

# STARGAZING GUIDE

An easy guide to help you navigate your way around the night sky

friends  
OF THE LAKE DISTRICT

## How to use this Star Chart

Hold the star chart up in front of you when you're facing the appropriate direction and look at the sky.

### Looking North - see charts right

**N** The Plough is the most recognised group of stars in the northern sky. It is always above the horizon, it looks a bit like a saucepan and the two stars furthest from the 'handle' end point toward the North Star, so you can always find north.

On the other side of Polaris (The North Star) is the W-shape of Cassiopeia. The stars in the northern sky are the same all year round, so you will always be able to find them on a clear night.

### Looking South - see charts over

**S** These stars change throughout the year, but you should see variously, Orion the hunter, Gemini (two stick figures), Sirius, the Pleiades or Seven Sisters, The Summer Triangle, Cygnus the swan (and if you are very lucky, our galaxy, the Milky Way down which it flies), the square of Pegasus and if you follow the curve of the handle of the Plough, Arcturus.

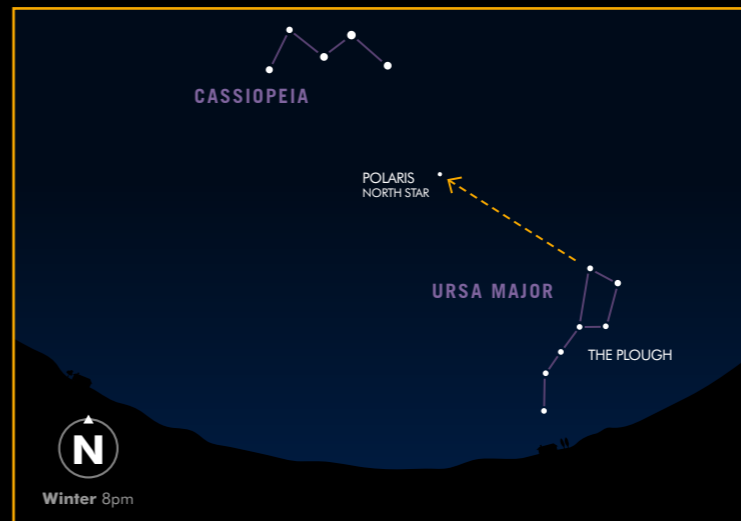
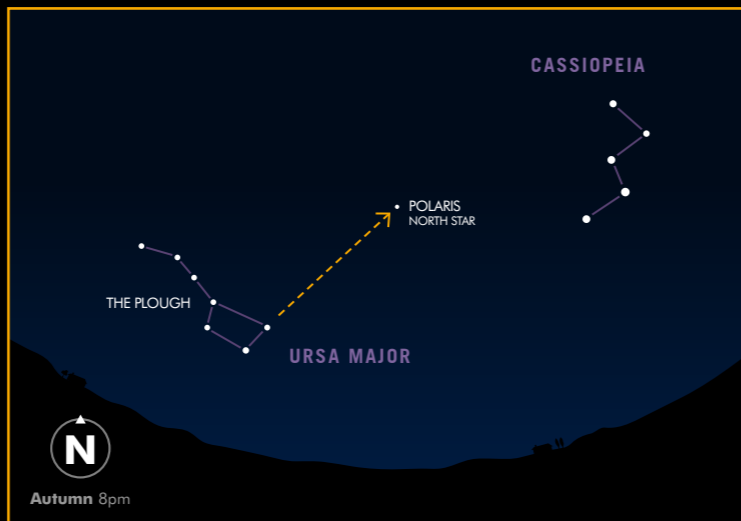
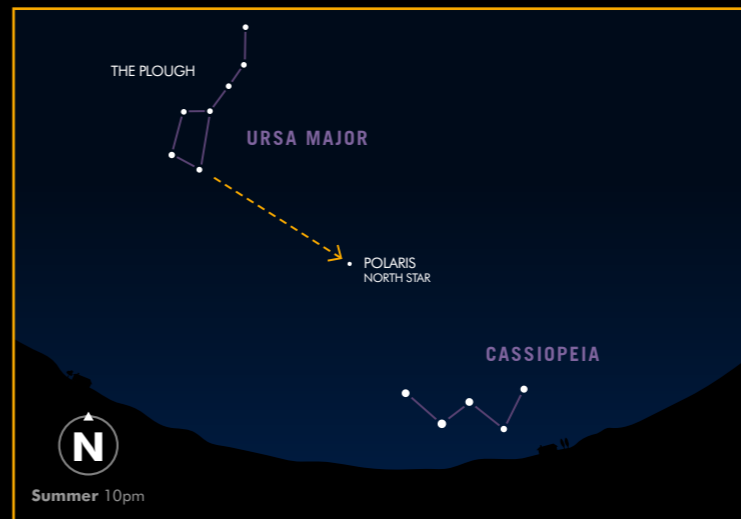
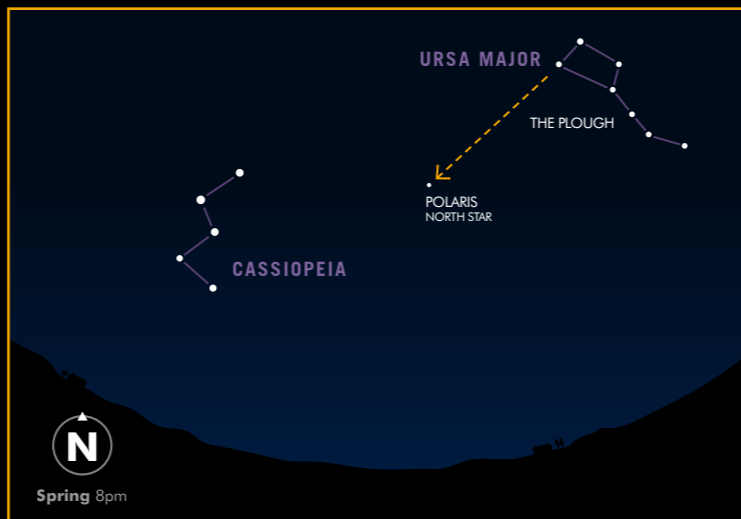
| KEY TO STAR MAPS | CONSTELLATION NAME | STAR NAME or PATTERN | STAR HOPPING PATH |
|------------------|--------------------|----------------------|-------------------|
|                  |                    |                      |                   |

