



You will need a pencil
and may want to
download the audio
trails beforehand

Trails of 3 Sisters

**Wheelchair-friendly
Heritage, Wildlife
and Enchanted**

www.carbonlandscape.org.uk

www.friendsof3sisters.org.uk

Radar key accessible toilet only.

Check café opening times.



Enjoy the Trials

A warm welcome from the Carbon Landscape Partnership Team, which includes Wigan Council and Lancashire Wildlife Trust, the Friends of Three Sisters and the Hamlet.

We hope you enjoy the Trails of Three Sisters Recreation Area that were established in 2020 thanks to funding from FCC Communities Foundation, Wigan Council, National Lottery Heritage Fund, the Friends of Three Sisters and Ashton Linen Woollen Stock Charity and Leonard Cheshire Disability.

Keeping up-to-date

www.carbonlandscape.org.uk/3Sisters

www.friendsof3sisters.org.uk

www.facebook.com/friendsof3sisters: volunteers and events

www.thehamletwigan.co.uk: Nest café, Lakeside printing, training provision for young people with additional needs

www.facebook.com/pg/TheHamletWigan

www.nomadrangers.co.uk - forest school, parties & education



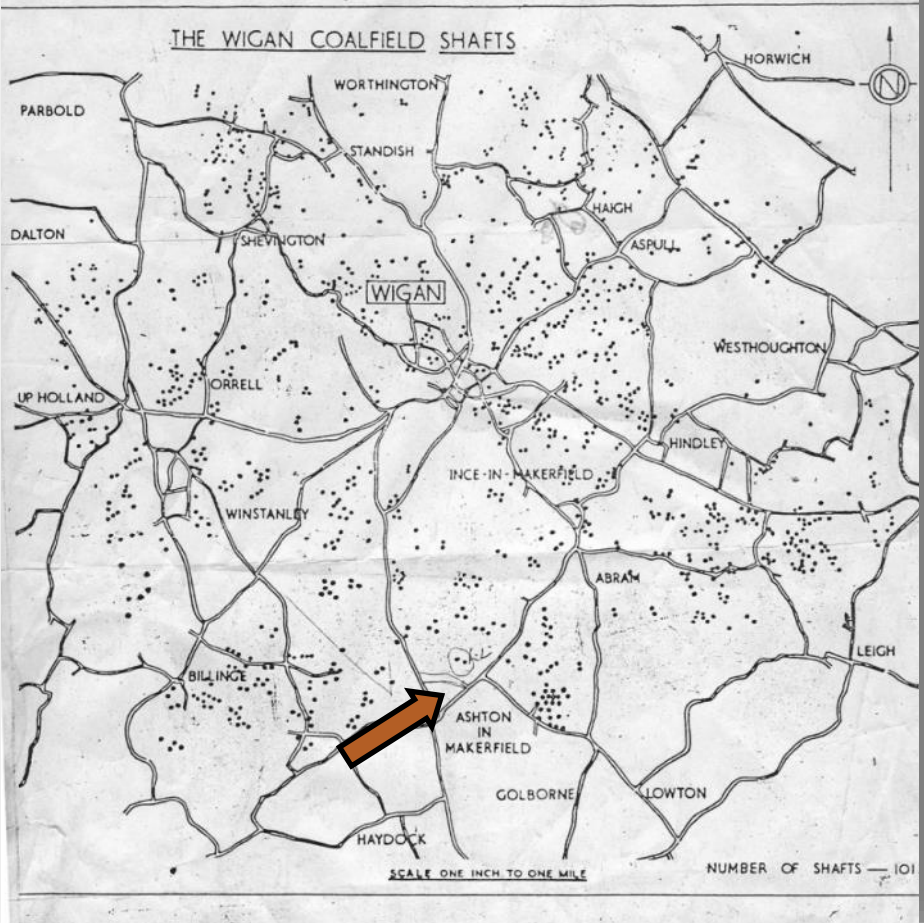
Discover the Mining Past & Wildlife Future

There is an audio trail, rubbings trails and an enchanted tree sculpture trail alongside the well-loved lakeside circular route.

Wigan and Leigh were the hub of the industrial revolution with over 1000 coal shafts. This is from a 1960s Wigan Newspaper.

How many mine shafts can you see near Three Sisters?

