

Good and bad lighting

Adjusting fittings of outside light to direct light downwards is a quick and easy way to reduce light pollution. Most lights can be put on a timer or fitted with an inexpensive motion detector, helping to reduce light pollution further.

Here are some examples of good and bad lighting:



For more information on how to reduce light pollution visit the IDA website:
www.darksky.org

West Penwith Dark Skies Partnership

A group comprising of local Councillors in West Penwith, Cornwall Council Officers, PK Porthcurno, Land's End Accommodation Providers, the National Trust, Cornwall AONB Unit, Mayes Creative, Penwith Landscape Partnership and other passionate locals led the efforts for this IDSP designation.

This designation means the partnership will continue to work to:

Preserve and enhance the dark night sky above West Penwith AONB for pleasure, leisure and to support the wellbeing of residents, visitors and wildlife.

Raise awareness of the importance of a dark night sky and encourage a reduction in light pollution.

Engage with individuals and groups, growing an outreach and education programme for astronomy, nature, historic environment and human well-being.

Guide residents and visitors to the most appropriate locations and opportunities for appreciating the dark night sky.

Promote eco- and astro-tourism.

Inspire other designated landscape areas, within Cornwall and beyond, to appreciate and protect their dark skies.



For more information about West Penwith Dark Skies:
www.cornwall-aonb.gov.uk/dark-skies



WEST PENWITH INTERNATIONAL DARK SKY PARK

Working together to protect our dark skies in West Penwith

Levant Mine at night
Photo Credit, Duncan Scobie

West Penwith International Dark Sky Park

In December 2021, the skies above West Penwith were officially recognised with the prestigious International Dark Sky Park Designation, awarded by the International Dark-Sky Association (IDA).

Recognised as an Area of Outstanding Natural Beauty since 1959, West Penwith is only the seventh area of the UK and the second in Cornwall to become an International Dark Sky Park (IDSP). The West Penwith IDSP covers the westerly section of Cornwall's AONB; it stretches around the coastline from the outskirts of St Ives, along the Tin Coast, Sennen and around Land's End to Mousehole. Inland it takes in Trethewey, Sancreed and New Mill.

The IDA's designation recognises this area as being naturally dark at night, with minimal traces of light pollution, making West Penwith one of the best places in the world to view the beauty of the night sky.

The problem with light pollution

Light pollution is any artificial light that is not needed. It can have serious environmental consequences for humans, wildlife and our climate as well as disrupting our view of the universe and adding unnecessary costs to energy bills!

Dark Skies are good for health & well-being...

Exposure to artificial light at night is unnatural. Humans have evolved with the rhythms of the natural light-dark cycle of day and night, the circadian rhythm. Circadian disruption may increase risk of obesity, diabetes, mood disorders, reproductive problems and cancers as well as affecting our natural sleep patterns.

Dark Skies are good for nature...

Artificial light at night can have negative and deadly effects on a number of animals and plants including mammals, reptiles, amphibians, insects and birds. Plants and animals depend on the Earth's daily cycle of light and dark rhythm for important moments in their life cycle such as reproduction, foraging/hunting for food, sleep and protection from predators.

Dark Skies are good for climate change...

The unnecessary use of lighting wastes energy which increases greenhouse gas emissions, contributing to the increasing problem of climate change.

How you can reduce light pollution

Here are some useful tips on how you can help to cut light pollution in your home and immediate environment:

- 1 Only light the area that needs it, say for safety. Consider installing motion detectors or timers.
- 2 Keep your blinds drawn at night to keep the light inside.
- 3 Minimize blue light emissions, favour warm-toned light.
- 4 Remember to turn lights off when no longer needed.
- 5 Ensure lights are no brighter than necessary.
- 6 Make sure lighting is fully shielded.

Stargazing at Lanyon Quoit

Photo Credit, Su Bayfield



Badger at night

Photo Credit, PK Porthcurno



Milky way over Chapel Carn Brea with light pollution visible from Sennen and Lands End

Photo Credit, Chris Colyer