SUPPORTED BY

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[www.fld.org.uk](http://www.fld.org.uk)

Leaflet concept based on an original idea by Dark Sky Scotland - [www.darkskyscotland.org.uk](http://www.darkskyscotland.org.uk) © STFC



### Can you See the Stars?

The night sky is part of our environment and what makes the Lake District and Cumbria special. We have some of the darkest skies left in England, but even in our rural county, these are slipping away. This Friends of the Lake District guide will help you find out more about the night sky and how to help look after it.

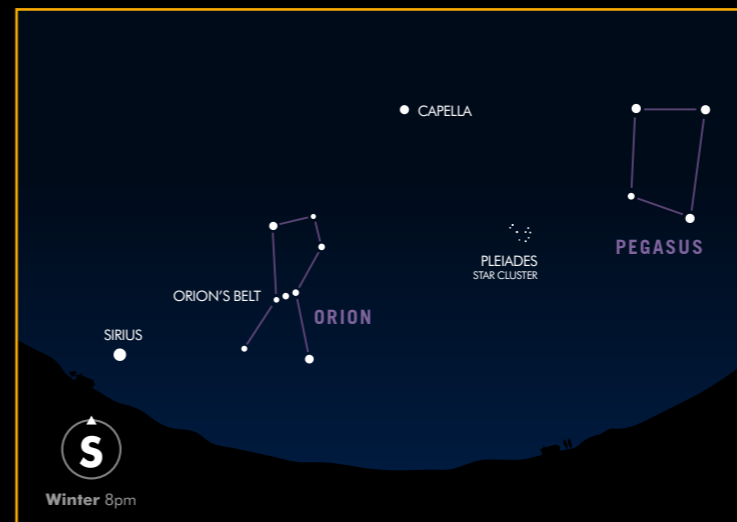
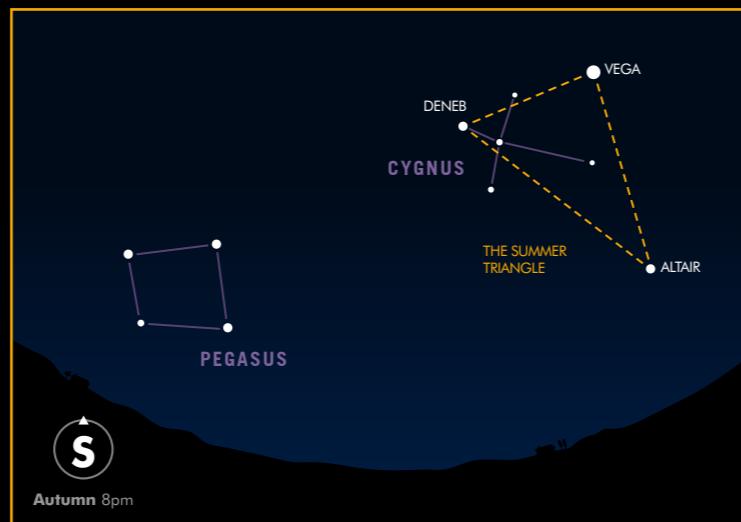
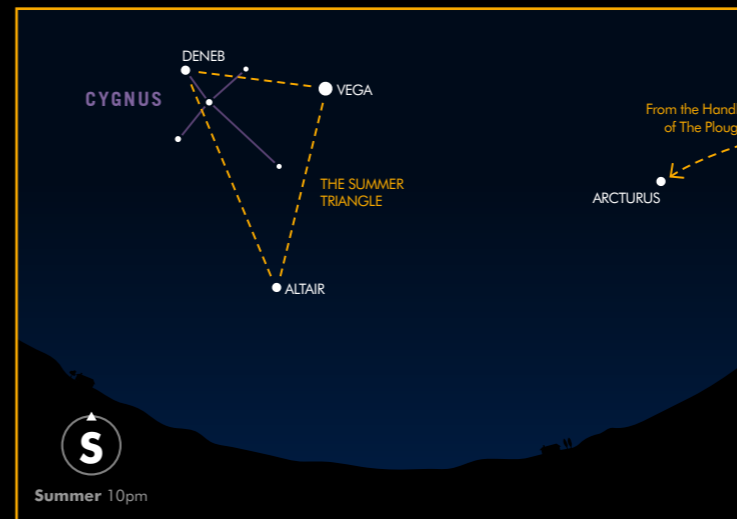
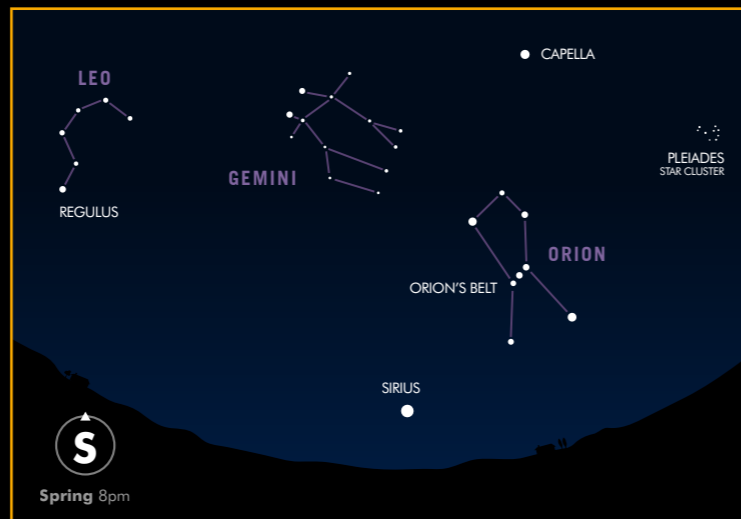
### Lighting up the sky

Many lights are important and necessary. But often badly aimed lights send light into the night sky creating "sky glow" – an orange or white glow seen from miles away and blotting out our lovely stars. Starlight has travelled millions of miles, only to be lost at the last moment by sky glow. Poor lighting wastes energy and money too, increases air pollution and disrupts wildlife and people's sleep.

### What can you do to help See the Stars?

Check any outside lighting you have to make sure it is low energy and pointing at the things that need lighting. Only have lights on when needed, which will save you money too. For more information and advice on energy efficient lighting go to [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call 0800 512 012.

