAIL TRAILS: 1

*Cumbria's special places by train*

# Duddon Mosses from Foxfield Station

Explore the tranquil Duddon Mosses...far from crowds, with views to the Lakeland Fells, it's the perfect place to stroll, enjoy the solitude and sea breeze and discover more than you might expect...





# Duddon Mosses

## from Foxfield Station

### Why Visit?

At Duddon Mosses you'll discover one of England's few remaining mossland habitats, with striking views both to the Lakeland Fells and the sea—and if you arrive by rail you'll see dramatic views that can't be seen from the road. It's a haven for deer, birds, butterflies and lizards, and in the summer boasts a colourful array of wetland-loving wild flowers. In the words of one regular visitor 'I love it here. It's like another world and is a far from the hustle-bustle as you can possibly get.'

### Walk details

The longer walk is approximately 6km (just less than 4 miles) and will take about 2 hours to complete at a slow pace. The terrain in places is uneven and sturdy shoes are recommended, as are long trousers to protect from insects.

The shorter walk is approximately 4km (about 2.5 miles) and will take about an hour. The terrain is easy.

We recommend sticking to the paths and bringing a drink. Paths off the boardwalk can get boggy, especially after heavy rain. Please be careful, particularly if walking with children.

