



# Be an Exmoor Park Protector

We love welcoming people to Exmoor, and we want to make sure you have a great time discovering this special place and doing your bit to look after it. An act of kindness can go a long way to help protect our Park and our own wellbeing. Complete **8** of these 12 tasks, get them signed off by a grown-up then head to one of our National Park Centres (see page 5) for a free certificate and sticker. Completion medals (right) can also be purchased for just £2. (subject to availability).



Please take photos to share with our National Park Centre staff or ask a grown up to share them on social media tagging **@ExmoorNP** and using the hashtag **#ExmoorParkProtector**.

<p><b>Two Minute Litter Pick</b></p> <p>Pick up any rubbish that you find and dispose of it correctly. Across Exmoor, you can find several <b>Two Minute Litter Pick</b> boards with everything that you will need to help look after the environment. Always wash your hands afterwards.</p>  <p><b>Signature of completion</b></p>	<p><b>Have an Exmoor Picnic</b></p> <p>Food tastes better outside! Stock up on some local products (look out for the <b>produced in Exmoor</b> logo) and remember to go plastic-free too!</p>  <p><b>Signature of completion</b></p>	<p><b>Get a Free Water Refill</b></p> <p>Join the refill revolution and take a pledge not to buy single use plastic bottled water. Take a refillable bottle wherever you go and visit one of Exmoor's growing number of refill stations and ask for a free water refill.</p>  <p><b>Signature of completion</b></p>	<p><b>Spot a bird of prey</b></p> <p>Look up and see if you can identify a bird of prey – large predatory birds with sharp talons (nails) and hooked bills (beaks), such as Hawks, Eagles, Falcons and Owls.</p>  <p><b>Signature of completion</b></p>
<p><b>Eye spy</b></p> <p>Increase your nature knowledge by downloading the <b>iNaturalist</b> App on your phone or using one of our free pocket guides to identify a new creature, tree, flower or plant that you don't know the name of. Find out how to join the Look Wild team at <a href="http://www.nationalparks.uk/look-wild">www.nationalparks.uk/look-wild</a></p>  <p><b>Signature of completion</b></p>	<p><b>Visit a National Park Centre</b></p> <p>We have three National Park Centres open for visitors (see page 5). Pop along to one of them to meet our friendly staff, do an activity and pick up some free habitat posters and leaflets.</p>  <p><b>Signature of completion</b></p>	<p><b>Get your feet wet</b></p> <p>Paddle in a stream or rockpool and see what kind of creatures live under the rocks. Don't forget to be gentle when moving anything, they might be someone's home! Be water safe and check the tides.</p>  <p><b>Signature of completion</b></p>	<p><b>Natural art</b></p> <p>Gather and use natural materials to create your own artwork – this could be a sculpture, picture or even a map!</p>  <p><b>Signature of completion</b></p>
<p><b>Go back in time</b></p> <p>Walk out to see a bronze age barrow (an ancient burial mound), a stone circle or some historic ruins. Discover and touch history.</p>  <p><b>Signature of completion</b></p>	<p><b>Take a Stroll</b></p> <p>Our new strolls are perfect short walks for everyone of any age to discover more of Exmoor – take a look at <a href="http://www.exmoorwalks.org">www.exmoorwalks.org</a>. (or see page 5).</p>  <p><b>Signature of completion</b></p>	<p><b>Get to know a tree</b></p> <p>Exmoor is full of trees. Common trees, rare trees, tall trees (England's tallest is at Nutcombe Bottom!) and short trees. Find your favourite - identify it, hug it, and do a bark or leaf rubbing</p>  <p><b>Signature of completion</b></p>	<p><b>Turn your lights off</b></p> <p>Exmoor is Europe's first International Dark Sky Reserve for a reason. Turn your lights off to see just how many stars are above us. What else can you see or hear outside at night?</p>  <p><b>Signature of completion</b></p>

**Make your visit to Exmoor National Park count, leave no trace, and take only memories.**