

## **WHAT IS ALL THIS ABOUT?**

Cumbria Tourism has created a Wainwright podcast using the official voiceover Nik Wood Jones who doubled as Wainwright in the BBC series Wainwright Walks. You can play this podcast on your computer or download it to your system, MP3 player or Ipod.

## **HOW DO I USE THIS PODCAST?**

This podcast has been devised to give directions to a walk up Helm Crag, Grasmere, better known as the Lion and The Lamb, with the "voice of Wainwright" leading the way and giving instructions as well as his observations which feature in Book 3: The Central Fells published by Frances Lincoln. To get the book visit [www.franceslincoln.com](http://www.franceslincoln.com)

## **HOW DO I GET THIS PODCAST?**

You need to download the sound file to your computer, Ipod or MP3 player by clicking on "Download Wainwright Podcast MP3".

A window will open prompting you to decide whereabouts on your computer you want to save the podcast. Alternatively, follow the instructions to your MP3 player.

Alternatively, if you simply want to listen to this podcast on your computer just press the play arrow.

## **HOW BIG IS THE FILE?**

The file is 5 MB

## **Q: HOW DO I USE IT ON THE WALK?**

A: The route has been broken down into 10 short instructions of no more than a paragraph in length. You listen to these and then follow them. They include reference points you will see on the actual walk although the book as listed above is advisable too and a map if you are unfamiliar with the area. You must make all the necessary precautions given at the start of the podcast,.

B: After some of the formal instructions, there will follow a reading of an actual Wainwright observation as it appears in the book.

C: When you hear the sound footsteps - this is the cue to pause and walk to the next landmark that "Wainwright" has instructed

## **THE INSTRUCTIONS CONTAINED ON THE PODCAST last 14 mins 48 seconds**

FROM THE BEGINNING: Some safety advice

INSTRUCTION 1: (START OF THE WALK)

INSTRUCTION 2: (AT THE SIGN FOR BUTHARLYP HOWE)

INSTRUCTION 3: (AT THE BRIDGE OPPOSITE OAK LODGE B&B)

INSTRUCTION 4: (AT LITTLE PARROCK HOUSE)

INSTRUCTION 5: (AT THE YELLOW SIGN FOR HELM CRAG)

INSTRUCTION 6: (AT THE WOODEN, FENCED PLATFORM)

INSTRUCTION 7: (AT THE UNSPECIFIED VIEWPOINT)

INSTRUCTION 8: (FROM THE FIRST BIG CAIRN)

INSTRUCTION 9: (FROM THE VIEWPOINT)

INSTRUCTION 10: (FROM THE LION)

## **WHAT ABOUT THE WALK?**

Wainwright lists the walk as being 1100ft of ascent and taking in one-and-a-half-miles. If you undertake this walk in winter please be aware of changing conditions, the darker evenings and colder temperatures on the fell tops as well as following the safety precautions given at the start of the podcast.