



Bassenthwaite Lake National Nature Reserve

Bassenthwaite Lake National Nature Reserve is a special place for wildlife. From Africa to the Arctic hundreds of birds, including the osprey, migrate to Bassenthwaite. Fish such as atlantic salmon and sea lampreys come to spawn in the lake and its tributaries.

We own and manage the lake to protect this fragile habitat. It remains a haven for wildlife because much of the shoreline is private and you can't use the lake without permission.



Cormorant

A Lake in the Balance This beautiful, fragile habitat is under threat from:

- pollution;
- too much silt entering the lake; and
- invading plant and fish species.

The **Still Waters, Bassenthwaite Lake Restoration Programme** has been set up to do something about these desperate problems. The partners involved, who are working with us to protect the lake, include: Natural England, Environment Agency, Forestry Commission, National Trust and United Utilities.

As well as tackling phosphate levels, the programme is also working with landowners to prevent silting up of the lake by reducing erosion caused by overgrazing.

The amount of silt getting into Bassenthwaite has doubled in the past 50 years. If you want to find out more about the programme and how you can help, contact the Environment Agency, phone: 08708 506 506.



Redshank

Bassenthwaite Lake

A lake users' guide

The inland lakes of the Lake District National Park provide opportunities for a variety of recreational activities, while supporting a rich natural heritage of plants, birds and lakeshore vegetation. Public access needs to be appropriate to the landscape setting of each lake. These leaflets provide general guidance for access and recreation and should be read by all lake users. Please ensure that noise and disturbance is kept to a minimum so that everyone may enjoy the quiet character of the lake.

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The Lake District National Park

With its world renowned landscape, the National Park is for everyone to enjoy, now and in the future.

It wants a prosperous economy, world class visitor experiences and vibrant communities, to sustain the spectacular landscape.

Everyone involved in running England's largest and much loved National Park is committed to:

- respecting the past
- caring for the present
- planning for the future

Other titles in the series include:
Coniston Water, Derwentwater, Ullswater and Windermere.



Alternative formats can be sent to you.
Call 01539 724555

www.lakedistrict.gov.uk

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A lake users' guide

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A Bird Watcher's Paradise

As well as the osprey you can see over 70 different kinds of birds which breed around the lake in the summer.



Willow warbler

Redstart

The woodland fringes are home to redstarts, willow warblers and redpolls.

Redpoll



Lapwing

Listen for the 'peewit' cry of the lapwing and the drumming sound of the snipe in wet meadows.



Snipe

You can hear the wistful 'teu' of reed buntings and the rhythmic 'churring' of reed warblers, as well as sedge warblers and grasshopper warblers in the reed beds and rank grass.



Reed bunting



Grasshopper warbler



Sedge warbler



Reed warbler

At times in winter there are up to 1,000 birds on the lake. Tufted duck, teal, goldeneye, coot, pochard, mallard and wigeon, can often be seen feeding on submerged waterplants, seeds and insects in the shallow water at the southern end. The best view is from the public hide near Powder How.



Great crested grebe

Red-breasted merganser

You might be lucky to see the 'floating' nest of the great crested grebe, or a red-breasted merganser nest under a bush or fallen tree.



Oystercatcher

Common sandpipers, locally known as 'willy wickets' arrive from Africa in April. Oystercatchers come inland to breed before returning to the coast. Look for them on the open stony shores.

Common sandpiper



Goldeneye



Teal

The Osprey

In 2001 breeding ospreys arrived here for the first time. This was the culmination of several years' hard work by the Lake District Osprey Project partnership.



return of the long lost fisherman

Before this project, ospreys hadn't nested in England since the 1830s. A lack of suitable nesting sites was identified as a major problem, so with our partners the Forestry Commission and the RSPB, we built a nest platform in Wythop Woods overlooking Bassenthwaite Lake. In 2001 all the hard work paid off and a pair of ospreys nested on the platform. They have now moved to another nest overlooking the lake. We hope they will continue to breed here successfully.

Where you can see ospreys

• **Dodd Wood** is three miles north of Keswick off the A591. Follow signs to Mirehouse from the A66. The open air viewpoint of the nest is a 20 minute walk uphill from the Mirehouse car park. Open all daylight hours. Staff from the Osprey Project partnership will be on hand with telescopes from 10.00 to 17.00 every day from April to August. From here there is a direct view of the nest from a safe distance and excellent views across the nature reserve.

• **Whinlatter Visitor Centre** – thanks to a donation from Natural England, a video link relays pictures from the nest to the Forestry Commission's Visitor Centre, to the north west of Keswick.

• **On the web** – with the help of the BBC, pictures from the 'nest cam' appear on the LDOP web site www.ospreywatch.co.uk and on the BBC Cumbria web site www.bbc.co.uk/cumbria