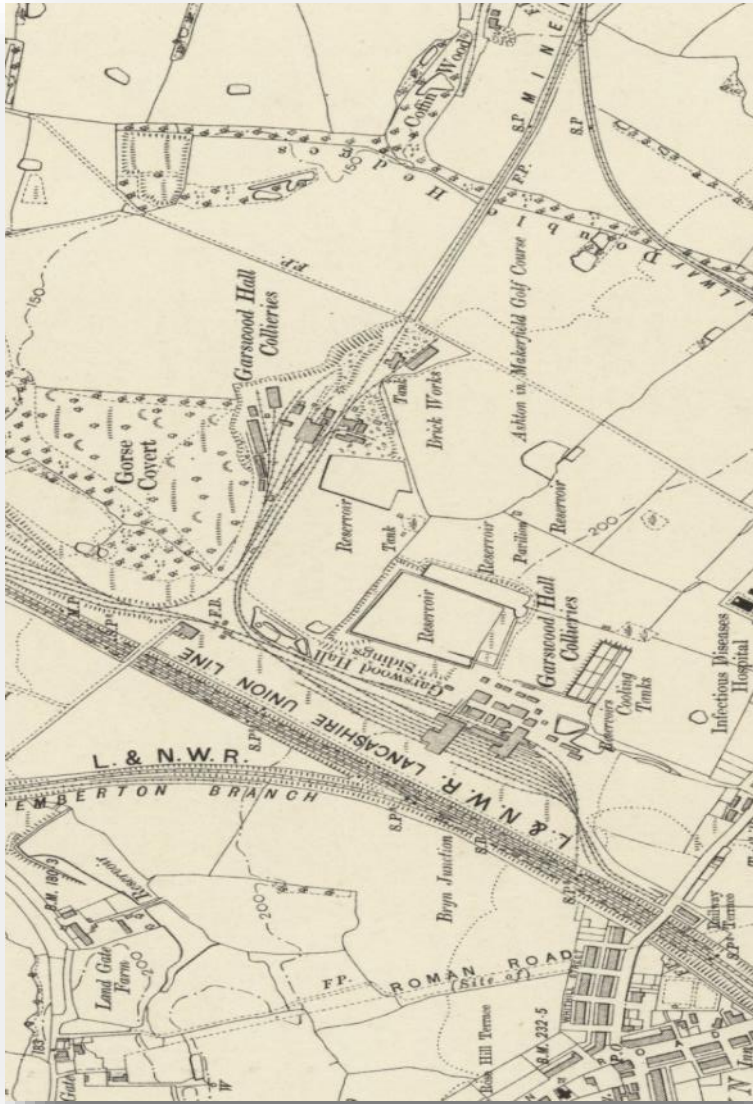
A map that shows why Wigan was King Coal's throne



Garswood Hall Collieries 1865 to 1956

Have a look at the 1888—1913 map series for where you live

<https://maps.nls.uk>



Map reproduced for non-commercial purposes. Lancashire C1. NE 1909

Heritage and Wildlife Discovery Trail

NOTE: To save mobile data please download audio MP3 files at home or at school

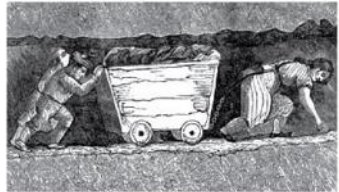
Timewalk from beginning of the Earth to Today

[carbonlandscape.org.uk/
3SAudio_Timewalk](http://carbonlandscape.org.uk/3SAudio_Timewalk)



Conditions in the Mines in early Victorian times

[carbonlandscape.org.uk/
3SAudio_Women&Children](http://carbonlandscape.org.uk/3SAudio_Women&Children)



Copyright John Cobden, The White Slaves, 1853.



A day in the life of a coal miner and a pit brow lass 1910

[carbonlandscape.org.uk/
3SAudio_Mines1910](http://carbonlandscape.org.uk/3SAudio_Mines1910)



Copyright Wigan & Leigh Archives, Wigan Council



Heritage and Wildlife Discovery Trail

The Explosion of 1932

[carbonlandscape.org.uk/
3SAudio_Explosion1932](http://carbonlandscape.org.uk/3SAudio_Explosion1932)



Copyright Alexander Winchell, Sketches of Creation New York, 1870.



