

# Love Shooting Stars?

Here are the year's best, and when to look:

- Quadrantid 3rd to 4th January
- Lyrid 22nd to 23rd April
- Eta Aquarids 6th to 7th May
- Perseids 12th to 13th August
- Leonids 17th to 18th November
- Geminids 12th to 13th December

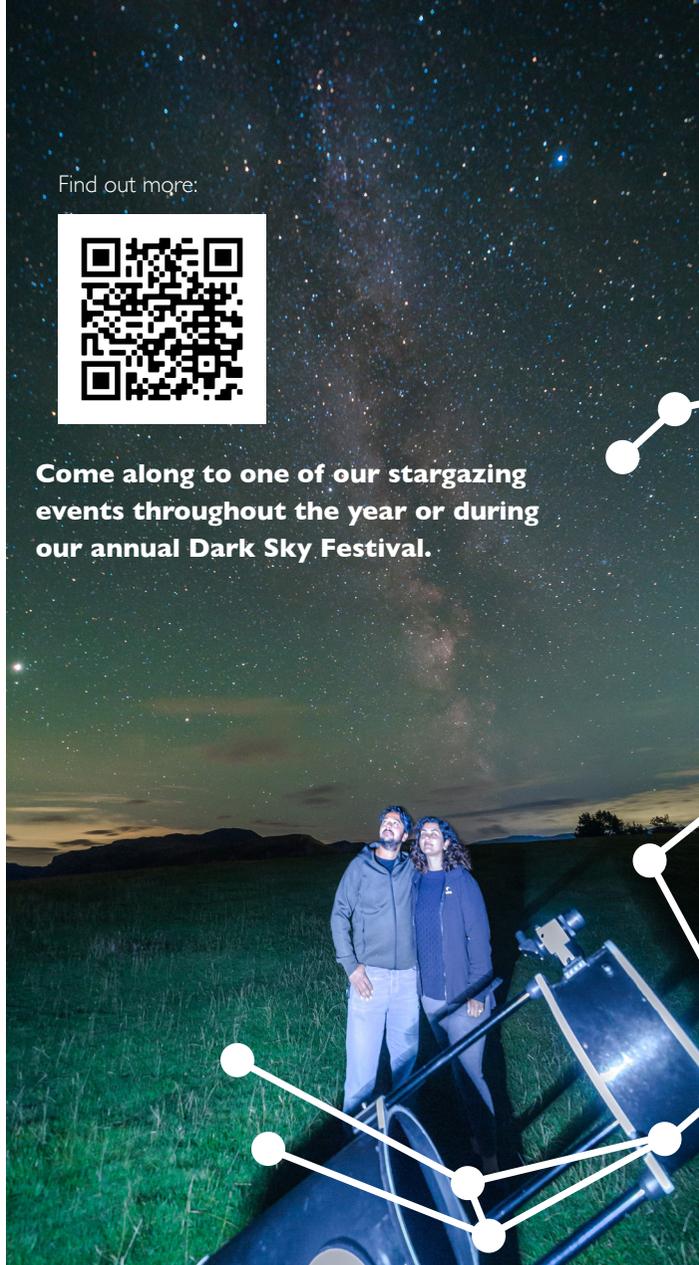
# The Stargazers' Calendar

**WINTER:** The absolute best time of year, when the skies are darkest and the stars at their brightest – and children don't need to stay up late to enjoy the spectacle. Look out for the Milky Way on moonless nights, stretching like a faint plume of smoke directly overhead.

**SPRING:** Warmer nights make for more comfortable viewing and long dark nights mean there's still plenty to see. Look out for spring constellations like Leo and the Plough.

**SUMMER:** On the plus side, it's warmer, but the sky doesn't get properly dark during June and July, so wait until August when you should look out for the Perseids meteor shower around the 13th.

**AUTUMN:** Dark skies return and with them, your chance to see fainter objects like the Andromeda Galaxy – the furthest object from earth that is (just) visible with the naked eye. Look for a faint blotch in the sky just above the constellation of Pegasus on moonless nights.



Find out more:

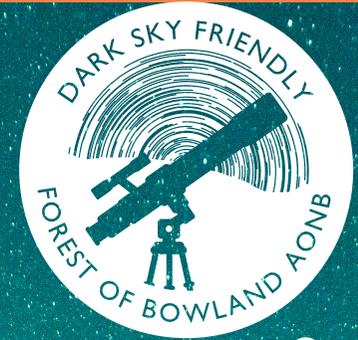


Come along to one of our stargazing events throughout the year or during our annual Dark Sky Festival.



