

POLAR ADVENTURER TAKES ON PENNINES

Stephen Lewis speaks to explorer Paul Rose about his latest journey traversing what he calls 'England's backbone'

HE HAS skied across Greenland, climbed Antarctica's most active volcano, run a research station at the south pole, and dived in sub-zero waters to study marine life.

But there was one challenge closer to home that polar explorer Paul Rose had never tackled: the Pennine Way. Last summer, while filming a documentary series for the BBC, he put that right. "I'd done bits of the Pennine Way here and there and I always thought that one day I'd do the whole thing," says Paul.

He began with the steep climb up Kinder Scout from Edale in the Peak District, then headed north, striding along the backbone of England through some of the most glorious upland scenery these isles boast.

Hardened explorer Paul admits the footpath didn't disappoint. "As soon as I started, I thought, that scenery is...blimey!" he says. "I travel around the world, and visit remote places but I had one of the best summers of my life on the Pennine Way. It was a wonderful experience; a real adventure just 30 miles from your front door."

Anyone who has walked all or part of our oldest, longest footpath will know what Paul is talking about. When the late Tom Stephenson first proposed a long-distance footpath through the Pennines in a Daily Herald article in 1935, he envisaged it as "a faint line on the Ordnance Maps which the feet of grateful pilgrims would, with the passing years, engrave on the face of the land."

And that is exactly what it has come to be. The route, officially declared open 50 years ago this April, runs for 268 miles, winding northwards from Derbyshire through the south Yorkshire moors, the Yorkshire Dales, the northern Pennines and the Northumberland fells all the way to Kirk Yetholm on the Scottish border.

The route takes in breathtaking scenery; the almost lunar landscape of the top of Kinder



ADVENTURE: Presenter Paul Rose in the spectacular Pennine countryside



FACTFILE

The Pennine Way, presented by Paul Rose, starts on BBC1 on Friday, April 10.

For more information about the Pennine Way, including trail guides and places to stay, visit nationaltrail.co.uk/pennine-way

Scout; the butter-gold sweeps of the Dales; stunning drops to far valleys such as at High Cup Nick; beautiful rivers; the remote bleakness of the Northumberland fells in which you feel as close to the clouds as you'll get.

When the weather closes in on the high moors, the rains lash and the wind blows, it can feel as though you're in the most exposed place in the world. But when the skies open

up, the sun burns down on soft Dales landscapes, and the path takes you to the crest of Pen-y-ghent or the lip of Malham Cove, the views, scenery and sheer joy of walking are unforgettable.

The sense of going on a journey was one of the things that Paul loved most when he took to the Way last summer.

"We're travellers by history and nature. That DNA is within us," he says. "We're always

looking to tackle the next challenge."

His aim in setting out on the walk - accompanied by a TV camera crew - was to tell the story of the Pennine Way for a four-part documentary.

It began when Tom Stephenson had a letter from two American girls who mentioned the Appalachian Trail and asked if there was anything similar in England. Tom penned the Herald article, with the headline 'Wanted

- A Long Green Trail', and three years later, in June 1951, the Minister of Local Government and Planning approved the creation of the Pennine Way. It officially opened on April 24, 1965.

Don't underestimate the navigation skills you'll need, warns Paul. On the tops, the route is usually clear and well marked. "But I spent a lot of time finding my way out of the villages to start the day's walk!" he adds.



GARDENING

by Hannah Stephenson

Garden designer shares his tips

EVER wondered how to give your garden a real rural touch?

Award-winning designer Dan Pearson may be able to help.

After an 11-year absence, Pearson will be returning to work his magic at his sixth RHS Chelsea Flower Show by creating a garden inspired by Chatsworth in Derbyshire, focusing on the more rural part of the estate.

His Laurent-Perrier Chatsworth Garden will represent a small part of the 105-acre garden, inspired by the park's ornamental trout stream and Paxton's rockery, depicting an ornamental woodland animated by a naturalistic water feature.

All this sounds rather elaborate for an amateur gardener with a small plot, but Pearson says there are elements of it you can try in your own garden to give it a more rural feel.

"We often use water in small gardens to try to deflect surrounding noises that might be beyond the boundaries of the garden, like traffic, neighbours or pedestrians. Water is a good thing in urban gardens where you have a lot of background noise.

"In an urban garden with limited space, you might introduce water by having a little pool with a pump and water falling over a rock into the pool. That can be



COLOUR: Polyanthus will give your plot a rural feel

done in just a square metre."

Pearson is using colour quite freely in his woodland garden at Chelsea and is something he recommends to gardeners whose plot may be overhung by trees or oversized shrubs.

"You may have a predominance of green which can be contrasted with bright splashes of flower, but the flowers all

have very small blooms even though they are bright."

Pearson will be combining tangerine orange candelabra primulas, P. bulleyana, which grow in wet conditions, with P. pulverulenta, a cerise pink type with a silvery reverse.

"Don't be afraid of clashing colours when you have enough weight of green elsewhere."

What to do this week....

