

HELP PLAY YOUR PART IN KEEPING THE LAKE DISTRICT AND CUMBRIA A WONDERFUL, LIVING RESOURCE FOR YOUR OUTDOOR ADVENTURES.

The stunning Lake District & Cumbrian landscape is a true adventure playground. From triathlons to open water swims, fun-runs to fell-runs, thousands of people come to take part in hundreds of outdoor recreational events throughout the county every year, bringing vibrancy and economic benefits to the area.

It's great that so many people are benefiting from the outdoor experiences on offer, but there is inevitably an impact on the landscape and communities which host these activities.

What we really want is for people to be able to enjoy the recreational challenges the county has to offer today without compromising the ability for people to continue this enjoyment tomorrow and right into the future.

See what you can do to help play your part in keeping the Lake District and Cumbria a wonderful, living resource for your outdoor adventures!





THINK TRAVEL - GETTING HERE & GETTING ABOUT...

Car Sharing

The increasing cost of fuel and growing awareness of the need to reduce our carbon footprint are great incentives to share your journey. And reducing the number of vehicles arriving at a small village will assist in not upsetting the residents.

www.eventcarshare.com

www.liftshare.com/uk

www.direct.gov.uk/en/Environmentandgreenerliving/Greenertravel/Greenercarsanddriving/DG_10036310

Reducing your footprint

Go for the low-impact option. You can get to and from Cumbria by public transport and once you're here, you can travel around by bus, boat or bike. There are online journey planners to help you organise your travel plans so you can take time to enjoy the view. Easier done on the top of a bus or the deck of a boat than behind the steering wheel!

www.traveline.info

www.transportdirect.info

www.golakes.co.uk/information/getting-around-Cumbria.aspx

Parking

Lots of cars descending on village locations with limited car parking facilities can be a big issue. Check out car park availability before you set off and avoid 'fly-parking'.

Offsetting

We know that giving up the car isn't always easy. You might want to think about making travel to your event carbon neutral by offsetting - compensating for your unavoidable emissions by volunteering to contribute to making an equivalent carbon dioxide saving elsewhere in the world. But remember - offsetting should never be the first choice option.

www.decc.gov.uk/en/content/cms/emissions/co2_offsetting/co2_offsetting.aspx

STAYING HERE...

Why rush away? Relax, unwind and soak up the fabulous Cumbrian hospitality. Spend some time before or after your event getting to know the area by booking into a local hotel, B&B, hostel, or campsite. There's somewhere for everyone, whatever your budget, and local businesses will really appreciate your custom.

www.golakes.co.uk/accommodation

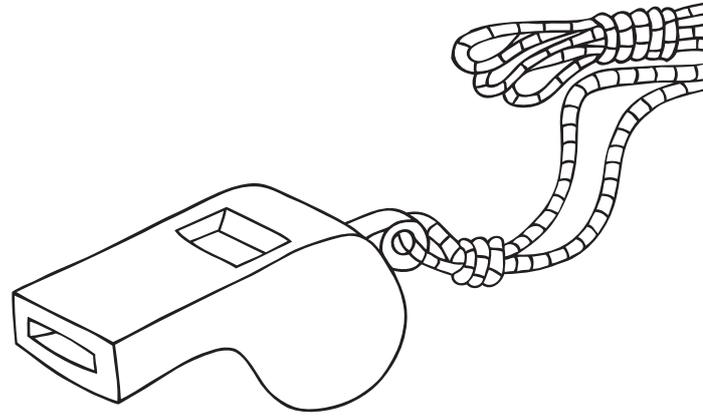
www.nurturelakeland.org/directory.html

EATING & DRINKING HERE...

Keep It Local

Cumbria & the Lake District have a strong tradition of some of the most tasty, high quality, locally produced foods in the kingdom! Take the opportunity to sample our local, home-grown, home-produced specialities while you're here. It's a great way to reduce your food miles too! Your body will thank you for it and so will the local producers' pockets. Put your pennies (and pounds) back into supporting the local economy.

www.golakes.co.uk/dof/food-and-drink



TREADING LIGHTLY...

