

YOUNG JOHN MUIRS

Falling in love with nature

The John Muir Award in the Cairngorms also celebrates its 10th birthday this year, as well as the Park itself; it was one of the first things the Cairngorms National Park Authority set up. Why? Because the Award is all about encouraging people to discover, explore and connect with wild places, and John Muir's

you don't have to use a whole entire landscape - a wild garden or even a window box is ideal, so even kids living in cities can take part. The John Muir Awards is one of my favourite aspects of the job." Saranne Bish, Ranger, Grantown-on-Spey

"The John Muir Award has made me much more aware of nature and protecting our environment."

"I've achieved my Discovery and Explorer Awards and am still really involved in the follow up programme with my friend Kate so I'm working towards my Conserver. It's really good to see more girls getting involved - when I first started when

I was 12 or 13, there were hardly any girls doing this sort of thing. The first follow-up programme taught me things like how to make a shelter, practising using snow shoes, learning how to find people in avalanches. Once we were cutting down bindweed in Balmoral that was taking over the habitat of butterflies, and while we were setting up a camera trap this lady waved at us - it was Camilla, Prince Charles' wife! In Glen Tanar we've set up camera traps for badgers and made bird boxes. I've also become a Junior Ranger and have even been abroad meeting other Junior Rangers from loads of different countries in big camps in Slovenia and Scotland." Hannah Scott, Age 15

What do they get up to?

A mind-boggling range of activities! Environmental games... outdoor activities... field studies... adventure activities... sensory games... reflective moments... drawing... painting... sculpture... drama... poetry... songs... music... film making... mask making... beard making... making bird boxes... bug hotels... hibernaculum... planting trees and flowers... clearing invasive species... recording wildlife... meeting the public at games and farmers markets... making presentations... helping younger children... journeying... camping... fire lighting... outdoor cooking...



passion for wildness and vigorous campaigns for its protection made him the founding father of National Parks.

You can do the John Muir Award in your back garden

The ethos of the John Muir Awards is to be open to all, wherever anyone lives. Our Rangers work with young people from all over the country to help them discover more about nature. "The Award is beautifully adaptable. For instance the 'Sharing' aspect of the Award can be a poem, a dance, a film presentation - so it appeals to those who are creative as well as scientific. It's really about enjoying yourself outdoors, understanding nature with all your senses. And

The founding father of National Parks

The Scots-born American (1838-1914) John Muir dedicated his whole life to protecting wild places and campaigned successfully for the establishment of National Parks to safeguard vast tracts of wild lands, including Yosemite Valley in California. The John Muir Award was created by the John Muir Trust in 1997.

Junior Rangers

Another Learning Project the Park provides is Junior Rangers, which was introduced in 2009.

- 136 young people have completed a 5 day Junior Ranger Programme.
- On average 8 Junior Rangers take part in activities every month.
- We hosted the International Junior Ranger Camp for 60 Junior Rangers and mentors from 11 different countries.
- 4 Junior Rangers have taken part in International Camps in Holland and Slovenia.
- 15 Junior Rangers have been involved in an exchange programme with the Bavarian Forest National Park.

"Climb the mountains and get their good tidings. Nature's peace will flow into you ... while cares drop off like autumn leaves."

John Muir, Our National Parks, 1901