- Remove shoots that have no live buds from summer-flowering clematis and cut back late-flowering clematis hard.
- Prune tender climbers and wall shrubs if they show strong growth.
- Remove winter protection from containers and top dress or replant overgrown or pot-bound plants.

The garden will also have large elements, including rocks from Chatsworth, which are being juxtaposed with small, delicate flowers to achieve an effective change in scale.

"In a smaller space, it's always good not to be afraid of using large things like a simple piece of topiary, contrasted with plants with small flowers alongside it. Play with that change of scale. It allows you to inject a sense of confidence.

"The sort of plants you'd use alongside a simple piece of topiary would stop it from feeling too heavy. We're using things you can see through like umbellifers, not cow parsley but angelica and Ligusticum scoticum (Scotch lovage), which is like a miniature angelica, and some delicate grasses like Melica altissima 'Alba', which has tiny silvery flowers which make things shimmer and pick up the breeze."

Woodland planting which is easy to replicate includes evergreen ground covers.

"In shady settings and woodland gardens, often in the summer when things die down, you're just left with bare earth. When bulbs which have done well in the spring die out, so we use evergreen ground cover to support that space which otherwise ends up being something and nothing in the height of summer."

Food

Top chef: 'I didn't want to be on TV'

DON'T get James Martin started on the number of chefs on TV at the moment.

Yes, he may be a chef, and yes he may be on telly a fair bit, but he's also rather fed up with seeing members of his profession clambering for their close-ups. "Fundamentally, I'm doing something I love," reasons the Malton-born 42-year-old. "I never wanted to be on television. I didn't go into this industry to be on TV, and unfortunately now, most chefs when you ask the younger ones, well, they just want to be on TV. It's not about that."

While the statement seems to contradict Martin's own TV engagements, including Saturday Kitchen and the second series of Home Comforts, he insists his career is built on a love of food. "The industry is so important to me first, and the TV is secondary," he adds. "I just so happen to be doing this because I was told I was good at it, and that's why the phone kept ringing."

Passion fruit creme, cocounut and cherry biscotti

(Serves 4)

For the passion fruit creme: 600ml double cream; 250g caster sugar; Juice of 1 lime; 150ml passion fruit pulp (passed through a fine sieve); 2 leaves of gelatine. For the biscotti: 300g plain flour, plus more to dust; 250g caster sugar; 100g shelled pistachios; 60g grated fresh coconut; 50g natural glace cherries, roughly chopped; Finely grated zest and juice of 1 unwaxed lemon; 11/4tsp baking powder; Pinch of salt; 3 eggs, beaten.

BEGIN with the passion fruit creme. Put the double cream and 150g of the sugar into a large sauce-



pan. Remove from fridge and serve.

Meanwhile, make the biscotti, heat the oven to 180C/350F/gas mark 4 and line a baking tray with baking parchment.

Put all the ingredients in a bowl and mix. Form it into two sausages, place on the baking tray, then bake in the oven for 20-30 minutes. Remove from the oven and leave for 10 minutes to firm up.

Cut the biscotti on an angle into slices, 1cm thick, then lay them on to the baking tray. Return to the oven and cook for eight minutes, then turn the slices over and cook for a further 10-15 minutes, or until a pale golden colour on both sides. Remove from the oven and cool on wire racks.

Serve the passion fruit creme with the biscotti alongside.

THINGS TO Do



Music legend to be celebrated in memorial concert

by Sue Ward

THIS concert is a must for Smokie fans. The Alan Barton 20th Anniversary Memorial Concert and Grand Charity takes place at St George's Hall on Thursday. Spirit of Smokie, with special guests celebrates the life of Smokie and Black Lace's well-loved front man. This special evening features the greatest hits of Smokie, fronted by Alan's son, Dean Barton. Special guests include Dene Michael of

Black Lace fame. The evening will surely be a party night to remember. **INGROW** Museum of Rail Travel is hosting a range of events for National Science Week, from next Saturday, between 11am and 4.30pm. In partnership with Bradford Museums and Galleries and The University of Bradford - National Science Week. Step back in time and explore the science behind the steam

locomotive with some fun activities. Booking for this is essential and for further details go to ingrowlocomuseum.com. THE stallholders at Leeds Does Vintage tomorrow at the Leeds Club, LS1 6JL, are hand-picked and offer a wealth of knowledge gained from years of experience with each one bringing their quality, affordable vintage clothing and jewellery. If you are a vintage lover you can

while away the hours browsing through rail after rail of fabulous one-off vintage finds. There's also a vintage tearoom, serving afternoon tea on dainty china. There are vintage inspired workshops, a pop up beauty parlour where you can be transformed into a vintage starlet. There really is something for everything and entry is just £2.

KEIGHLEY'S BigK 10K is a tough multi-terrain event that links the

town's four superb parks, so if you're not taking part there are plenty of places where you can cheer them on. Last year 1,300 people entered creating a great atmosphere, and this year organisers hope to beat that amount. Run in aid of Sue Ryder Manorlands Hospice, it starts at 9am at Victoria Park for a circular route through the paths, parks and roads of Keighley.

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