

The Gathering (A Journey to Great Douk Cave)

Information Pack

Narrative and additional information sheet for hearing impairment

This sound walk takes the listener back in time to the Mesolithic era approximately 7,000 years ago. The soundtrack imagines people traveling through the landscape visiting locations of ritual importance to their tribal communities. The walk allows you to hear the 21st soundscape around you, the walk the artist took in the Summer to create the soundtrack, and gradually introduces the landscape and sounds of 7,000 years ago. You will be immersed in a soundscape combining all these aspects. On this walk you will visit the cairn field or burial site adjacent to Great Douk cave and then the cave entrance itself where you will hear the finale to the soundwalk. Take great care when entering and leaving the area of Great Douk cave and don't enter the cave itself.

For those with hearing impairments this walk has been created to allow for ease of hearing the narration. The text for each narration is provided at the head of each GPS zone as you walk with the soundtrack. If you have downloaded the complete soundtrack then you should find the narration and details of what is being played on the accompanying PDF. We recommend that this is printed out and read at each zone on the walk. Pause your audio whilst you read the PDF.

This soundwalk is suitable for use with in ear or over the ear headphones whichever is suitable for use with your hearing aid, if you wear one.

Subterranean is a soundwalk, workshops, discussions, cave explorations with the public, large scale drawings and the opportunity to connect with the underworld, the deeps of meaningful spaces. I will be undertaking a residency with Dales Guides in spring 2022 to further explore meaning in the cave landscape.

MAP HERE

The Gathering (A Journey in sound to Great Douk Cave)

This sound walk takes the listener back in time to the Mesolithic era approximately 7,000 years ago. The soundtrack imagines people traveling through the landscape visiting locations of ritual importance to their tribal communities. The walk allows you to hear the 21st century soundscape around you, the walk the artist took in the Summer to create the soundtrack, and

gradually introduces the landscape and sounds of 7,000 years ago. The sound walk imagines tribes gathering together at certain times of year to celebrate the mountain, the cave, their ancestors and new lives. You will be immersed in a soundscape combining all these aspects. On this walk you will visit the cairn field or burial site adjacent to Great Douk cave and then the cave entrance itself where you will hear the finale to the soundwalk. Take great care when entering and leaving the area of Great Douk cave.

For those with hearing impairments this walk has been created to allow for ease of hearing the narration. The text for each narration is provided at the head of each GPS zone as you walk with the soundtrack. If you have downloaded the complete soundtrack then you should find the narration and details of what is being played on the accompanying PDF. We recommend that this is printed out and read at each zone on the walk. Pause your audio whilst you read the PDF.

This soundwalk is suitable for use with in ear or over the ear headphones whichever is suitable for use with your hearing aid, if you wear one.

Narration 1 (at the first gate)

On this sound walk you will join a gathering of mesolithic hunter gatherers as they travel across a landscape of deep ritual meaning. Leave the road, the car and the 21st Century behind as you travel into the past and join the gathering.

The grass is close cropped through grazing with little other vegetation evident. You can also see thick stemmed rushes growing in clumps.

Listen out for the call of the wheatear bird - they sound like stones clacking together. You might hear the beautiful song of the skylark above you and see Meadow Pipits swooping through the air. In the summer ground nesting birds such as crows and lapwings are defending their nests.

7000 years ago the landscape around you would have been heavily wooded perhaps with some cleared areas where the people on the gathering have been spending the night. The sun filters through the canopy above you of Ash, Wych Elm and Sycamore.

Not long into the start of the walk you will see on the left a tower shaped lime kiln. The limestone was burned to create fertiliser and for other uses. The quarry is just above the top of the limekiln.

Follow the footpath to the second gate and press pause if you need to before starting the next narration.

