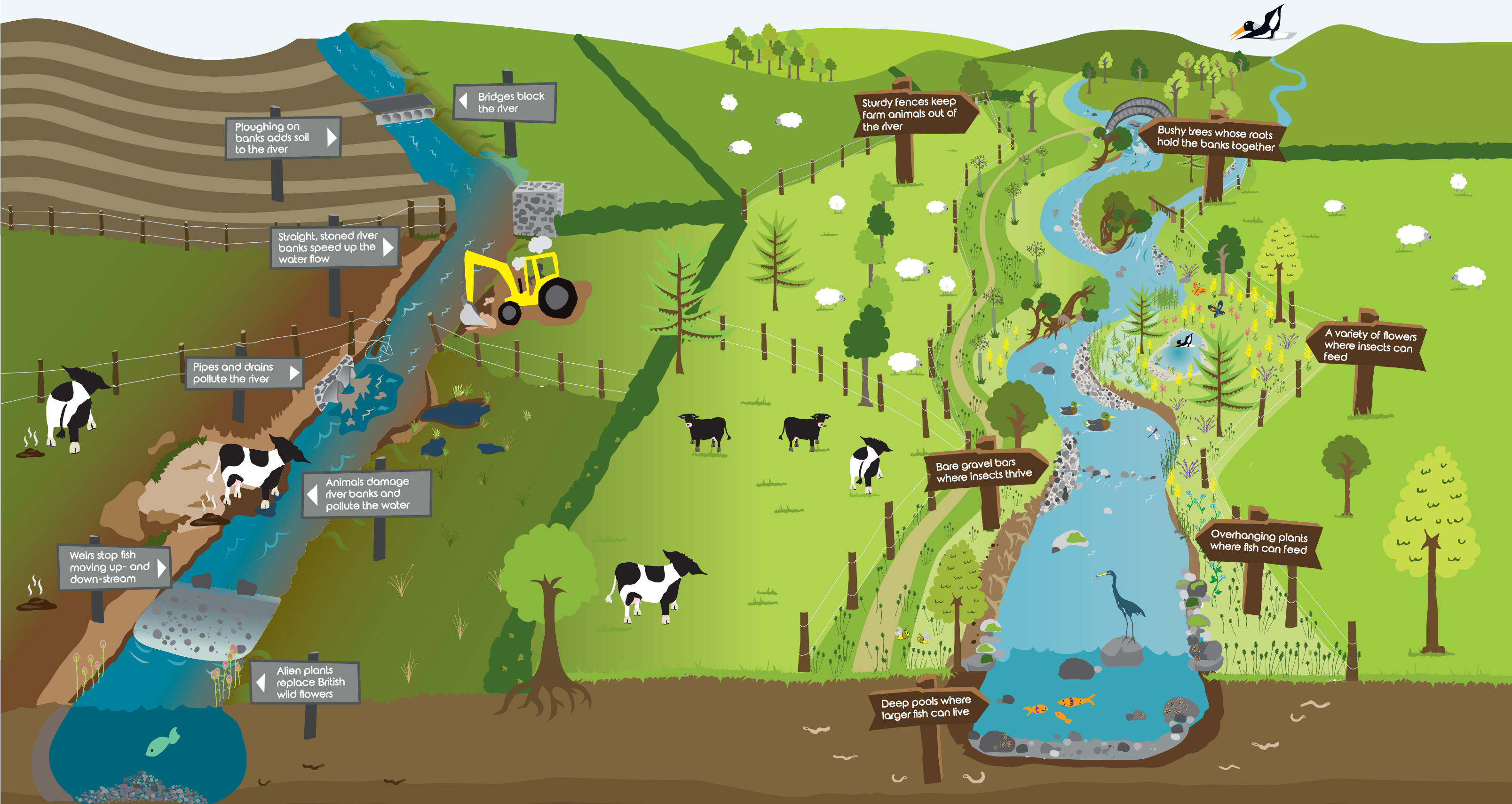


A straightened channel...

A natural, meandering river...



...lacking life

...full of wildlife

Whit Beck

Low Lorton, near Cockermouth



Old Norse - hvítr bekk meaning 'white stream'

A large section of man-made, heavily engineered channel has been returned to its original meandering course to restore a more natural, healthy river.

Pools, shallower stony areas, and gravel bars and beds are developing, enabling a variety of fish species to thrive.

The white waters of Whit Beck have returned and the habitats created are helping wildlife to flourish.



The restored river section at Whit Beck, near Low Lorton



River Gowan

Staveley, near Kendal

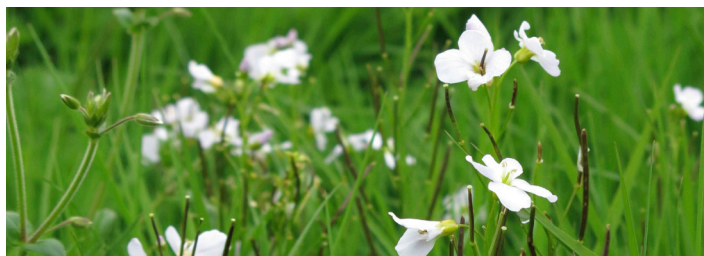


Celtic - gawen meaning 'yellow & white field flowers'

We have removed a large section of man-made flood embankment to allow the river to re-connect with its floodplain. It will now be able to recreate its lost meanders and develop a variety of flows with deep and shallow areas.

Deeper pools are a refuge for wildlife and are particularly important places for adult fish to feed. They are also used by fish to rest during their migration and avoid predators.

Removing the artificial embankments allows the river to flood occasionally and fertilise the surrounding land which will help the meadow flowers to bloom once more.



