



# Be an Exmoor Park Protector

We love having so many people enjoy our National Park, but more visitors can sometimes mean more mess. An act of kindness can go a long way to help our Park and our own wellbeing, so we would love you to become an **Exmoor Park Protector**.

Complete **8** of these 12 tasks, get them signed off by a grown up then head to one of our National Park Centres for a free certificate and sticker.

Completion medals (right) can also be purchased for just **£2** (subject to availability)



Litter pick-up	Hug a tree	Plastic-free picnic	Mindful moment
<p>On your visit if you see some litter, pick it up and dispose of it correctly. Even better, head out with some gloves and a rubbish bag and go on a litter search. Always wash your hands afterwards.</p>  <p><b>Signature of completion</b></p>	<p>Trees need love as well! Did you know, England's tallest tree is growing on Exmoor, if you visit Nutcombe Bottom, be sure to look (up) for it.</p>  <p><b>Signature of completion</b></p>	<p>Try and pack a no single use plastic picnic to take with you on your adventure. Did you know that Exmoor is working hard to earn its Exmoor Plastic Free Award, help us out by bringing and using less.</p>  <p><b>Signature of completion</b></p>	<p>Get comfy and take a break, use all your senses to look, listen, feel and smell your surroundings. Do this in as many different places as you can. Maybe you'll fall in love with the sound of a stream, the smell of the ocean or the softness of the moss on a tree.</p>  <p><b>Signature of completion</b></p>
Eye spy	Visit a National Park Centre	Get your feet wet	Make a pebble tower
<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>We have three National Park Centres open for visitors (see page 2) 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>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>Challenge yourself and build a tower as high as you can. Don't forget to put them back when you are done.</p>  <p><b>Signature of completion</b></p>
Recycle	Become an Exmoor Explorer	Bug hotel	Turn your lights off
<p>While putting your rubbish in a bin is great, taking your litter home to correctly recycle is even better!</p>  <p><b>Signature of completion</b></p>	<p>Our ten Exmoor Explorer walks take you to some of the most beautiful places in the National Park and are suitable for the whole family. Challenge yourself to complete one and discover some of the qualities that make Exmoor special. For more details go to <a href="http://www.exmoorwalks.org">www.exmoorwalks.org</a></p>  <p><b>Signature of completion</b></p>	<p>Using debris and natural items you can find around you, build a warm and safe home for a small creature.</p>  <p><b>Signature of completion</b></p>	<p>Turn your lights off at night to see just how many stars are out there. Exmoor is Europe's first Dark Sky Reserve for a reason.</p>  <p><b>Signature of completion</b></p>

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