

John Muir Award: Inspiring nature and climate action in Loch Lomond & The Trossachs National Park

See overleaf for inspiration on how you can make a difference.

Loch Lomond & The Trossachs National Park is a special place for nature, with many protected habitats and rich biodiversity. Despite this, the National Park is threatened by the global nature crisis. Pressures from invasive non-native species, pollution and a rapidly changing climate mean that many of these iconic species and habitats need our help.

The following stories and actions aim to inspire and support meaningful and positive impact on nature and climate through your [John Muir Award](#) activity.





Connecting to nature

Exploring wild places following the Scottish Outdoor Access Code helps inspire action for climate and nature.

Whether you're hiking, canoeing, camping, identifying plants and animals, or enjoying art and mindfulness, spending time outdoors directly impacts our mental wellbeing and fosters long term pro-environmental behaviours.

Resources:

[Scottish Outdoor Access Code](#)

[Sensory Trust Nature Activities](#)

[Mission:Explore](#)

[Five Pathways to Nature Connection](#)



Invasive non-native species (INNS)

The National Park has several invasive non-native species (INNS) which have an adverse effect on our native species. Non-native plants invade, spread and then settle which can result in a loss of native flora and fauna, whilst non-native mammals can bring disease, predate and outcompete our native wildlife.

The removal of Rhododendron by Award groups has helped bring back native woodland while removing Sitka spruce has increased the native water vole population in our wetlands. Find out more about invasive non-native species in the National Park's case study below.

Resources:

[Invasive Non-Native Species Case Study](#)

[Scottish Invasive Species Initiative Alien Detectives](#)

[Learn about native species with The Lost Spells](#)



Improving key habitats and tackling major threats

The National Park has numerous habitats including freshwater and sea lochs, rivers and burns, native woodlands, moorlands and wetlands. By looking after them we ensure their resilience to climate change so that the native species they support can thrive.

Invasive non-native species, pollution and climate change are some of the threats to nature that you can take action on. Start by using the resources below.

Resources:

[Learning for Sustainability Padlet](#)

[Biodiversity and Climate Change Education Pack](#)



Species and habitat surveys

Understanding and recording biodiversity helps measure the health of our habitats and species and their adaptability to climate change pressures.

Award groups have conducted [bat](#), [red squirrel](#), [air quality](#) and [seasonal surveys](#) which have helped broaden our understanding of the National Park. Discover how you too can record biodiversity and help us understand the impact of climate change.

Resources:

[Great Scottish Squirrel Survey](#)
[OPAL Surveys](#)
[Nature's Calendar](#)



Water quality and plastic pollution

Freshwater and marine habitats are all part of the National Park's biodiversity, but some are in poor quality, in some cases due to pollution. Plastic pollution can easily be tackled by taking part in a [litter pick](#). Check out the national litter pick initiatives you can be a part of.

Resources:

[Marine Conservation Society's Beach Cleans](#)
[The Great Nurdle Hunt](#)
[Keep Scotland Beautiful](#)



Improving and increasing our woodlands

Planting native trees in appropriate locations helps combat climate change since they store more carbon as they grow older while providing better habitats for native animals and plants.

The National Park's [Junior Rangers](#) carry out tree surveying, [tree planting](#) and seed collection to help improve our woodlands. Learn more about native woodlands and how you can conduct your own surveys with Woodland Trust resources.

Resources:

[Woodland Trust ID App](#)
[Ancient Tree Inventory](#)
[Temperate Rainforest Survey](#)
[Trees and Woodlands Case study](#)



Protecting our peatlands

Peatlands are one of our biggest carbon sinks and are a habitat for many unique species, but many are in poor condition after being historically drained to plant trees or graze livestock.

The National Park's Youth Committee is a great example of how you can become a voice for nature. By avoiding products that contain peat (such as garden fertiliser) or campaigning for the John Muir Trust's Peatland Appeal, you too can help protect this vital habitat.

Resources:

[Loch Lomond & The Trossachs National Park Youth Committee](#)

[Taking action for peat](#)

[Peatland Restoration Case study](#)

For further information and examples, read the full report: [How the John Muir Award delivers for Climate and Nature in Loch Lomond & The Trossachs National Park.](#)

Learn more about the [National Park's Future Nature Vision.](#)

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