





rawforbeauty.com

In clinical studies, we have proven that 2 hours of nature sounds a day significantly reduce stress hormones up to 800% and activates 500-600 DNA segments known to be responsible for healing and repairing the body.

- Dr. Joe Dispenza

Barring love and war, few enterprises are undertaken with such abandon, or by such diverse individuals, or with so paradoxical a mixture of appetite and altruism, as that group of avocations known as outdoor recreation. It is, by common consent, a good thing for people to get back to nature.

(Aldo Leopold)

izquotes.com







Don't think,
just go.





Snowdonia Wales



Skaftafell Iceland



Jostedalsbreen Norway



Kemeris, Latvia

Variety of landscapes, embedded in cultural identity. Often sculpted by nature and shaped by people. Influenced course of history, inspired artists and thinkers and enriched lives. They are our natural life support system.

These protected areas represent the land that is our inheritance, - we hold it in trust for those who come after us.



Fertőhanság Hungary



Cévennes, France



Göreme Turkey



La Albufera Spain



Triglav Slovenia



Piatra Ciului Romania



EUROPARC is the leading European organisation for protected areas bringing together dedicated professionals, agencies, academics and decision makers.

Our mission is....to increase effectiveness in conserving and enhancing natural and cultural heritage, for the well-being and benefit of future generations



Nature knows no boundaries.....so

EUROPARC

is founded on the principle that the future protection and conservation of nature is achieved through INTERNATIONAL CO-OPERATION.

International cooperation works best through PERSONAL CONTACT.

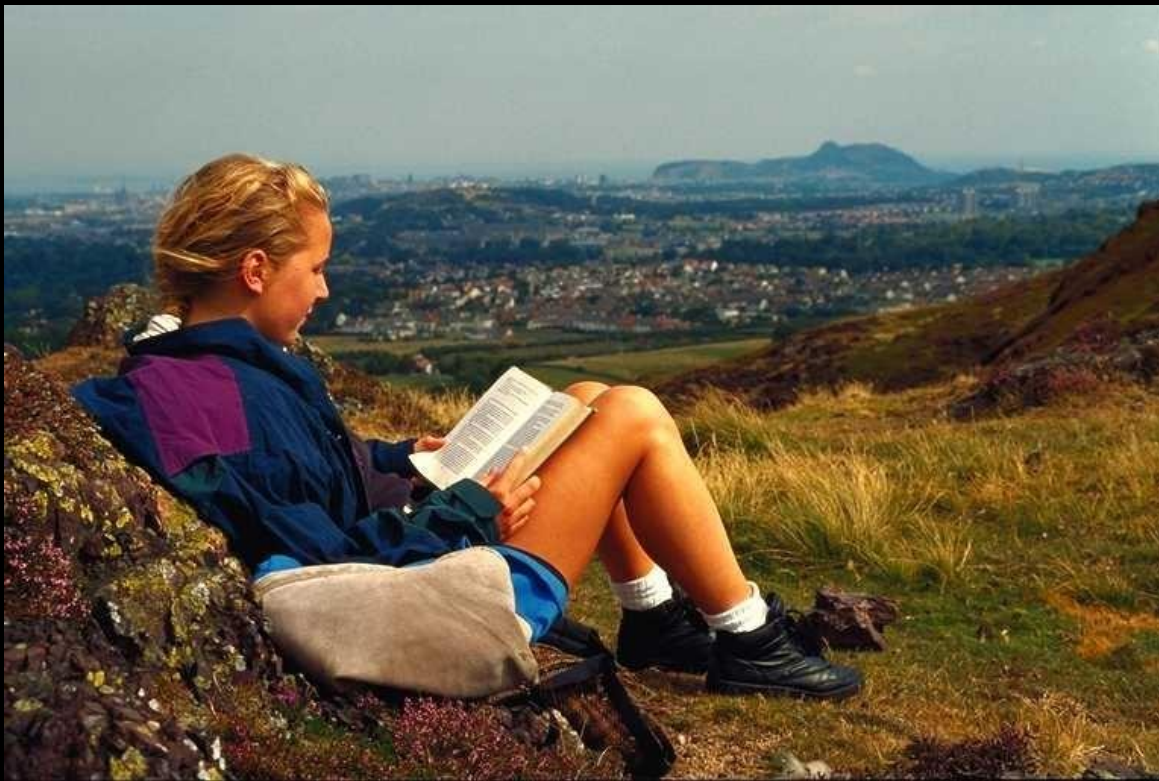
That through personal contact comes

MUTUAL UNDERSTANDING, SHARED EXPERIENCES , KNOWLEDGE AND INNOVATION.

