

Welcome to Grange Valley Local Nature Reserve, one of the first in Preston to be designated in 2004 as part of the Productive Landscapes in Preston Project. Led by the Wildlife Trust in partnership with Preston City Council, it aims to improve greenspaces in Preston for both people and wildlife.

Local Nature Reserves are designated because of their high wildlife, community and educational value and they provide places for people to enjoy nature on their doorstep.

Grange Valley Local Nature Reserve is the starting point for Eaves Brook Linear Park, a partnership initiative between Lancashire County Council, the Environment Agency, Preston City Council, Action Ribble Estuary, One Voice Neighbourhood Management and the Wildlife Trust. It aims to improve wildlife habitat and community access to the greenspaces along the length of the brook through the heart of Preston.

The health trail around Grange Valley has a tarmac surfaced path for gentle walking along the flat and a bit more strenuous up the hills as indicated on the map. There is also an informal path that can get wet and muddy in winter so bring boots or wellies if you plan to walk that route. Along the way, look out for medicinal plants that have been highlighted in the leaflet.

Safety Note: Some plants are poisonous and can look similar to non-poisonous ones so need careful identifying. Always seek expert medical advice before using any plants for medical purposes. The information held in this leaflet is purely anecdotal and The Wildlife Trust, Preston City Council and Action Ribble Estuary accept no responsibility for the consequences of individuals using plants. Only collect small quantities of common plants from the wild even if they are growing abundantly in that particular area.

Grange Valley Local Nature Reserve Health Trail

How to get there

By Car - Follow the signs to Grange Park off Ribbleton Hall Drive. Parking is available along Glenview Close

By Bus - take the No.8 Preston Bus to Ribbleton Hall Drive from Preston bus station stand no. 8.

For timetable enquiries please telephone 01772 821199.

Preston City Council - Parks Section

Regeneration, Community and Leisure Services
Guild Hall, Lancaster Road, Preston PR1 1HT
Tel: 01772 203456

Email: parks@preston.gov.uk
Web: www.preston.gov.uk



This project is being part financed by the European Community European Regional Development Fund



Trust Headquarters

The Barn, Berkeley Drive,
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The Productive Landscapes In Preston Project is run by the Wildlife Trust and is working in partnership with Preston City Council and Action Ribble Estuary on the Reserve



The Lancashire Wildlife Trust is a registered charity (No. 229325) concerned with the protection and promotion of wildlife in Lancashire, Manchester and North Merseyside.

Grange Valley

Local Nature Reserve

Health Trail



Bramble - The fruits are tasty to birds and people. An infusion of the leaves can be used as a gargle for mouth and throat infections.



Rosebay Willow Herb - Due to their high tannin contents the leaves can be dried and mixed with those of blackberry and raspberry to make a herb tea.



Nettle - The young leaves are a good food plant for butterfly larvae and can be steamed as a vegetable or used to make beer. An infusion can also be used to help with rheumatic and urinary problems.



Silver Birch - An infusion of the leaves can be used to help treat fluid retention. Syrup and wine can be made from the sap. The leaves also yield green and yellow dyes.



Red Clover - The flowers and leaves can be cooked as a vegetable and the flowers can be infused, sweetened with honey, to treat coughs.



Hawthorn - The young leaves are good in salads. The haws make good jelly or wine. An infusion of flowers was also used to treat nervous heart problems.



Thanks to Grange Primary School, Moor Nook Community Primary School and Greenlands Community Primary School for their brilliant pictures of the wildlife found on the Reserve



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-  Site of Battle
-  Grasslands
-  Scrub Areas
-  Woodland
-  Pond
-  Interpretation Centre
-  Tarmac Footpaths
-  Informal Footpath
-  Hill
-  Steps
-  Footbridge
-  Entrances
-  Play Area



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