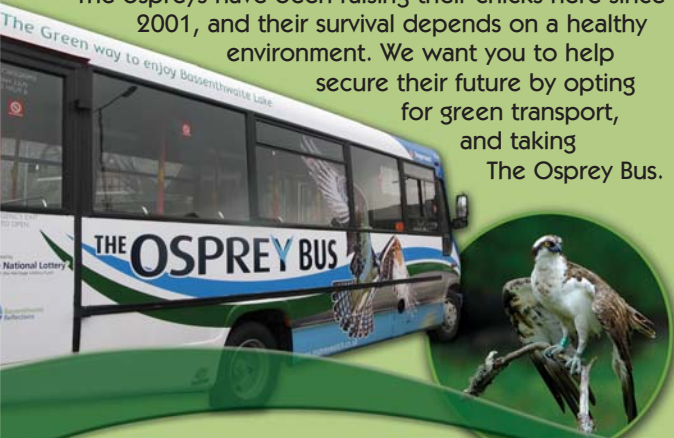


Why the Osprey Bus?

Bassenthwaite Lake National Nature Reserve is home to rare and beautiful plants and animals. The ospreys have been raising their chicks here since 2001, and their survival depends on a healthy environment. We want you to help secure their future by opting for green transport, and taking The Osprey Bus.



Fully fitted with a bicycle rack, this hail and ride service means you can visit all the attractions around the lake, without having the stress or expense of sitting in traffic or finding parking. Just get on the bus and relax.

The Osprey Bus is funded for 2 years. When you buy an Osprey Bus ticket, or Explorer ticket on the bus, all the proceeds go directly to continue the operation of this service.

Map, fares and timetable are inside.

Give the Driver a Break

Get more from your visit to the Lake District, and really explore the Lakes using public transport. Whether by bus, boat, bike or boot, there are many ways to travel. So why not make your visit car free, and care free. For information leaflets, visit your local Tourist Information Centre.

Please respect the countryside and take your litter home with you.



Travel Cumbria -
for all timetable information,
contact traveline on: 0871 200 22 33

In Partnership

Bassenthwaite Reflections and the LDOP have worked together to make The Osprey Bus possible. The bus is funded by the Heritage Lottery Fund.

Bassenthwaite Reflections

Bassenthwaite Reflections is a Heritage Lottery funded programme, designed to encourage the community to understand the issues, take positive action and learn about the value of the lake and its surroundings.

We have many exciting projects for you to get involved in.

For more information on Bassenthwaite Reflections, including volunteering opportunities visit:
www.bassenthwaite-reflections.co.uk

The Lake District Osprey Project (LDOP)

The LDOP was set up in 2001 to help protect and establish more breeding pairs of ospreys in the Lakes and Cumbria. The project partners are the Forestry Commission, the RSPB and the Lake District National Park Authority.

Volunteers are integral to making the LDOP a success; their enthusiasm and expertise is shared with thousands of visitors each year.

The LDOP volunteers contribute over 6000 hours to the project each season!

For more information on LDOP, including how to become a LDOP volunteer visit:
www.ospreywatch.co.uk



Lake District Osprey Project



Photographs supplied by LDOP & Bjørn Einrem
and wildcumbria.co.uk
Printed on recycled paper.



The Osprey Bus

No.74

The green way to see the Bassenthwaite ospreys



Service runs between the following dates:
29 March to 31st August 2010
including weekends, school and bank holidays



Young ospreys migrate when they are only 3 months old.



All about Ospreys...

The return of the ospreys

Breeding ospreys had been extinct in England since 1842. But when a pair of ospreys spent the summer of 1997 at Bassenthwaite, it

Ospreys had not bred in England for over 150 years.

sparked hopes that they would start to recolonise the area again.

Nest platforms were built to encourage the birds to breed and it worked! In the summer of 2001 a pair of ospreys raised

one chick at Bassenthwaite. And since then, the ospreys have returned each year to breed.

One of our osprey chicks was spotted in Norway in 2007.



An osprey nest can be the size of a double bed!



Movement sensitive cameras surround the nest so any intruders will be caught



Nest building

Method: Find a suitable tree and cut out the top. Build a timber frame on the tree and add twigs, sticks and moss to make a nest.

Splash white paint around the nest so it looks like bird droppings. Ospreys like to think other birds have used the nest, so the paint is important!

Migration / returning home

The Bassenthwaite ospreys spend the winter months in west Africa, and fly an amazing 3000 miles north to breed at Bassenthwaite. Although males and females spend the winter apart, they meet up at the nest in the spring.

