

# TOP TIPS FOR PHOTOGRAPHING NIGHT SKIES:

- Use a tripod
- With the widest F-Stop available; experiment with ISO settings between 400-1600
- Use a 10 second delay (self-timer) and set the exposure to around 25 to 30 seconds – the delay will eliminate button-press shake
- Try briefly illuminating landscape features in the foreground by quickly flashing a torch
- Beat the cold. Wrap up warm and take spare batteries!



## MORE INFORMATION

The International Dark-Sky Association works to protect the night skies for present and future generations. To find out more visit [darksky.org](http://darksky.org)

To learn more about the South Downs International Dark Sky Reserve visit [southdowns.gov.uk/darkskeys](http://southdowns.gov.uk/darkskeys)



## TAKE THE LEAD

For a safe and fun visit with your dog please remember to keep them on a lead around livestock and wildlife. Always bag and bin your dog poo – any public bin will do!

## CONTACT

South Downs National  
Park Authority:  
01730 814810



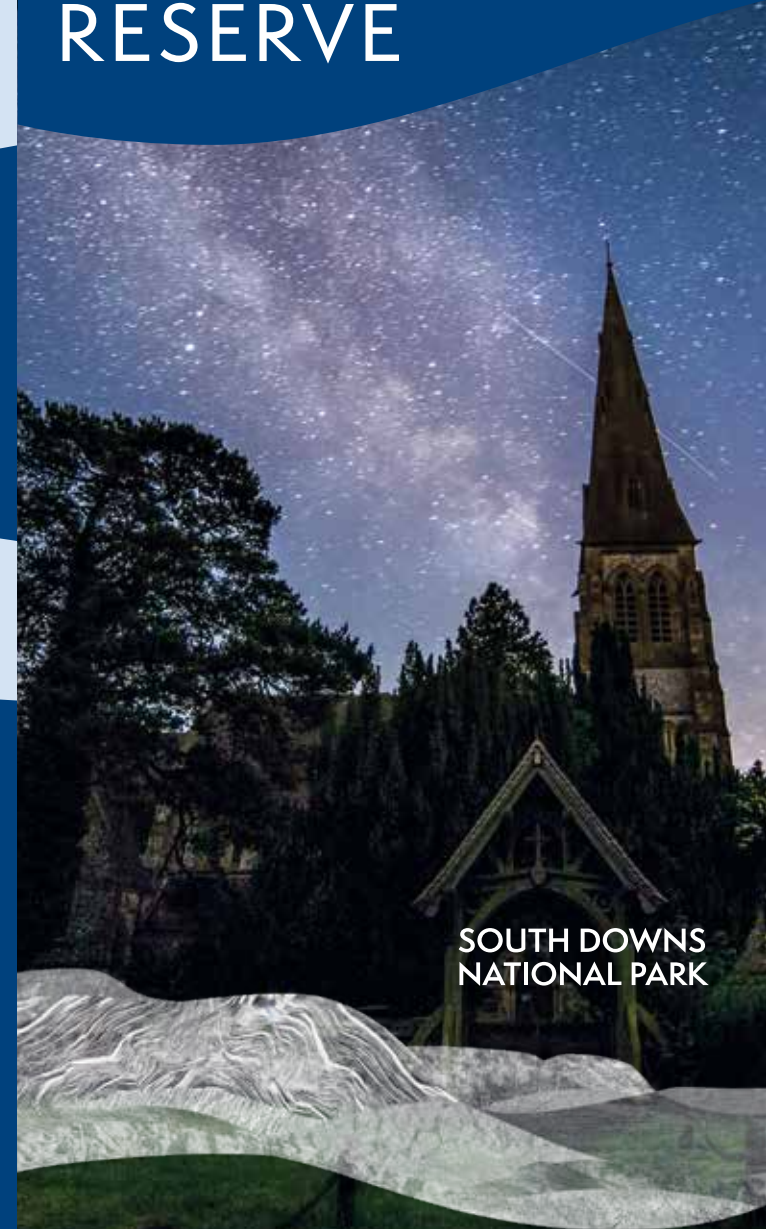
## SOUTHDOVNS.GOV.UK

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# INTERNATIONAL DARK SKY RESERVE



SOUTH DOWNS NATIONAL PARK

In May 2016 the South Downs National Park became an International Dark Sky Reserve (IDSR). We think our star-studded skies overhead are as valuable as our beautiful rolling landscapes and, with properly dark skies in the south east of England under threat, this is a statement that the skies of the National Park are worth protecting.