**Friends of the Lake District hope you like our guide. If you want to keep in touch with more See the Stars events and information, please email [judith-moore@fld.org.uk](mailto:judith-moore@fld.org.uk) or call 01539 720788.**



### How to go star gazing

Choose a night when there is little or no moon. Although the moon is beautiful to look at itself, it can often drown out all but the brightest stars. You can find out the moon phases by going to [www.skyandtelescope.com/observing/objects/javascript/moon\\_phases](http://www.skyandtelescope.com/observing/objects/javascript/moon_phases)

When you go outside, it is best to wait for a few minutes so your eyes adjust to the darkness, so be patient. If you do need a light then use a red one, such as a rear bike light, as this won't interfere with your night vision.

Think about being able to sit or lie down so that you can gaze in comfort. If its winter, then wrap up warm!

If you want to get closer to the stars, then use some binoculars. A telescope isn't necessary to give you more detail.

If you want to find out more about astronomy or what you can see in the night sky each month try: [www.skymaps.com](http://www.skymaps.com), [www.jodrellbank.manchester.ac.uk/astronomy/nightsky](http://www.jodrellbank.manchester.ac.uk/astronomy/nightsky) or [www.britastro.org](http://www.britastro.org) and go to Sky Notes. Happy star gazing!

**Friends of the Lake District can only produce guides like this with the support of members. You can join us online at [www.fld.org.uk](http://www.fld.org.uk)**