This delivers better support and management of protected areas which ensures the

FUTURE PROTECTION AND CONSERVATION OF NATURE ...

because Nature knows no boundaries.....



We have a twenty-first century responsibility of great importance. **To meet the challenges and promote new creative approaches and thinking, make new partnerships.**

It is to proclaim anew the meaning and value of Protected Area, of biodiversity, conservation, and recreation; and to expand the learning opportunities and share that knowledge broadly;

and to encourage **People** to experience and **CONNECT WITH** these special **Places**.



"You are a guest
of nature. Behave."

Friedensreich Hundertwasser (AT)

Ewe Moor, Yorkshire Dales National Park (UK), Picture: Ben Haworth

www.europarc.org



The warnings about global warming have been extremely clear from some time. We are facing a global climate crisis [...] We are entering a period of consequences.

Al Gore (USA)










The State of Europe's Biodiversity in 2010

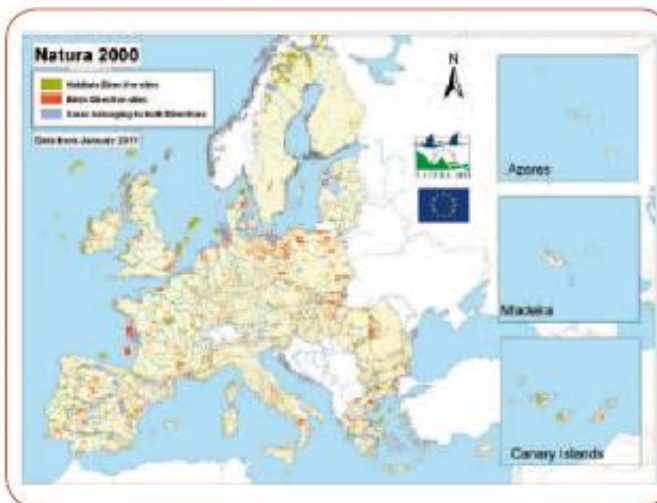
In 2010 the European Environment Agency (EEA), in collaboration with the European Commission, produced an EU Biodiversity Baseline which summarises the latest information on the status and trends of biodiversity and ecosystem components in Europe. This baseline, which is based on a series of indicators, provides a reference point for measuring changes in the state of Europe's biodiversity over the next ten years.

By 2020, a set of biodiversity indicators should help determine whether there has been an overall improvement in the state of Europe's biodiversity, in particular whether the following has been achieved:

- **A reduction in the number of species threatened with extinction.** Currently almost 25% of European animal species face the risk of extinction.

- **An increase in the number of species and habitat types protected under EU nature legislation that are in favourable conservation status.** At present only 17% of assessed habitats and species are in a favourable conservation status.
- **An improvement in the state of ecosystems and the services they provide.** Most of Europe's ecosystems are now assessed to be degraded.
- **A strengthening of Europe's green infrastructure.** Today, nearly 30% of the EU-27 territory is considered to be highly to moderately fragmented.
- **A decline in the over-exploitation of natural resources.** Europeans currently consume more than twice what the EU's land and sea can deliver in terms of natural resources.

Group/IUCN category	Species (%) within the EU-27 threatened with extinction
 Mammals – marine	25%
 Mammals – terrestrial	15%
 Birds	12%
 Amphibians	22%
 Reptiles	21%
 Dragonflies	16%
 Butterflies	7%



Imagine If Trees Gave Off
Wifi Signals, We Would
Be Planting So Many Trees
And We'd Probably Save
The Planet Too.



Too Bad They
Only Produce The
Oxygen We
Breathe.

You Really Never Realize
What You Have
Till It's Gone...