Sounds of: Traffic at first, woodland birds, footsteps walking, the baaing of sheep (in the landscape today), the sound of the common snipe bird, the sound of the gate, bass guitar playing

Narration 2 (at the second gate)

You are making a journey in sound back to the past of approximately 7000 years ago. The last ice age is over and the heavily wooded landscape is studded with rocks, glacial deposits and scraped bare limestone pavement. The dark hill in front of you is Ingleborough. It overlooks our journey. It is often covered with low cloud creating a mysterious shroud. On the top are the remains of stone age roundhouses. These may have been lived in permanently or just used in the summer for tribal gatherings.

People are living in the forests near water sources and beginning to create clearings for domesticated animals to graze. This is a period when people are transitioning from hunter gatherers to farmers, but this process must have taken many hundreds of years.

On this journey we join in with tribal groups who are coming together to visit Great Douk Cave and the burial site next to it. It is a gathering to celebrate life and death both of which are linked to the cave and its location beneath the mountain. In our ancestors' imaginations the cave is the entrance to the mountain. The cave is the place where our spirit emerges and comes to life in our bodies. The cave is the place where our spirits return to when we die. The cave is a portal through which the mountain communicates with life giving water.

Listen out for the sound of Ingleborough represented by the drumming call of the Common Snipe bird.

Follow the footpath to the third metal gate with the signpost to Great Douk Cave. Follow the Easterly path as signposted until you reach the dry stone wall encircling Great Douk Cave.

Sounds of: Footsteps, the sound of the gate, birdsong, sheep baaing, the call of the Common Snipe, crows, woodland birds, bass guitar playing low tones

Walk to The Cairn Field (Narration 3)

Follow the footpath to the dry stone wall encircling great duke cave and press pause if you need to before starting narration 3.

Once you have reached the entrance in the dry stone wall to the bowl of Great Douk cave, resist the temptation to enter the cave area just yet, and carry on walking in a clockwise direction to circumnavigate the cave area. Follow the faint path up into the adjacent meadow and cairn field to the west of the cave.

Sounds of: Woodland bird song, footsteps on grass and stone, bass guitar playing low tones

At the Cairn Field

Take time to wander through the cairnfield of stone age burial chambers. There are 33 recorded here but there may have been many more - now lost, their stones re-used in dry stone walls and sheep folds.

Each cairn would have had a larger stone at the head and foot end and between would have been smaller stones and rubble. The larger stones are limestone and there are sandstone kerb stones. The sandstone has been carried in from elsewhere.

Listen out for the sound of drumming, stone napping and the murmur of voices as people prepare to visit the cave, rest and gather, visit their ancestors, perhaps it is the spirit of the ancestors you can hear?

Return to the stone stile entrance of the cave area to continue your walk

Sounds of: Voices and accessories of cooking and making camp, drumming, flint knapping, low bass guitar tones, footsteps

At The Stone stile of the Cave area

Once you have crossed the stone stile, pick your way carefully down into the deep bowl to the cave entrance. Use the roots to hold onto and try to avoid the very slippery stones covered in black slime. Scramble across and find a comfortable spot within sight of the cave entrance.

Great Douk Cave is in a collapsed doline and is thought to be half a million years old. Ingleborough is riddled with caves but Great Douk is both accessible and has an impressive, safe cave entrance area. It's cool, rocky bowl is shaded with trees, saplings, ferns and water trickling or rushing through, depending on the amount of rainfall.

We do not see the cave but we sense it - we hear the waterfall and the cool air embraces us as we descend into the shaded sink hole. The waterfall beckons us in, getting louder. We grab dry tree roots, damp mossy rocks are under our fingers and we scramble down. Birds let out a warning cry at our appearance and then resume their song. The shaded light filters through the trees making a refuge, and bringing us within sight, at last, of the cave entrance.

Sounds of: Waterfall gradually increasing in sound, bass guitar playing low tones, drumming tones of the common snipe bird, birdsong, footsteps

At The cave

The Gathering is the water issuing from the cave, it is the spirits in the Cairn field, it is the awe of the cave entrance, the passageway into the mountain. It is the dripping water in the cave, and the slow building of flowstone formations over thousands of years. The cave is the portal through which the life spirit flows from the mountain.

