

Foulshaw Moss

Near Witherslack



Protecting Wildlife for the Future

What to see

Red deer, adder, emperor moth, dragonflies and damselflies, large heath and green hairstreak butterfly, bog rosemary, cranberry, sundew.

Foulshaw Moss is the largest of three raised mires making up the Witherslack Mosses. Over thousands of years, a layer of peat up to six metres deep has built up, making Foulshaw Moss higher than the surrounding land. Drainage around the moss has made the moss drier than it would naturally be and drainage and tree planting on the moss itself in the 1950s and 1960s has further reduced the water table. This means that the characteristic bog vegetation of Sphagnum moss, cotton grass, cranberry and bog rosemary is only present in small areas rather than covering the site. Since acquisition in 1998, the Trust has been working towards restoring the mire by felling conifers, blocking internal ditches and re-wetting areas of surrounding land. A large herd of red deer frequent the moss and in summer common lizards can be seen. Adder and slow worm may occasionally be encountered. Breeding birds include tree pipit, reed bunting, snipe and barn owl. Emperor and northern egg moth, and large heath and green hairstreak butterflies can be seen on the areas of remnant bog vegetation at the northern end of the site. There is also a pond here where a number of different dragonflies including the emperor may be seen.

Foulshaw Moss was purchased in 1998 with help from the Heritage Lottery Fund. Since then, a number of additional areas have been acquired.

Location

Near Witherslack

Map reference

OS 1:50,000

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Grid ref SD458 837 (reserve car park)

Access

From the car parking area there is a circular walk which crosses one of the better areas of remnant vegetation on boardwalk and then uses the main track to return (0.8km/0.5 miles). Visitors may walk elsewhere on the reserve but walking may be difficult due to uneven ground and deep water in drains. Ticks may be present on the reserve in large numbers. The Trust is currently upgrading access on the reserve and further trails will become available in due course.

Directions

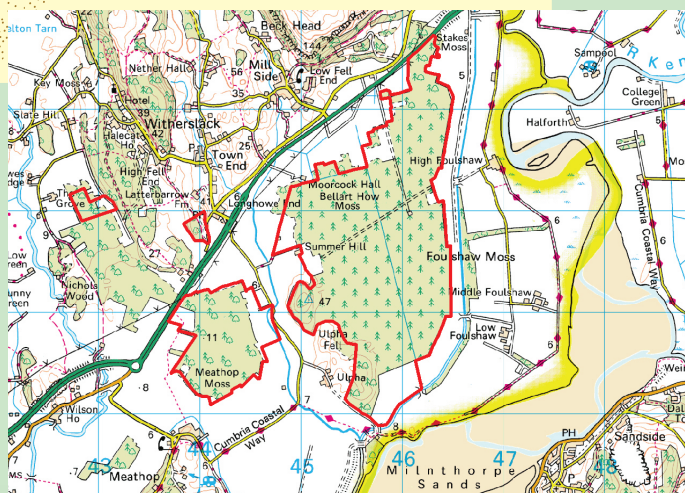
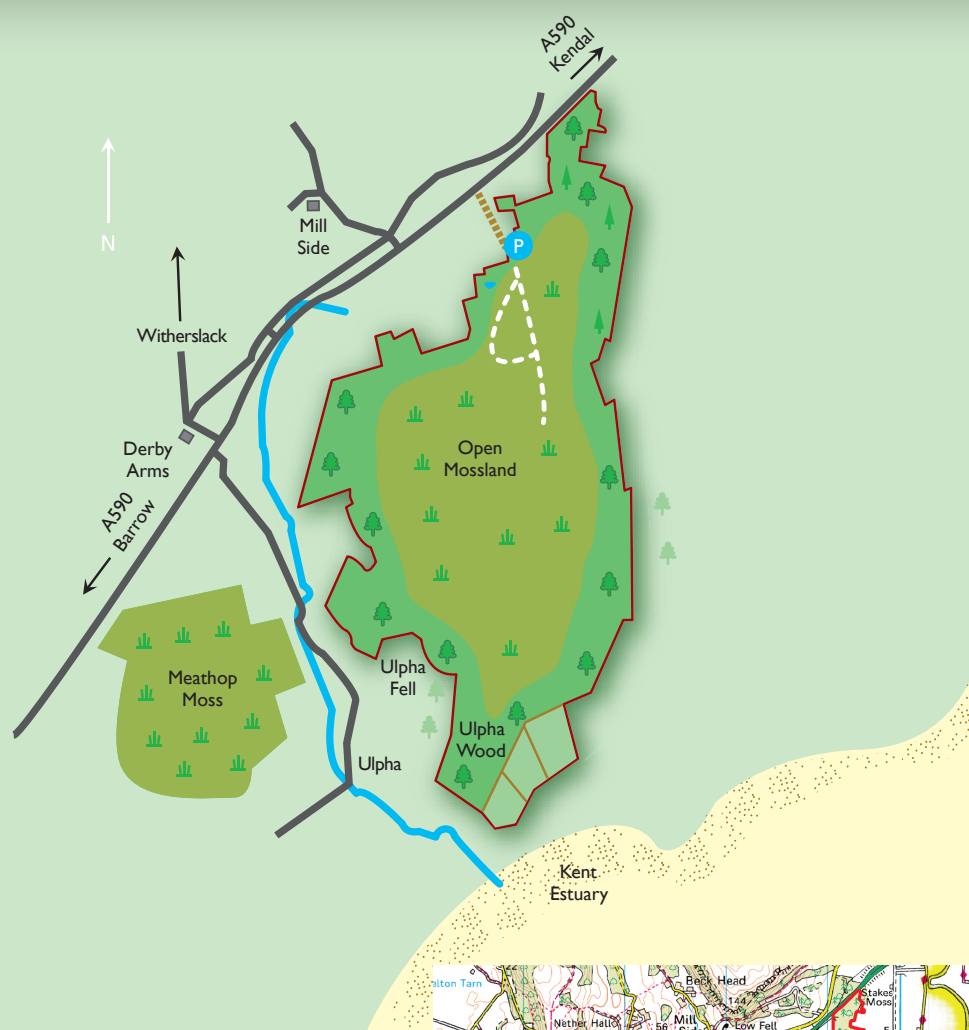
By car From Kendal take A590 towards Barrow in Furness. At the end of the dual carriageway at Gilpin Bridge, continue for 1km/0.6 miles. Immediately before a signed parking layby on the west-bound carriageway, a track leaves the road. Go through the gate and follow the track until a small car parking area is reached. From Grange/Barrow in Furness on the A590, pass the junction for Witherslack and continue for 0.6km/0.4 miles. The track to the reserve is on the right immediately after the parking layby. Please take care when turning into the reserve from this direction, as the road can be extremely busy. By bicycle The reserve is on National Route 72 (Walney to Wear). By public transport Buses run from Barrow in Furness, Ulverston, Newby Bridge, Grange over Sands and Kendal to Witherslack.

Size

350 hectares

Status

Special Area of Conservation (SAC), Site of Special Scientific Interest (SSSI)



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