Woodland Guided Meditation (There are gaps in the audio for

[carbonlandscape.org.uk/
3SAudio_WillowTitMeditation](http://carbonlandscape.org.uk/3SAudio_WillowTitMeditation)



Illustration by Jenny Wilson



The Wildlife of Three Sisters

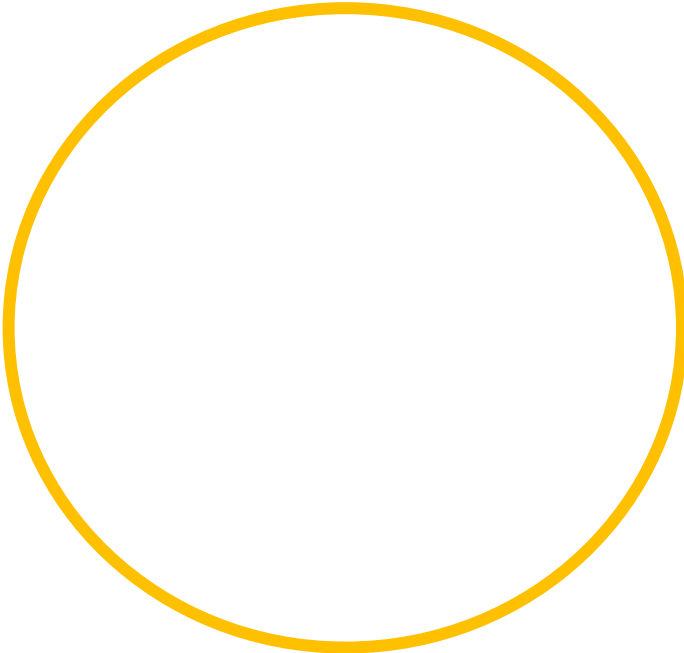
[carbonlandscape.org.uk/
3SAudio_LoveWildLife](http://carbonlandscape.org.uk/3SAudio_LoveWildLife)



Special Thanks for creating these audio trails go to Joy and Ian Winstanley for concepts and material, Edward Darling (Voice Over), Michael Holcroft (Upholland Recording Studios), Stephen and Dawn Houghton, George Melling, Sharon Lowe, Emily Griggs (as voice actors). The Timewalk is based on www.roundview.org



The Wildlife Rubbings Trail



**I might waddle
along slowly but I
like to fly fast.**

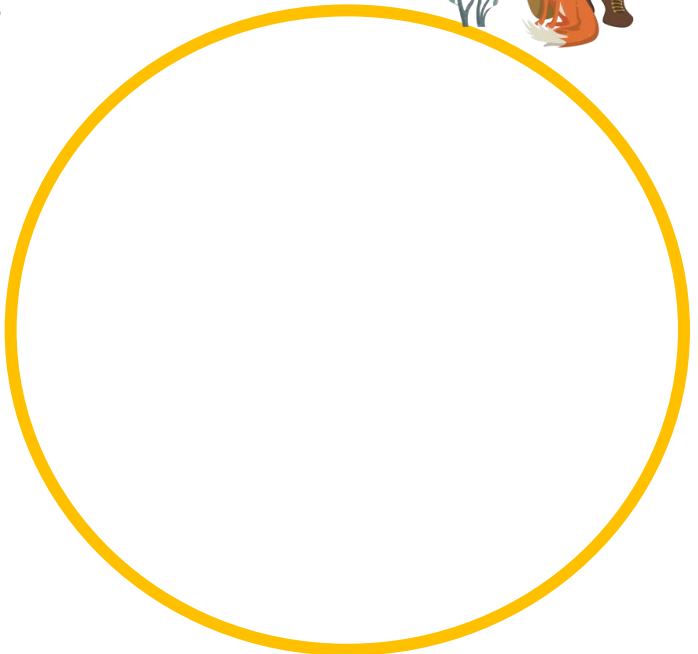
I am a

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.....