Celtic flowers. Photo by Custard Graphic Design

River Lyvennet

Maulds Meaburn, near Appleby

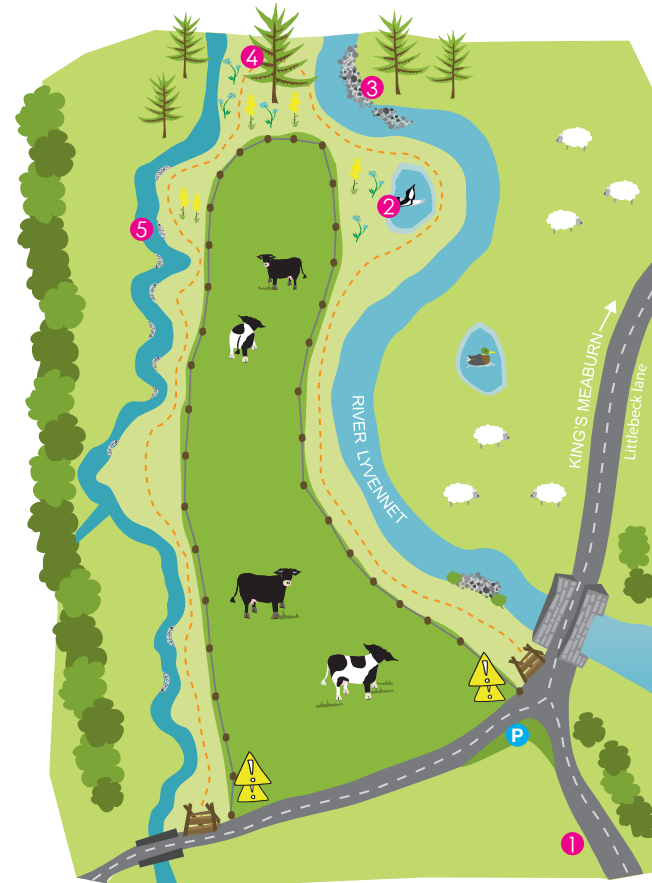


Meaburn means 'meadow stream' in Old English and we like to think we have given nature a helping hand in restoring her back to this.

A mile of meandering "meadow stream" has been recreated and is developing the pools, riffles and gravel bars essential for river wildlife.

Walk the Maulds Meaburn trail and discover a natural river at its very best

Dogs on leads, no fires, fun only.



- Footpath
- Fence
- Stile
- PLEASE BE AWARE OF THE ELECTRIC FENCE
- 1 Meaburn Hall Farm
- 2 New pond
- 3 Gravel bar
- 4 Picnic pines
- 5 Pools & riffles



Open out to see some examples of natural rivers in Cumbria

There are a number of ways that natural rivers slow the flow of water. Meanders make the river longer and hold more water. Meanders allow gravel and plants to settle on the riverbed, providing homes for wildlife and slowing the speed of water flowing downstream towards towns and the sea. Natural floodplains allow the river to overflow after heavy rain, reducing the risk of flooding elsewhere.

Slowing the flow of water from the hills to where you live

Surrounded by flowers, trees, wetlands and ponds, natural rivers are home to a greater variety of birds, insects and fish (including salmon and trout) for you to discover.

They are beautiful places for all the family to visit and enjoy

your natural rivers

How to get your feet wet and help out...

You can help our rivers! In return for sparing some time, you'll make new friends and enjoy some fresh air in some of the most beautiful parts of Cumbria. All while helping to make the river a better place for wildlife and people.

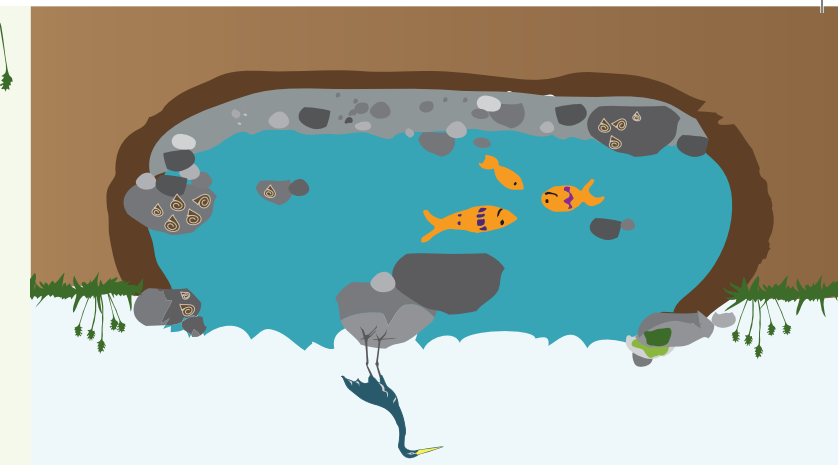
Find out how you can volunteer by visiting:

www.edenriverstrust.org.uk
www.westcumbriariverstrust.org
www.scrtr.co.uk

About us

We are a partnership project involving the Environment Agency, Natural England, Eden Rivers Trust, West Cumbria Rivers Trust and South Cumbria Rivers Trust.

Natural rivers have more wildlife and also help reduce the risk of flooding downstream. We have successfully restored sections of rivers in Cumbria to a more natural form and already Salmon are returning to breed there.



Many rivers have been straightened but this is not good for wildlife. Now we want to return some of them to their natural state. Natural rivers have bends called meanders and these create pools where large fish can live. Gravel bars form on the inside of the bends and are good for insects and plants. Shallow, stony areas called riffles develop in-between where smaller fish can hide. Tall flowers and trees, such as willow and alder, grow on river banks. These provide a home for wildlife and stop river banks washing away.

marvellous meanders make natural, healthy rivers



Natural rivers for life

A short guide to restoring natural rivers in Cumbria

