



MCR *Strollers*

Weekly update – 12 February 2021

Annual Star Count (6 – 14 Feb)

One for the family! People from all across the country are being asked to become citizen scientists and look heavenwards from home for one night. Join in by choosing a clear night between 6-14 February 2021, looking up at the constellation of Orion and recording how many stars you can spot.

This year, given the coronavirus pandemic and lockdown, we're asking people to take part from home only, and to not travel to take part. This could mean taking part from a garden, balcony, doorstep or even bedroom window.

Further information

[The Countryside Charity](#)

[British Astronomical Association](#)



Discovering local walking routes

Explore your local area or somewhere new in Greater Manchester on the [GM Walking website](#) or you can visit some of these local walking spots (subject to your home location)!

Anyone in the Stockport area can access [Reddish Vale Country Park](#) which has apparently been stunning in the past week. There is a large pond with Canadian Geese, a mix of ducks including Mallard, Mandarin and Muscovy. More [details here on the wildfowl](#). [Stockport Nature Watch](#) has more information on local green spaces and wildlife in gardens – they can also be found on [Facebook](#).



Post lockdown walking inspiration

We all hope we may be able to get outdoors by Easter. Here are [7 family friendly walks](#) in the Peak District. The Yorkshire Moors are stunning and if we can go that far in the upcoming months here are six classic walks. One of these walks is from [Helmsley to Rievaulx](#) which is highly recommended by one of the strollers who did the route in the summer!



If you are walking with someone who may be disabled or less active this is an online guide to [Accessible Britain](#).

Gardens

We are lucky to have a number of NT property gardens open to local people. If you are in the area [Lyme Park](#) is looking amazing in the wintery weather. Just don't forget to book for the gardens or if you are just stretching your legs on the moorland you need to book a car park space!



During lockdown, you can be transported to some of the most beautiful gardens that open for the National Garden Scheme with their [programme of online talks](#) and hear behind the scenes information from the garden owners themselves.

Virtual walks

How about exploring the [old town to Sergels Torg](#) of Stockholm (30 mins). This isn't a virtual walk but is a stunning aerial video of key sights in the [Outer Hebrides](#) – one of the most beautiful places on earth! Or why not explore the [25 most beautiful medieval towns](#) of Europe. One of the places we discovered was Český Krumlov in the Czech Republic – it is even a UNESCO World Heritage Site!



Pandas

We all love pandas and here is Mei Xiang and Tian Tian [playing in the snow](#) at the Smithsonian National Zoo in Washington DC! Or how about six-month-old Fu Bao [clinging on to her zookeeper's leg](#)



Gardening and allotments

You can be planting [seeds in February](#) if you have a warm windowsill and or propagator. You could try Cosmos, Sweet Peas and Salvias. For veg growers you can start sowing Kale!

There is a [great variety of Salvia](#) and the nectar-rich flowers are magnets for bumblebees and butterflies. The scents on some are heavenly too!



Webcams

- We are sharing this link again as at lunchtime today there was fantastic film of the bears! Brooks Falls - Katmai National Park, Alaska - watch [brown bears live](#) salmon fishing.
- [Fabulous gorillas in the DR of Congo](#)



Wellbeing UOM

[Join a virtual fitness session with our friends from UOM Sport](#)

..... **and finally uplifting videos to keep you smiling**

- [15 places that really exist](#)
- [Whales and dolphins in Monterey Bay](#)
- [Cheeky bears breaking in](#) (the young cub even gets in a supermarket)!
- [Rescued orphan elephant](#)
- [Great Dane and wild deer friend plus Capybara that rescued puppies!](#)
- [Okapis, tapirs and platypus!](#)

And for anyone who may have missed this recently trending video - [The judge who was a cat!](#)

Have a happy weekend!