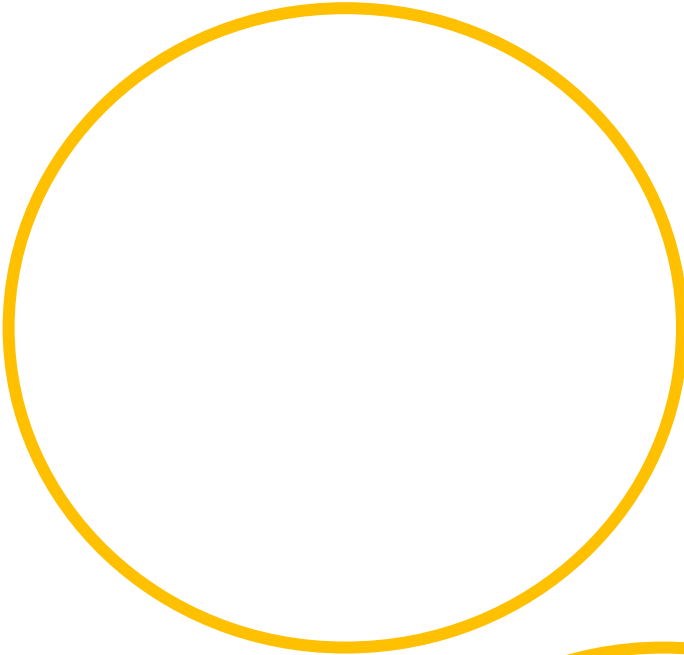
**I am a bird who is
a carnivore. I like
to eat fish, frogs
and small
mammals.**

I am a



.....
.....

The Wildlife Rubbings Trail



My eyes are so large that there is almost no room for eye muscles. Instead I can turn my head almost 270 degrees.

I am a

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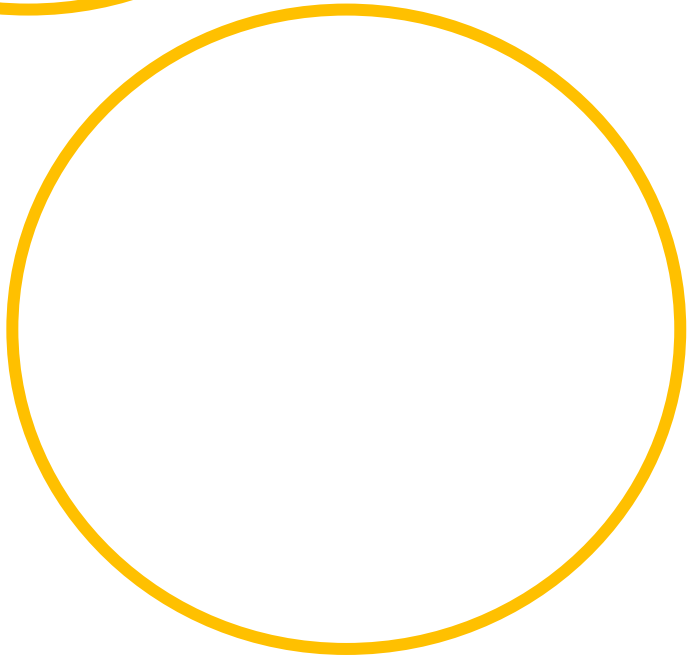
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I have become extinct in many parts of the UK. However, there is a stronghold for me at Three Sisters because of the wet woodland.

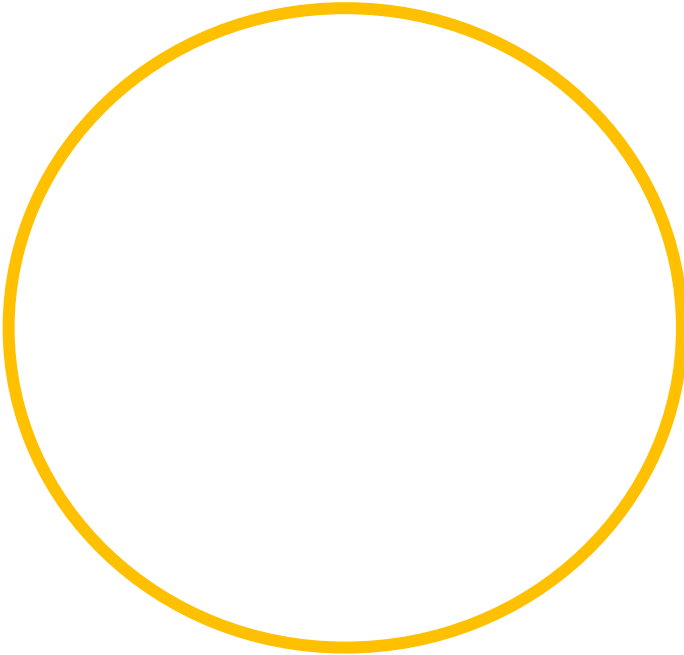
I am a

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The Wildlife Rubbings Trail



I like to cling to trees and with my very strong bill make holes in trees.