Compiled by Robert Ince [www.stargazingevents.com](http://www.stargazingevents.com)

# STARGAZING in the Forest of Bowland



Observe the Milky Way in  
Glorious Bowland



Landscapes  
for life  
.org.uk

FOREST OF  
BOWLAND  
One of the  
AONB Family

FOREST OF  
BOWLAND  
Area of Outstanding Natural Beauty

In 21<sup>st</sup> century Britain, many town and city dwellers will never have seen the Milky Way – our home galaxy – and will only catch the faintest glimpse of a handful of the brightest stars...

The night skies over Bowland have recently been recognized as some of the darkest in England and granted official status as Dark Sky Discovery Sites.

## Discover Bowland by Night

The Forest of Bowland AONB is situated in North West England, covering 803 square kilometres (312 square miles) of rural land in the counties of Lancashire (730 sq km) and North Yorkshire (73 sq km).

There are five designated Dark Sky Discovery Sites within the AONB – all of which have parking and provide access to discover some of the best dark skies:

- Beacon Fell Country Park
- Gisburn Forest Hub
- Slaidburn Village Car Park
- Crook o' Lune Picnic Site
- Clerk Laithe Lodge Guest House in Newton in Bowland

**Why not combine your dark sky adventures by staying with one of the AONB's dark sky friendly accommodation providers?** 'Dark Sky Friendly' means that they've attended a training workshop run by the AONB and local astronomer, and are proactively reducing light pollution at their business!

[www.forestofbowland.com/star-gazing#businesses](http://www.forestofbowland.com/star-gazing#businesses)

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# Navigating the Night Skies

Winter North 10pm



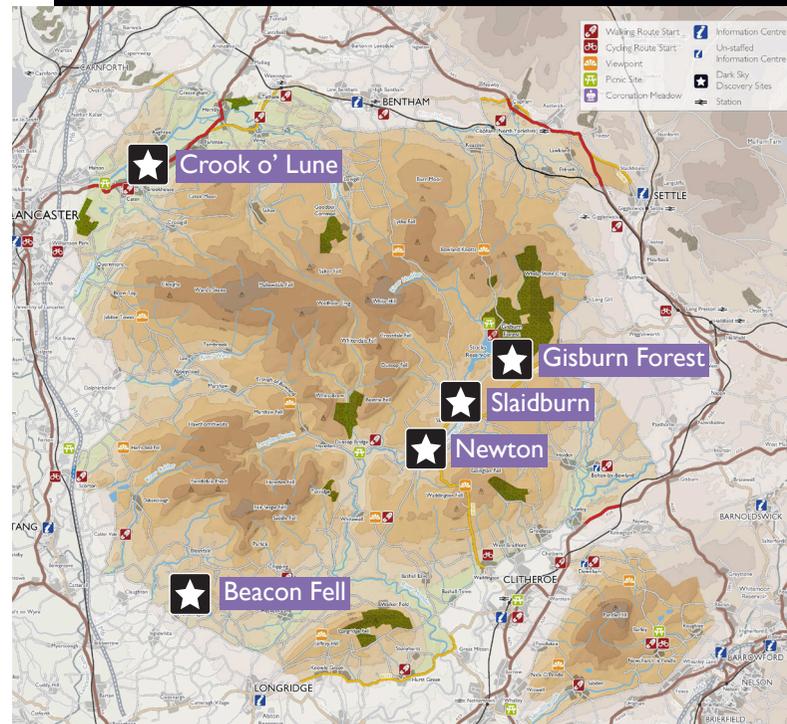
Summer North 11pm



Winter South 10pm



Summer South 11pm



## Light Pollution

Light pollution is caused by badly designed and badly used lighting. Light that shines sideways and upwards makes the sky glow, which hides the stars.

If we turn off lights when they are not needed, or use sensors that switch them off, we can all help to recover the majestic night skies!

Protecting the night sky starts with **YOU!**

<p><b>1</b> Light only what you need</p>	<p><b>2</b> Use energy efficient bulbs and only as bright as you need</p>	<p><b>3</b> Shield lights and direct them down</p>
<p><b>4</b> Only use light when you need it</p>	<p><b>5</b> Choose warm white light bulbs</p>	<p><b>6</b> Join IDA!</p> <p>We need your help to continue the fight against light pollution.</p>