



**Connect with wild places and
raise vital funds for our work**

johnmuirtrust.org/journeyforwildness

**JOHN
MUIR
TRUST**

1. Plan your Journey

Whether on foot or by bike, on land or water, your Journey can be any distance, from a short stroll to a local beauty spot to a cross-country adventure. Some suggestions:

- Find a new route nearby or walk every day and notice nature
- Re-visit a favourite wild place and share reflections on what has changed
- Challenge yourself to complete a long-distance trail or track a river's course to the sea



2. Make your Journey count for nature

Try to add an element of conservation or awareness to your Journey:

- Carry out a litter-pick in a favourite nature spot or along the route of your Journey
- Conduct a plant, wildlife, or other citizen science survey
- Capture the beauty of the wild places you encounter through photography, art or writing
- Deepen your knowledge of the natural world and learn to identify new species
- Commit to making your Journey low-impact and waste-free

3. Set up a fundraising page

Visit [justgiving.com/campaigns/journeyforwildness](https://www.justgiving.com/campaigns/journeyforwildness) to set up your own fundraising page or donate directly.

4. Share your Journey

...with photos, video or through other creative means (using **#JourneyForWildness** if on social media)



Make sure you've registered at [johnmuirtrust.org/journeyforwildness](https://www.johnmuirtrust.org/journeyforwildness) so we can stay in touch and provide support with your Journey



Why Journey for Wildness?

For climate: support the work of the Trust as we campaign for better land use and protect and repair wild places to support natural climate solutions

For wild places: do something practical to help your local environment

For you: take the time to connect with nature for the physical and mental health benefits

Join others across the UK raising funds to protect and conserve, repair and rewild, and inspire and connect people with wild places

£10 could buy 5 new native trees such as birch or rowan

£20 could repair up to 20 metres of coastal trail

£50 could pay for tools and equipment for a conservation work party

£150 could pay for 10 metres of fencing to protect regenerating woodland



If Covid-19 restrictions allow you to take part with your club, workplace, school class or John Muir Award group, you could ask for a donation from everyone taking part or set up a team fundraising page. There's no obligation to raise funds – you can support us by sharing photos, blogs or videos to raise awareness of your **#JourneyForWildness**

Look after yourself, others and the environment

- Please ensure that your activities comply with all relevant Covid-19 restrictions in your area
- Make sure you have adequately assessed any risks you may encounter on your journey and have prepared for them
- Follow any local countryside codes applicable to your location – these could include the **Scottish Outdoor Access Code**, the **England & Wales Countryside Code** and the **Northern Ireland Countryside Code**
- Always follow the seven **Leave No Trace** principles
- For more information see our **Outdoor Access resource guide**

Consider your level of experience and ability when planning and undertaking your Journey – all participants are responsible for their own safety (and that of others if taking part as a group) and should take reasonable steps to avoid risks.



All donations via Just Giving are paid to us automatically, but if you have raised sponsorship money offline then you can:

- **Pay online** via johnmuirtrust.org/donate
(please reference 'Journey for Wildness' in the special significance section)
- **Pay by bank transfer** - email fundraising@johnmuirtrust.org to request our details
- **Pay by post** – send a cheque made payable to John Muir Trust along with details of your Journey and any completed sponsorship forms to:
FREEPOST RRYG-GTBS-UERE
John Muir Trust (Journey for Wildness)
Tower House, Station Road,
Pitlochry PH16 5AN

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