Toilet Paper Is A
Good Example.

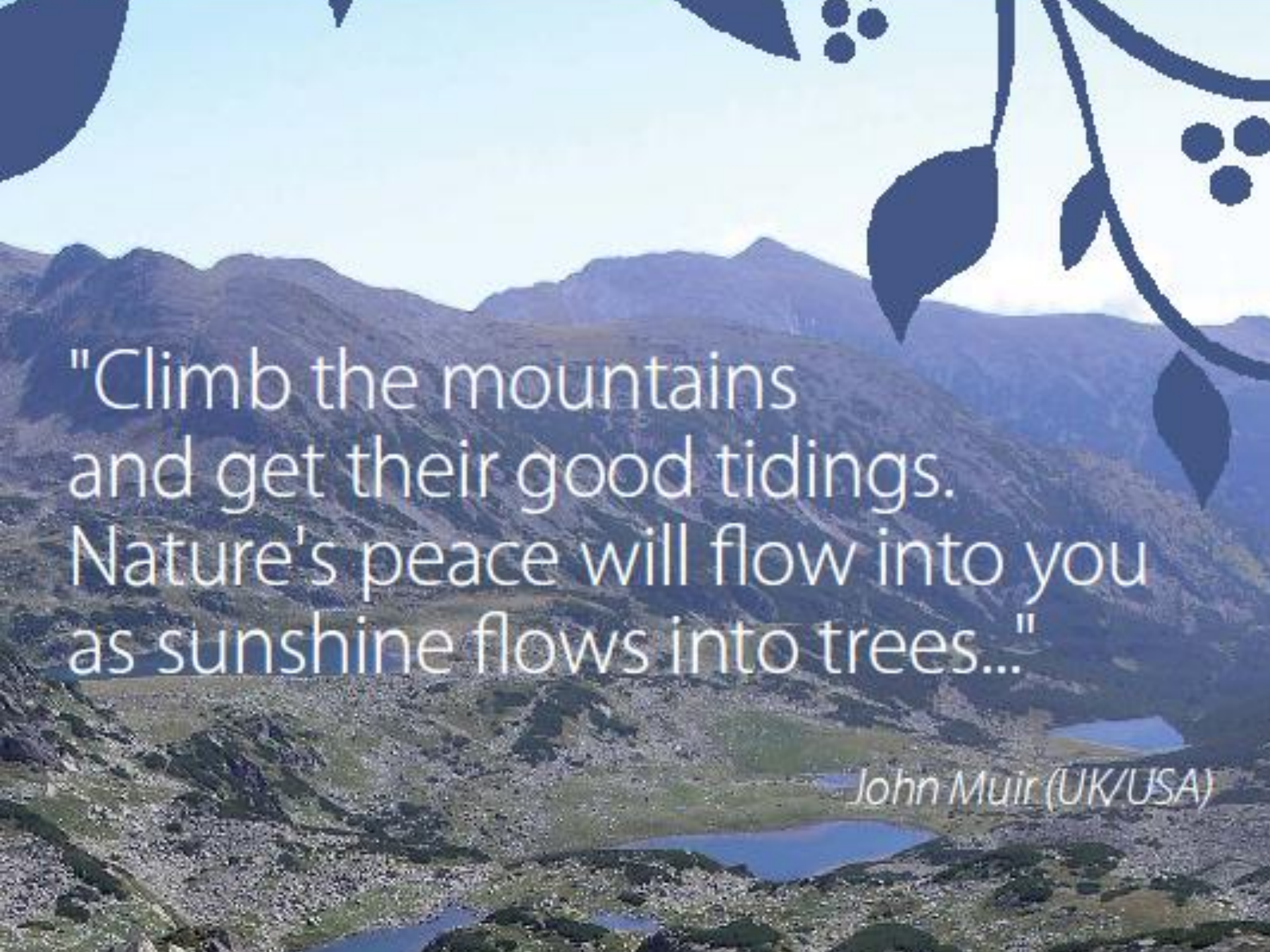


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WILDNERNESS IS NOT
A LUXURY, BUT A
NECESSITY OF THE
HUMAN SPIRIT.