## WHAT DOES INTERNATIONAL DARK SKY RESERVE STATUS MEAN?

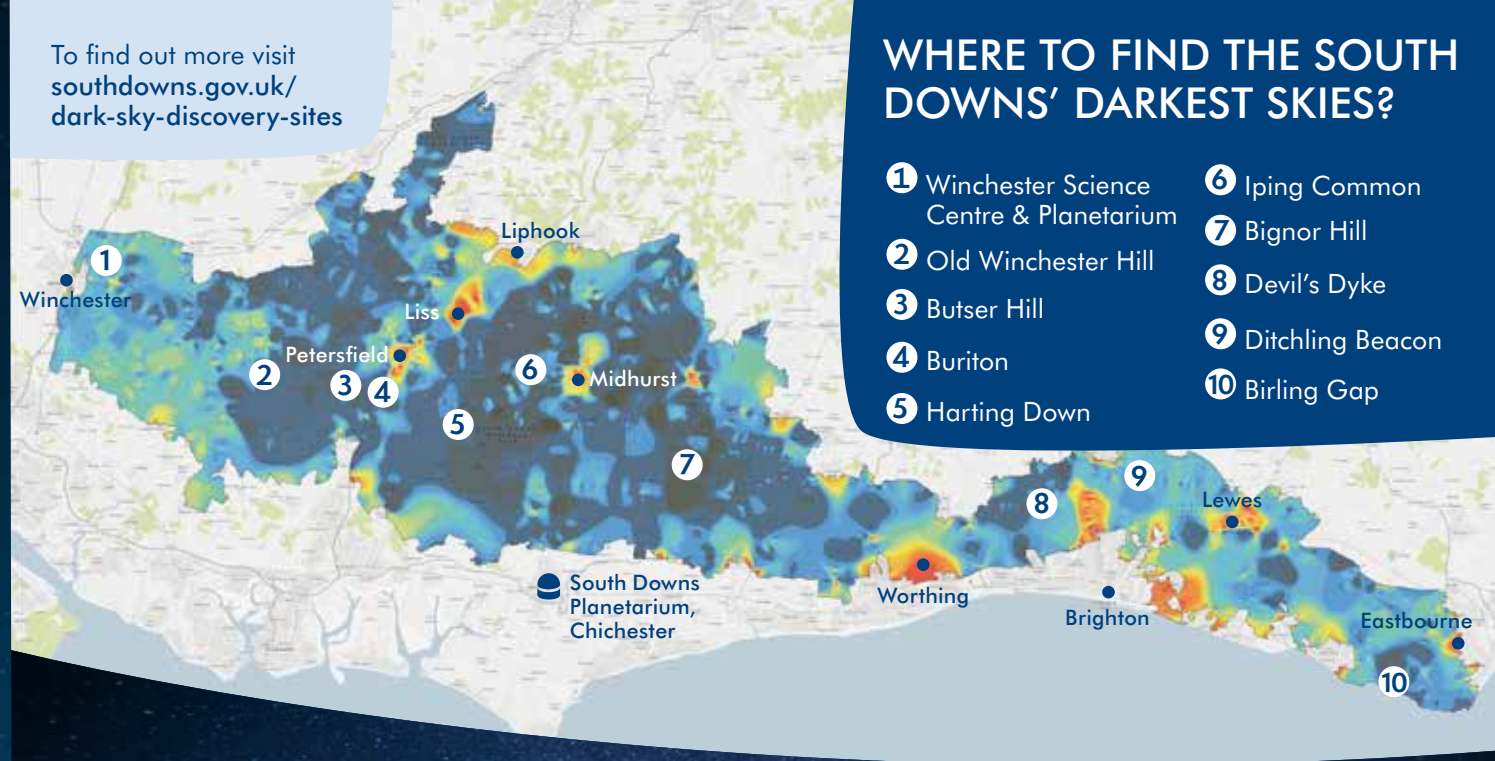
- The South Downs National Park is the second IDSR in England and one of only 13 in the world. With 2 million people living within 5km of the National Park our reserve is one of the most accessible in the world.
- More than 25,000 individual measurements were taken to map the night skies quality across the National Park.
- There are approximately 2,700 streetlights in the National Park. Local lighting authorities are replacing these over time to comply with Dark Sky standards.
- In the future the South Downs National Park Authority will use its role as a planning authority to protect the dark skies above the National Park as well as the landscape on the ground. Draft policies for the South Downs National Park's Local Plan include specific lighting requirements that developers will need to meet.

## CAN YOUR BUSINESS BENEFIT FROM BEING IN A DARK SKY RESERVE?

If you would like to find out how your business can make the most of being in or near an International Dark Sky Reserve please visit [southdowns.gov.uk/communicating-darkskies](http://southdowns.gov.uk/communicating-darkskies)

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To find out more visit [southdowns.gov.uk/dark-sky-discovery-sites](http://southdowns.gov.uk/dark-sky-discovery-sites)



## WHERE TO FIND THE SOUTH DOWNS' DARKEST SKIES?

- 1 Winchester Science Centre & Planetarium
- 2 Old Winchester Hill
- 3 Butser Hill
- 4 Buriton
- 5 Harting Down
- 6 Iping Common
- 7 Bignor Hill
- 8 Devil's Dyke
- 9 Ditchling Beacon
- 10 Birling Gap

## HOW TO EMBRACE THE DARKNESS

Here are some top tips to help you make the most of stargazing in the South Downs:

- Check the phase of the moon to plan your trip – stargazing is best before a full moon
- Take a blanket or mat to lie on
- Wrap up warm
- Take some snacks and a hot drink
- Take a compass or use the one on your smartphone
- Download a stargazing app to help you identify constellations and stars
- Allow time for your eyes to adjust – this takes around 20 minutes so turn off any lights, torches and put your mobile phone away.

## NOCTURNAL WILDLIFE IN YOUR GARDEN

Dark night skies are not only good for stargazing, they help nocturnal wildlife such as moths and bats thrive. Here are a few tips on how you can encourage more night-time wildlife into your garden:

- Turn off lights when not needed
- Buy lamps under 500 lumens
- Plant paler flowers to attract night-time insects
- Install a bat box.

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