Take a while to listen to the sound track as it takes you inside the cave entrance and explores the cavern and the sounds found there. Listen to the cave as it beckons you in and afterwards sends you on your way. Please don't enter the cave yourself, unless you are experienced and have the correct equipment with you.

Sounds of: Water rushing getting gradually louder, footsteps, common snipe call, birdsong

Finale

Cave Birds cry out the greeting
Welcome, welcome all
Stone and cold entrance
Enter dark deeps
Spirits breath, inside and out
Water falls, streams, flows
Cool, clear, erasing, bringing hope
The cave breaths in the mountains depths
We move as one into the mountain

Shadows flickering, the dark dances
The smoke rises
The spirit babbles and drips
Energy of animals, we are as one

Rushing, swirling
Into the dark mountain
Contracting, twisting
Our bodies breaths mingle
We are inside and outside

We walk, we are lost in our minds
In water, in dark, in the breath
Of spirits in and out
The living body, alive and not alive
Pressing down and rising up
The living mountain expels

Roaring and silent
Stone of the mountain
The Snipe drums and calls
The cave speaks, mountain mouth
Issuing water of life
And when we are gone
We will hear the message again

Sounds of: Flowing water in the cave changing pitch and tone, singing, humming, hawk calls, common snipe call, guitar plucking, change in pitch of the bass guitar playing, the echoing sound in the cave

Afterthought

Thank you for listening to the sound walk
If you would like to know more or follow my activities please look at my website at Annrutherford.co.uk

If you wish to explore further there are limestone pavements to the east and west of Great Douk Cave. There are unique mini environments in the grykes (The gaps between the clinks) Take care as you step over the rocky landscape.

Please Return by following the route you took to get here.

Entrance to Great Douk Cave, Ann Rutherford

Great Douk Cave is particularly interesting because of its surroundings. Around the cave entrance, and above the deep hollow, is a huge cairn field of scores of Bronze age burial cairns, dating back 2000 years. Excavations have been done, but the casual observer will find it hard to distinguish the cairns deeply covered as they are now with moss and grass. The conclusion can only be that this was a hallowed place where the dead were brought to be buried within the area of the cave entrance. Perhaps they were placed to return to the womb-like underworld that the cave represents. We can only guess, but what an intoxicating notion of the importance of the cave to earlier peoples, that is.

A friend emerged from an underground cavern, covered in mud and wet through, blinking into the sunlight, to declare she's 'never felt more alive'. Others are frightened by the thought of being in a small enclosed space. For me, an awareness of the weight of rock above me, is both dizzyingly threatening and incredible. My imagination strains to grasp the forces of the Earth's cycles, water and time that have formed the land above and below me.

Directions

From Ingleton:

Take Low sleights Road and travel towards Ribbleshead for approximately 6 kilometres. Park in a small layby on the l/h side of the road. If you get to the Station Inn you have gone too far. Please note the layby can be busy but sensible parking on the side of the road is permitted. Cross the road carefully and start the walk at the gate entry to the prominent footpath marked for Ingleborough.

The path is also marked by a useful information panel.

Follow the path through two more field gates before turning left at the sign post for Great Douk Cave.

When you get near the wall surrounding Great Douk Cave, walk around the perimeter of the dry stone wall enclosing the cave to find the Cairn Burial field.

Return to the stone stile entrance of Great Douk Cave and make your way carefully down the steep track until you reach the bottom.

Take extra care when crossing the slippery rocks to approach the main cave entrance.

Do not attempt to enter the cave - the sound track will take you in there as part of the finale of the walk.

These instructions can be downloaded [here](#) as part of the soundwalk info pack

Notes on the GPS locations

Notes on the downloaded version

MAP

Narration 1 Introduction