 PEAKS
FOUNDATION

A scenic view of a mountain valley with a river and lakes, overlaid with a quote by John Muir. The background shows a vast landscape with rolling hills, a winding river, and several small lakes. The sky is clear and blue. In the foreground, there are dark, silhouetted leaves and berries, possibly from a berry bush, framing the top and right sides of the image.

"Climb the mountains
and get their good tidings.
Nature's peace will flow into you
as sunshine flows into trees..."

John Muir (UK/USA)









The following is the new system of notification:

Crag marked red : Birds known to be nesting on this crag. Please stay away and find an alternative climbing venue until young have left the nest.

Crag marked amber : Birds known to be in the area. May be scoping out nest sites or building nest. Please avoid this crag until further information is available to avoid disturbance during this critical time.

Crag marked green : No known nesting birds. Climbing OK but proceed with caution between February and end of July.

Crag with no colour - no information at this stage. Please proceed with caution.



Sron Ulladale, Harris

Moy Rocks, near Contin

Glen Lednock

Clifton Crag, Dumfries and Galloway

Torr Nead an Eoin, North Arran

“Going out” into nature, as John Muir once said, is really a way of “going in” to the heart of things




Minimal Impact Mountaineering Advice



The Mountaineering
Council of Scotland

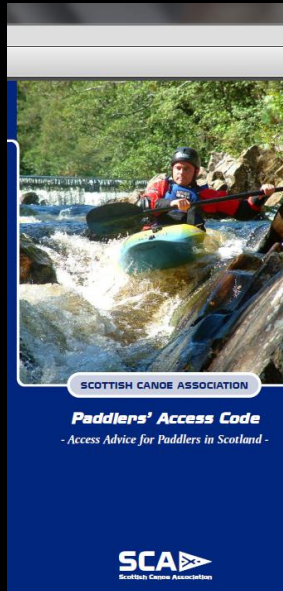
www.mcofs.org.uk

A scenic landscape of a mountain valley. In the foreground, a calm lake reflects the sky. Two people are in a red canoe in the middle ground. The background features steep, rocky mountains with patches of snow and a cloudy sky. The text "ADVENTURE IS WORTHWHILE." is overlaid in the center.

"ADVENTURE IS WORTHWHILE."

- Aesop

Loch Leven National Nature Reserve Annual Report for SNH Management of Reserve April 2010 – March 2011



.....There were a reduced number of canoeists accessing the loch but the few who did, **generally did not follow the guidance and went close up to the small islands where high densities of birds were nesting.** In light of this, we did not yet feel confident about a major review of the local access guidance with regard to water borne access but continue to liaise with canoe interests.

The screenshot shows the top navigation bar of the 'Song of the Paddle' website. The site title is 'Song of the Paddle' with a logo of a paddle. Navigation links include 'Main Site', 'Forum' (highlighted), 'Journals', 'Members Map', 'Book & Badges', 'SotP Clothes', 'Twitter', and 'What's New?'. There are also links for 'New Posts', 'FAQ', 'Calendar', 'Forum Actions', and 'Quick Links'. A search bar is present with the text 'Advanced Search'. User login options include 'Connect', 'User Name', 'Password', 'Log in', 'Remember Me?', 'Help', and 'Register'.

I'm not up on the current status of paddling restrictions as defined by whoever draws up such things, so instead of asking a load of questions I just got on with it and quietly used the loch for several pleasant afternoon-length paddles.

So far not a soul has challenged my presence there, apart from the mention above of being charged to land on Castle Island. I've also landed at the fishery jetties, just to see if anything would be said by anyone. Not a second glance did I get



.....anyway as long as we show a responsible approach, we can't be called. Maybe even helping to organise a clean up on the loch might generate some good will. Looking forward to the new path being open.