I am a

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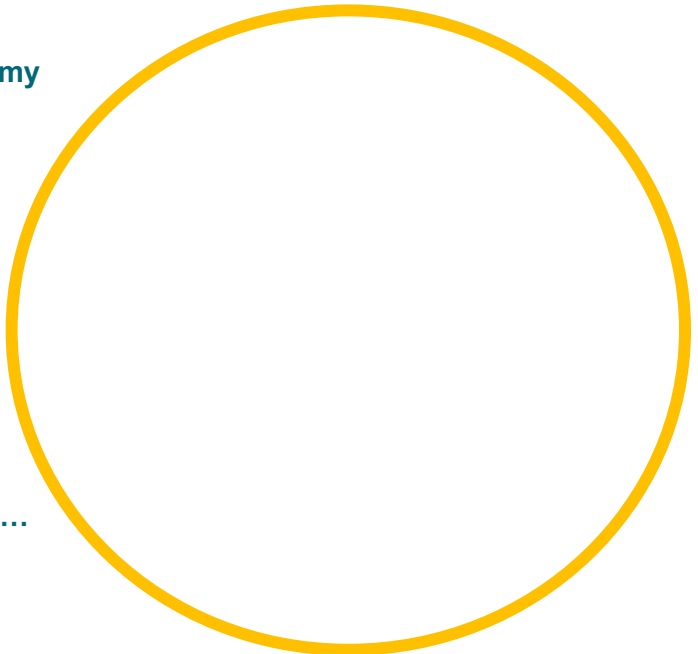
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I can absorb water through my skin so I don't need to drink.

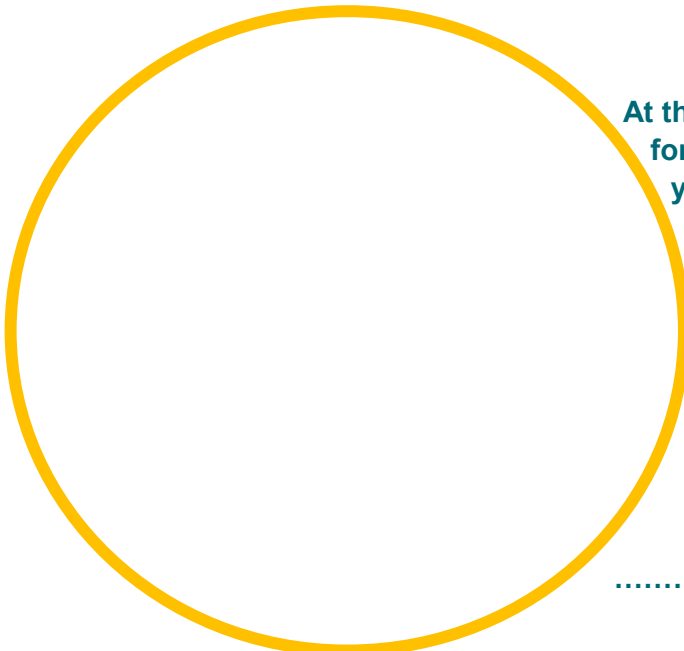
I am a

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The Wildlife Rubbings Trail



At the time coal was forming, 315 million years ago, my wingspan was a metre wide. These days I am a smaller insect that loves wetlands.
I am a

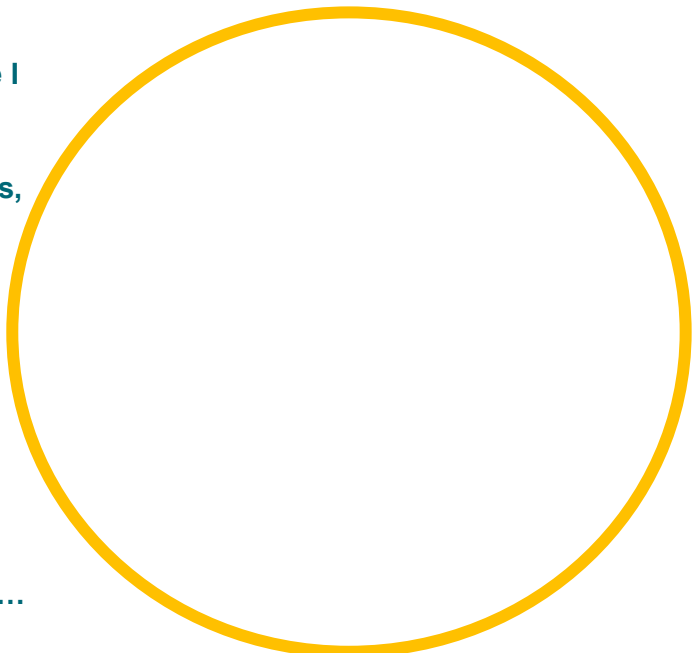
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Despite my name I also live on grasslands, sand dunes, moorlands, in gardens and houses. I am the most common mammal in Britain.

