



# My Cumbria Life

**TED WILSON, DIRECTOR OF SILVICULTURE RESEARCH INTERNATIONAL, PENRITH**

Edinburgh-born Ted Wilson, 50, teaches sustainable forestry and forest conservation globally. A former professor of forestry at the University of Toronto and senior lecturer at the National School of Forestry, he is on the European Union Working Group developing new guidelines for sustainable forestry.

**The best things about living in Cumbria are the sweet bursts of fresh forest air** from our great natural and planted woodlands and the dialects and accents.

**I'd most like to change our distrustful attitude to the environment and listen more to the earth.** The film *Avatar*, where all life was connected to the trees, was inspirational in showing us how we need to see ourselves as part of nature and not above it if we are to survive.

**The finest scenery is in Borrowdale** and I love the dramatic view up the Eden Valley as you emerge from the Blea Moor tunnel on the Settle to Carlisle rail line.

**I get away from it all by listening to Sibelius.** His fifth symphony is elemental, atmospheric and evokes nature brilliantly.

**For a celebratory meal I go to the Fetherston Arms at Kirkoswald for Thursday pie night.** Great hearty, home-cooked food at great prices for hungry foresters.

**I meet up with friends at Maxwells of Keswick.** Tasty, filling grub and good background music. I once ate a bowl of delicious thick

vegetable soup followed by a syrupy flapjack and coffee listening to Kate Bush.

**The area I return to often is Hardknott Fort,** an astonishing place where you can still see the remains of the Roman bath house and the levelled parade ground, the finest surviving example in the Western Empire.

**I take visitors to see and ride on the La'al Ratty** railway at Ravenglass, and to St Mary's Church in Gosforth which has a famous Viking Cross and the most northerly cork tree in Europe.

## MY FAVOURITE...

**FELL** Little Dodd.

**TOWN** Penrith.

**INDEPENDENT SHOP** The Grasmere Gingerbread Shop.  
**VIEW** The Lake District fells from the Beacon above Penrith.

**CUMBRIAN FOOD** A fresh bread roll from Crafty Baker in Penrith stuffed with oven-roasted Cumberland Sausage.

Ted is organising a major three-day Continuous Cover Forestry conference at the Braithwaite Institute, Keswick, from June 3 to 5 which includes talks from global forestry experts. See [www.silviculture.org.uk](http://www.silviculture.org.uk) or tel: 01768 210212.