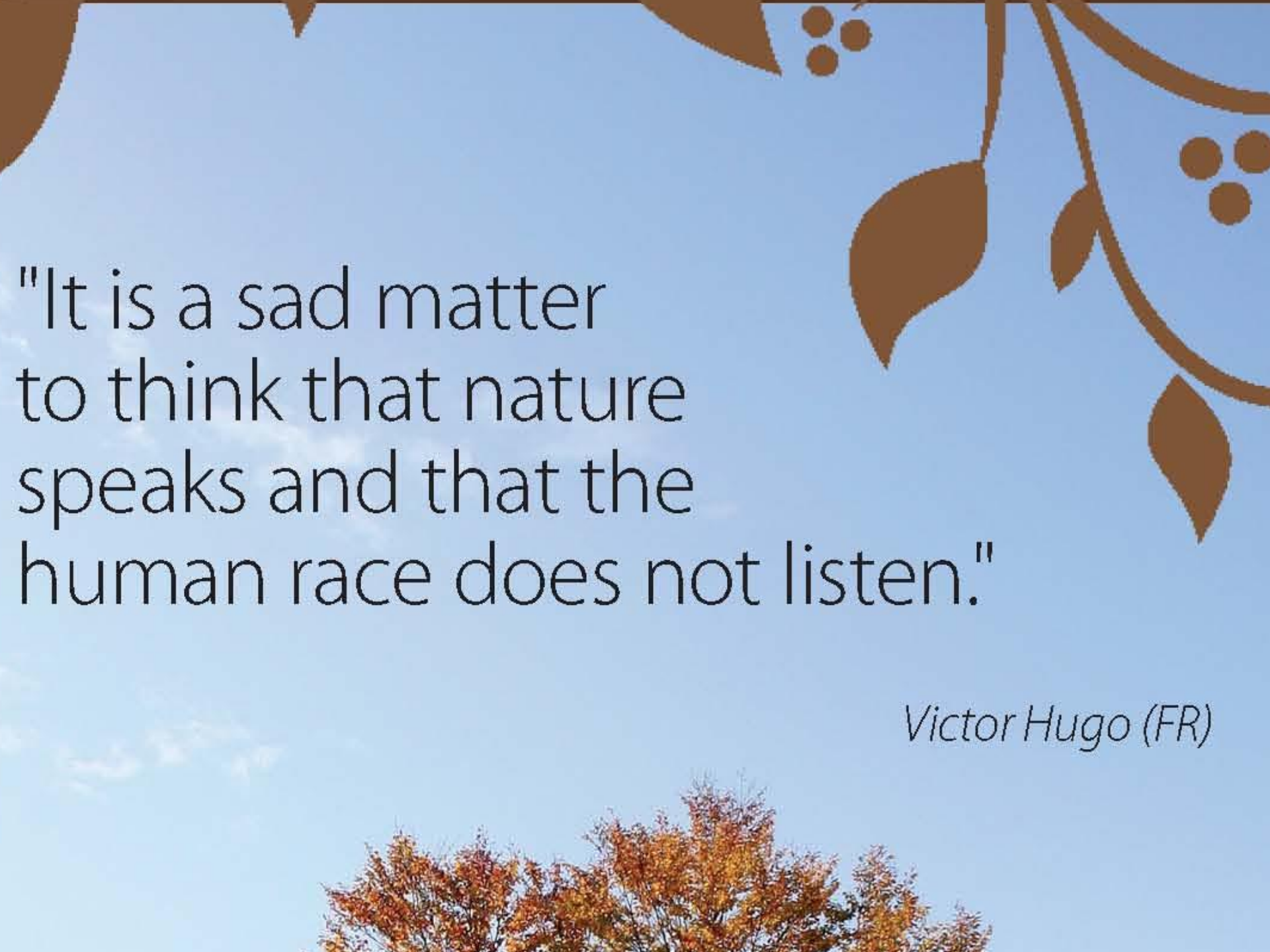




"...The sea, the great unifier,
is man's only hope.
Now, as never before,
the old phrase has literal meaning;
We are all in the same boat."

Jacque Cousteau (FR)





"It is a sad matter
to think that nature
speaks and that the
human race does not listen."

Victor Hugo (FR)

A dirt path winds through a lush green forest of birch trees. The path is the central focus, leading the eye into the distance. The trees are tall and thin, with characteristic white bark and dark lenticels. The foliage is dense and vibrant green, with sunlight filtering through the canopy, creating dappled light on the path. The overall atmosphere is peaceful and serene.

**Sometimes,
this is all you
need**

Lessons Learned in Life