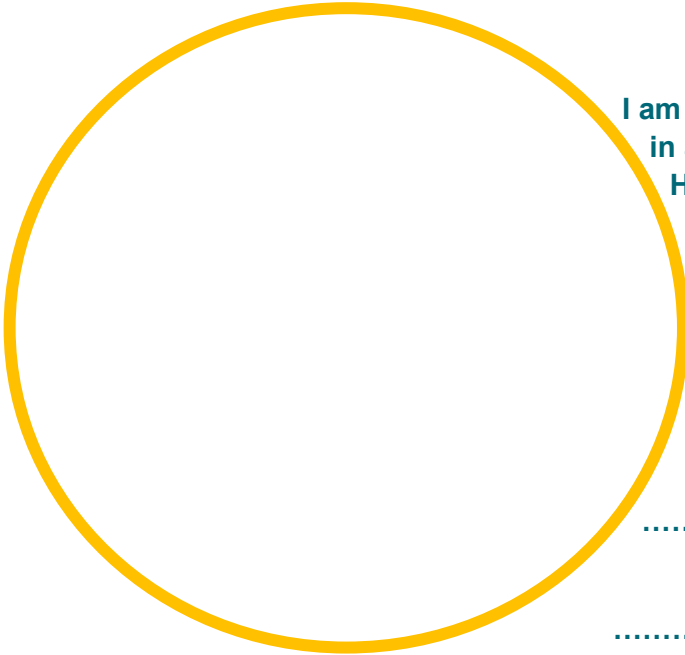
I am a

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The Wildlife Rubbings Trail



I am so small that I can fit in a matchbox.

However, that does not stop me from eating 3000 insects each night..

I am a

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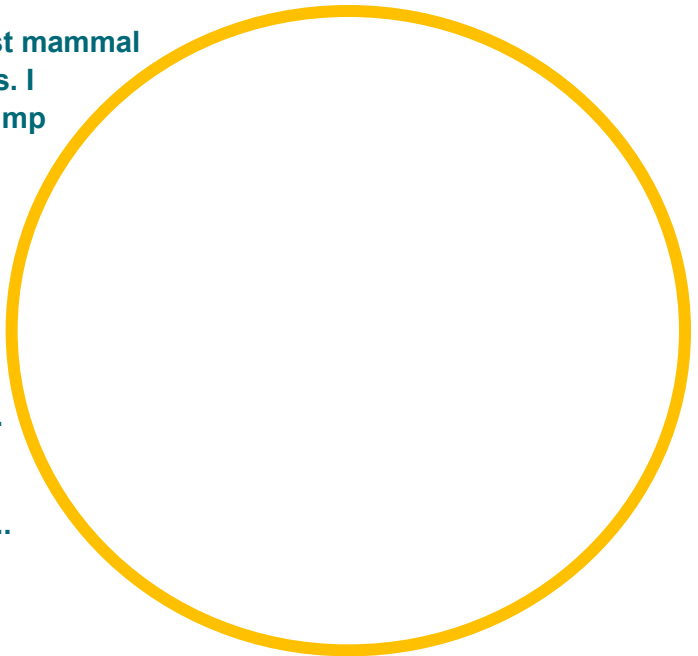
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I am the biggest mammal at Three Sisters. I have a white rump and no tail.

I am a

.....

.....



Getting Carbon Creative at Three Sisters

Thanks to the support of Leonard Cheshire Disability, Inspiring Healthy Lifestyles and the Friends we have worked with the local community, the young people from the Hamlet and St Peters Primary School, Bryn to bring the trails to life.



The Enchanted Tree Trail is based on drawings and stories from the local community.

