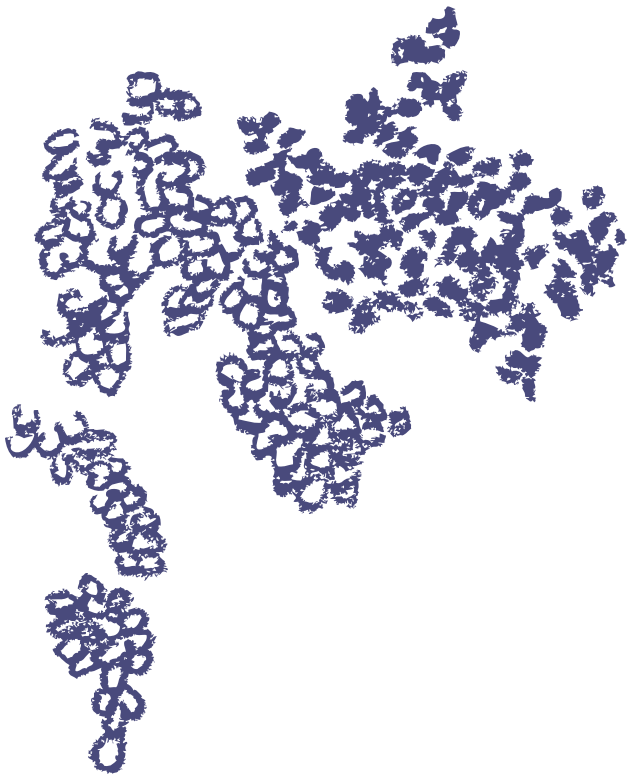


# GETTING *INTO* SCOTLAND'S NATIONAL PARKS AND NATIONAL NATURE RESERVES

## A Resource Pack

Information, advice, resources, ideas and a host of helpful contacts for teachers, staff and volunteers supporting visits to Scotland's National Parks and National Nature Reserves.





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and Cairngorms National Park Authority**

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# INTRODUCTION TO THE RESOURCE PACK

**You have picked up this pack... GREAT! Hopefully that means you are interested in enjoying some of the brilliant things on offer in Scotland's National Parks or National Nature Reserves (NNR's).**

Of course it may also mean that you are already thinking about all the barriers that might make visiting or getting involved with National Parks or NNR's difficult.

This pack is based on a larger more formal research project\* that gave us a much clearer idea of what gets in the way for people who do not make the same kind of use of the National Parks and NNR's as others; for example those who are young, disabled or do not have a lot of spare money. It also helped us get a much better idea of issues for schools.

What was helpful about the research was that it came up with some good ideas on how to tackle the barriers that people come up against. These were often practical things based on their own and others' experiences of using the Parks.

We have pulled together the common themes from the research and produced this practical guide. It is aimed at those of you that work with and support people to broaden their horizons and increase their sense of well being. What is great about spending time in the Parks and NNR's is that the people you support can enjoy themselves while taking part in something educational or developmental.

We hope you find the Pack useful and that you will be encouraged to visit a National Park or NNR sometime soon.

\*Scotland's National Parks and National Nature Reserves-overcoming barriers to engagement (LLTNP, CNPA, and SNH March 2009)

# HOW TO USE THE PACK

Each section of the Pack is colour coded – check out the contents page at the front to find the one that best fits your needs.

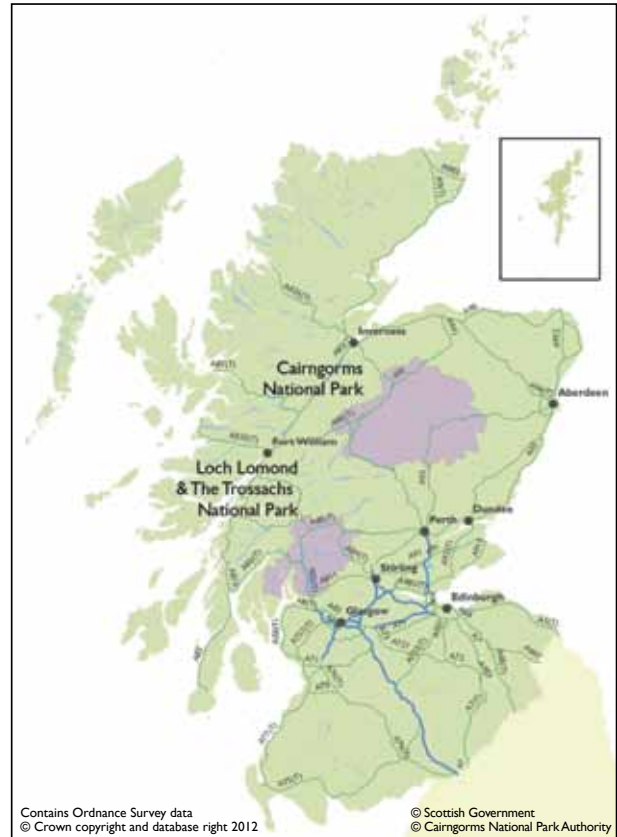
Information on each of Scotland's two National Parks, the National Nature Reserves (NNR's) and Scottish Natural Heritage (SNH) is provided early in the Pack. If you are unfamiliar with the National Parks, NNR's or SNH then this is a great place to start.

Resource sheets in the middle of the Pack deal with various barriers that may make it difficult for you to access or enjoy National Parks and NNR's. These pages give a snapshot of the issues, and offer advice and examples based on real experiences. In this way they provide ideas on what to do or things to think about when you are planning and organising a visit to a National Park or NNR.

Towards the back of the Pack you will find a 'top tips' list that you can photocopy. This is an 'at a glance' list of things to consider when you are organising your activity. Not everything on the list will apply to you, so pick out the ones that seem most relevant.

This is followed by a list of useful contacts and information sources. The Pack then provides a space for you to keep information that will be of use in the future. For example, this might include information from the Park Authorities and SNH (you can get these by requesting updates and mailings – see the 'Contacts and Information' section of this Pack).

Finally, a series of case studies shows where and how other groups have organised activities in the National Parks and NNR's. Try these for ideas and inspiration.



**SCOTLAND'S NATIONAL PARKS**