Fishing

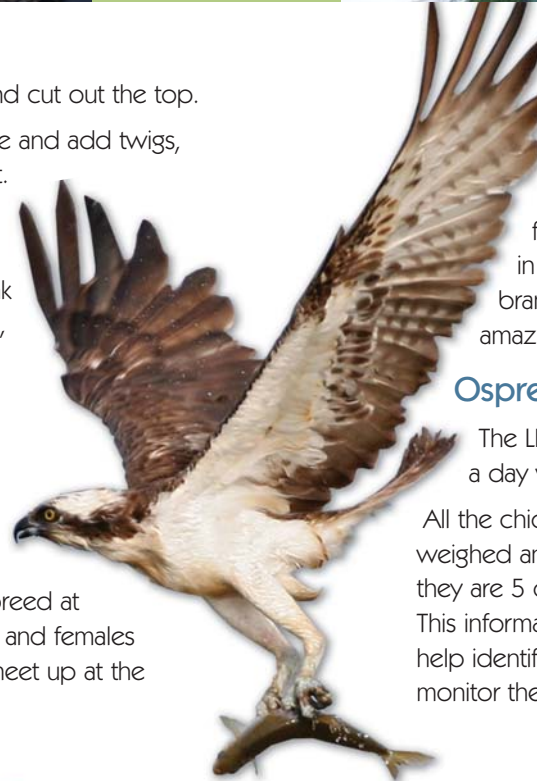
Hovering, sometimes 20m over the lake, the ospreys look for fish. Then, talons first, they plunge into the water after their prey. Once caught, the osprey turns the fish headfirst to reduce air resistance when in flight, then makes its way to a favourite branch to eat. Watching ospreys fish is an amazing sight.

Osprey protection & monitoring

The LDOP organise protection 24 hours a day while the birds are here.

All the chicks are ringed, measured, weighed and photographed when they are 5 or 6 weeks old. This information is recorded to help identify the birds and to monitor their development.

Ospreys can be identified by their unique face and head markings.



The Osprey Bus Route

This is a schematic map which is not to scale. Bassenthwaite Lake is approximately 4 miles (6.5km) in length. We recommend you use this in conjunction with an OS Map.



Operating Dates 2010

		M	T	W	T	F	S	S
Service 74	29 March - 11 April	✓	✓	✓	✓	✓	✓	✓
	17 April - 25 April	X	X	X	X	X	✓	✓
	1 May - 3 May	✓	X	X	X	X	✓	✓
	8 May - 23 May	X	X	X	X	X	✓	✓
	29 May - 6 June	✓	✓	✓	✓	✓	✓	✓
	12 June - 11 July	X	X	X	X	X	✓	✓
	17 July - 31 Aug	✓	✓	✓	✓	✓	✓	✓

The Osprey Bus Route

Buy your bus tickets on the Osprey Bus
To guarantee your bike on the bus. call: 01228 819090

1 Whinlatter Forest Park

Come and see the ospreys in action on the big screen. Whinlatter gives you the opportunity to see live images which are beamed direct from their nest site.



Whether you explore the mysterious woods by bike or boot, you'll have many paths to choose from and many spectacular viewpoints to reach. Alternatively you could Go Ape and swing from the trees! Siskins café offers delicious homemade food and wonderful cakes!

2 Thornthwaite Galleries

Visit Thornthwaite Galleries for fantastic displays of craftsmanship by over 130 exhibitors. Delicious home made food and drinks are served in the café on site.



3 Dubwath Silver Meadows

This 17+ acre wetland nature reserve offers a wonderful habitat for wetland birds, wild plants & flowers. Our access for all boardwalk and paths take you around the site stopping off at our wonderful Celtic and Norse style shelters. Don't forget your binoculars!



4 Dodd Wood for Osprey Viewpoint

Let's osprey spot! Dodd wood is home to the rare and beautiful ospreys. Visit our viewing sites where telescopes are set up for you to view the ospreys in action. Talk to our experts (the LDOP staff and volunteers) and find out more about these wonderful birds.



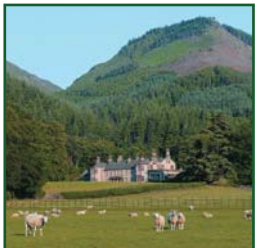
5 The Old Sawmill

This tearoom at the base of Dodd Wood offers delicious home made food.



6 Mirehouse

Visit this 17th Century award winning family home for culture, beautiful gardens, paths by the lake and adventure playgrounds. Check opening days and times before your visit.



Ticket Costs

Osprey Rider Ticket (all day travel):

Adult £5; Child (under 16) £3.50; Group ticket (4 people) £11

Explorer tickets offer unlimited travel on all stagecoach buses throughout Cumbria. Buy your ticket on the Osprey Bus:

Day Explorer: Adult £9.75; Child £6.50; Group £19.50
Concessionary £5.90

4 Day Explorer: Adult £22.00; Child £15.50

North West Goldrider: Adult £24.00

When you buy an Osprey Bus ticket, including Explorer tickets, all the proceeds go directly to operate the Osprey Bus.

Service 74 Keswick - Whinlatter - Dubwath Wetlands

Keswick, Bus Station	09:40	10:50	12:00	13:50	15:00	16:20
Braithwaite, Green Croft Terrace	09:47	10:57	12:07	13:57	15:07	16:27
Whinlatter, Forest Visitor Centre	09:54	11:04	12:14	14:04	15:14	16:34
Braithwaite, Community Centre	10:01	11:11	12:14	14:04	15:21	16:41
Thornthwaite, Foxhow	10:05	11:15	12:25	14:15	15:25	16:45
Dubwath Wetlands	10:11	11:21	12:31	14:21	15:31	16:51
Keswick, Bus Station arr.	10:21	11:31	12:41	14:31	15:41	17:01

Keswick - Mirehouse/ Dodd Wood

Keswick, Bus Station dep.	10:25	11:35	12:45	14:35	15:45	17:05
Skiddaw, Mirehouse / Dodd Wood	10:35	11:45	12:55	14:45	15:55	17:15
Keswick, Bus Station	10:44	11:54	13:04	14:54	16:04	17:24