We hope you enjoy it. The sculptures are by chainsaw artist Lucinda Brito and the chainsaw work is like a tattoo and does not harm the trees. www.ladychainsawcarvings.com

There are more links at:

www.carbonlandscape.org.uk/3Sisters



I saw a beech tree celtic folklore “Queen”



Wicked Queen Beech

Legend has it that if you feel the Beech tree you will be taken to a castle to meet the Wicked Queen. You will become her slave and you will have to do the dishes, laundry, scrub the floors, make her bed and prepare all the meals. The only way you can escape the queen is to get a beech leaf to shrink you and then you can fly. If you get any other type of leaf you will fall. You know the Wicked Beech Queen likes shells and gems so you distract her and drop them in front of her. This gives you enough time to take her crown and rescue the terrified fairy who wears a butterfly in her hair.





I saw a fir tree

Native American Indian folklore “Fire”



Fire Breathing Dragon

Legend has it that if you swipe your hand across the magical fir tree you will see a massive fire-breathing dragon. Your job is to stop the dragon from getting to the treasure chest before you do. You seek out the help of the sorcerers. They offer you the

chance to live forever but you have to steal the dragon's egg. If you win, you will never face any dangers or problems for as long as you live. You will be able to head to safety and escape. If you fail, fire will spread around you like a



volcano's splashing lava.



I saw an aspen tree

Celtic folklore “warrior”

Teleport with Aspen

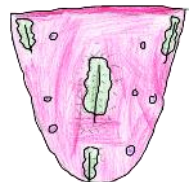
Legend has it that if you were to swipe your left hand on the mysterious and strange aspen tree you will teleport. Firstly, to 315 million years ago when coal was formed. There is a lake with a giant swamp monster and a giant dragonfly that is over a metre big. Then you teleport again. There is a battle between the Celt and Roman warriors over 2,000 years ago.



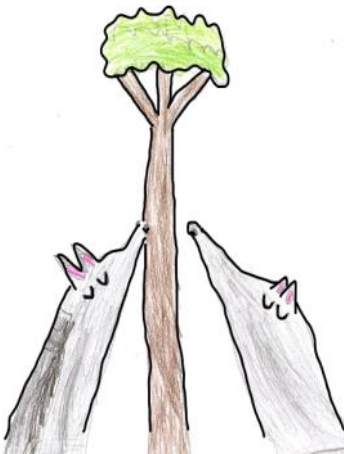
The battle has started and you can only get out if you help the warriors. Celtic shields are made from aspen wood. If you are seen by the enemy, you will be kept hostage. You teleport again.



You see the moving mountains of coal spoil of the Three Sisters and you touch a huge boulder. You are back to today.



I saw a silver birch - first tree after the ice age



Wolves of the silver birch

Legend has it that if you were to touch the ice-cold silver birch you would be taken back to the last ice age over 10,000 years ago. There is a massive ice castle and inside there is a princess



sitting on her throne with a wolf by her side.



She welcomes you, gives you a tour of her castle, shows you your room and gives you food to eat so you think about staying and exploring tomorrow. As the ice starts to melt the wolves run away. They roam alongside the first trees, the silver birch. You have to collect a magical key from a secret cave. Your reward is that you have the power to turn into a wolf whenever you want to.





I saw a willow tree - the fairy healer

Willow the hidden heart

Legend has it that if you place your hand on the beautiful, mysterious willow tree, a magical portal will open and in a blink of an eye, you would be transported to a land of fairies.

There is a station here, where they make a potion to heal you. It is known that the bark of a willow tree takes pain away. Fairy land is guarded by an old wise man and there is secret treasure hidden in a cake. Nearby is the Queen of Fairies and the fairies ask "can you find her?"



I saw an oak tree king in celtic folklore



Kind King Oak

Legend has it that if you were to grab an oak leaf and a stick then you will be taken to the King of the Oak Trees.

He has been caught by an army of soldiers. You find him his armour so he can go into battle. You save the King who is very grateful.



The King of the Oak Trees grants you freedom to live with him in his woods where he will treat you very well.



I saw an ash tree

Viking folklore “holder of the universe”



Travelling to outer space

Legend has it that if you were to whisper to the ash tree you will be taken into outer space. Where you ride the stars to travel to planets. At

Mars, you need to get the enchanted sword to defeat the Moon Man and escape. You get

past the Moon Man on a shooting star and as you travel back to earth you feel the clouds and birds.



TRAILS MAP BACK PAGE STILL IN
PRODUCTION