



Things to remember before you set off...



Things to pack in your backpack...

- Map
- First Aid Kit
- Phone or GPS
- Packed lunch
- Plenty of water
- Waterproofs
- EXTRA delicious snacks

An Adult - (they may not fit in the bag but take one anyway!)

Check the weather!

You may need extra layers and some wellies if it's cold and raining, or sun screen when it's hot!



Oh, the wildlife you'll see...

Tick off the wildlife you see when exploring the Rusland Valley



Fox



Red Squirrel



Deer



Hedgehog



Owl



Badger



Snail



Frog

SPOTTING CHALLENGE
CAN YOU FIND THEM ALL?

How to create habitat piles...

Collect logs / sticks and leaves



Create a pile from materials gathered



Hooray! You made a habitat pile for creatures to live in



There are many ways you can help **CONSERVE** and protect our wildlife and environments:

Plant wild flowers for insects



Plant trees



Hang nest boxes for birds and bats

Create habitat piles



Clear away your litter

Each little thing you do makes a difference!

This leaflet was designed by the pupils of Class 3 at Leven Valley School as part of their John Muir Award.



RUSLAND HORIZONS



JOHN MUIR TRUST

We kindly ask that you tread carefully as you explore. Leave the areas in the condition you found them and do not disturb the wildlife and their home.

Enjoy the wild places as much as we have.



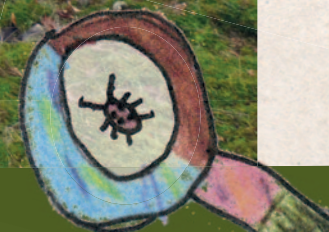
RUSLAND HORIZONS



Lake District National Park



Things to do in the Rusland Valley before you're a grown up!



If you want to find out more about the area go to

www.ruslandhorizons.org

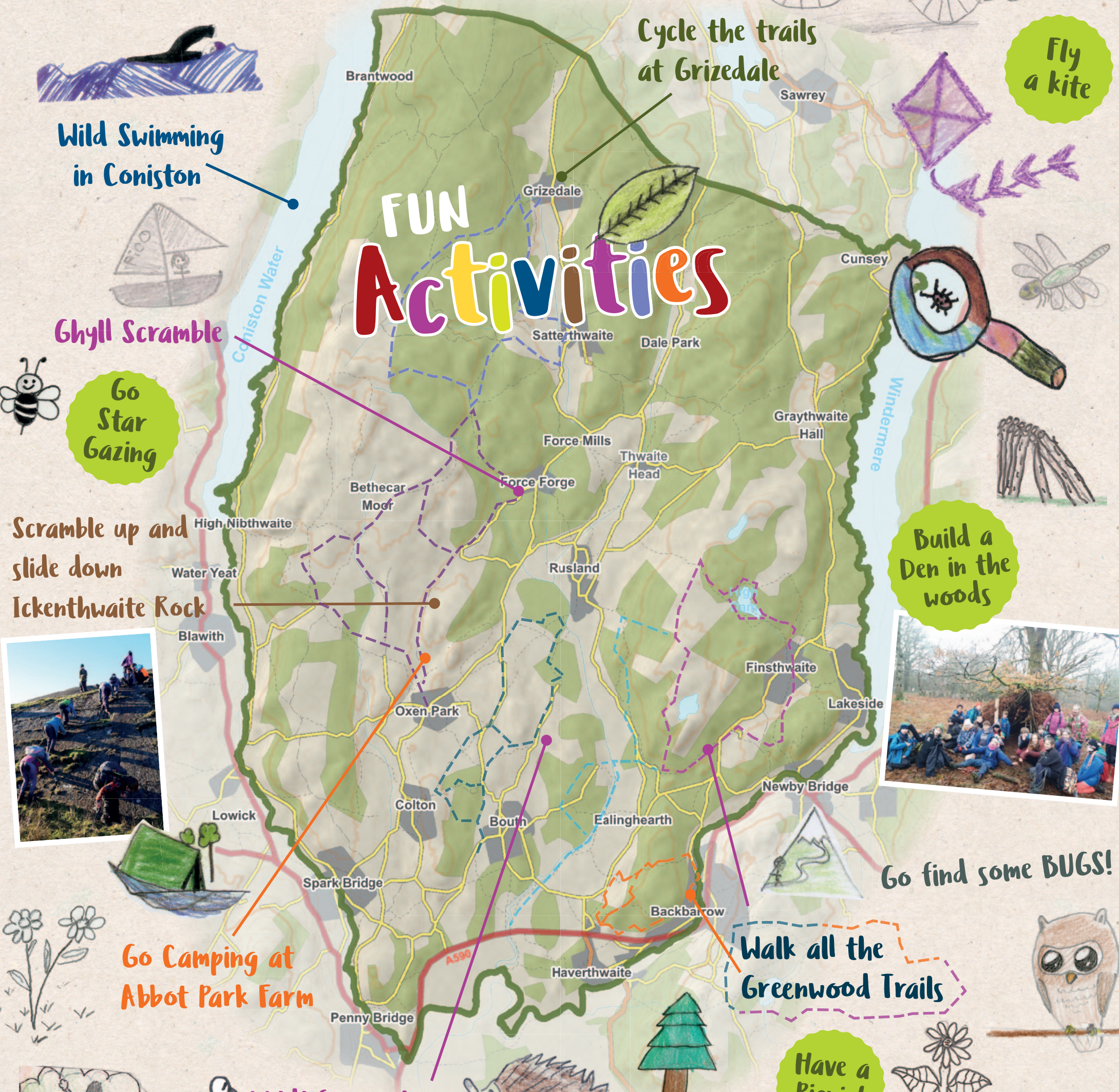


EXPLORING THE **Rusland Valley**

Things to do in the Rusland Valley before you're a grown up!

Here are some of our favourite places to **EXPLORE**.
Grab a bag, put on some comfy walking shoes and see what you can **DISCOVER** in the Rusland Valley.

FUN Activities



Wild Swimming in Coniston

Cycle the trails at Grizedale

Fly a kite



Ghyll Scramble



Go Star Gazing

Scramble up and slide down Ickenthaite Rock

Build a Den in the woods



Go Camping at Abbot Park Farm

Walk all the Greenwood Trails

Go find some BUGS!



Have a Picnic!

Wildlife watching at Haybrige Nature Reserve

Climb a Tree

Remember!

- To enjoy your visit and help look after this special place. Please follow the countryside code:
- Be safe - bring an adult and plan ahead
 - Leave gates and property as you find them
 - Protect plants and animals, and take your litter home
 - Consider other people