Respect, Protect and Enjoy

If your course follows paths and public rights of way resist the itch to take the short cuts. Sticking to your designated routes will reduce damage to sensitive and fragile habitats. Erosion caused by trampling of thousands of feet (and wheels) on the same patch of land can lead to loss of vegetation, loss of our range of animal and plant species and disturbance to wildlife. Go for the 'feel good factor' and be the one to set the good example.

There can be environmental sensitivities at particular times of year such as bird breeding or lambing seasons (1st March - 31st July). Pay attention to seasonal notices and do your bit to look after our feathered and woolly friends.

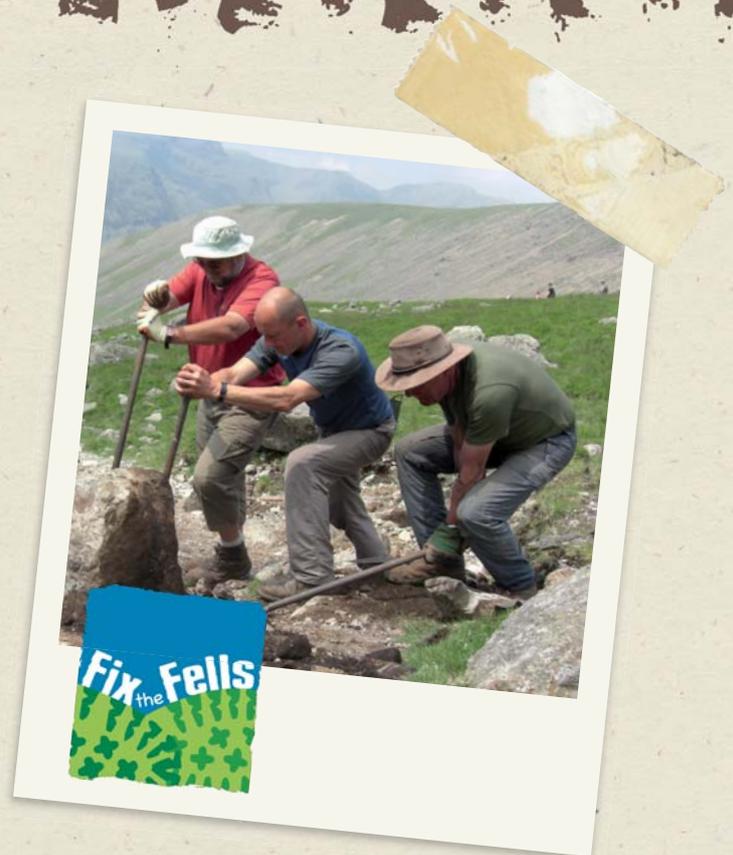
Remember also that the Lake District National Park and surrounding countryside are places many people come to for quiet enjoyment and recreation. There's space for everyone if we all treat each other with some kind consideration.

www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/default.aspx

Check, Clean and Dry

If your event's water based, you may unknowingly help spread invasive species from one water body to another via equipment, shoes and clothing. This can have a really damaging effect on our native plants and animals. To help stop this happening, remember: check, clean, dry.

www.scrt.co.uk/biosecurity/biosecurity



LEAVING NO TRACE...

Waste is a huge issue for outdoor events - and that includes human waste! When you're out in the hills and valleys, be sure to be a picker-upper. Leave only footprints on the landscape - everything else you can carry out with you.

On site, use any recycling options made available to you or take your litter away with you.

PUTTING SOMETHING BACK...

Visit Give Protect

Managing the Lake District National Park, is about finding a balance between protecting environmentally sensitive landscapes and wildlife, helping support the economic and social sustainability of the area and encouraging people to use the spectacular qualities of the Park for recreation, fun, health and well-being - but of course this doesn't happen without money.

It's a safe bet that you chose to have your adventure here because you love the stunning back drop of fells and lakes and the abundance of wildlife.

By making a small donation to support the projects that look after this fabulous place you can really make a difference - and get that lovely 'fuzzy feeling' too that comes with knowing you've done something nice.



If your event organiser is operating 'Visitor Giving' (an additional voluntary contribution is added to the event entry fee) - join in. Or visit www.fixthefells.co.uk and give something back to help protect the places you love.

Volunteer

Get your hands dirty. Think about getting involved in practical conservation as a way of giving something back. There are lots of opportunities to make a real, tangible difference to the landscape whilst having bags of fun too.

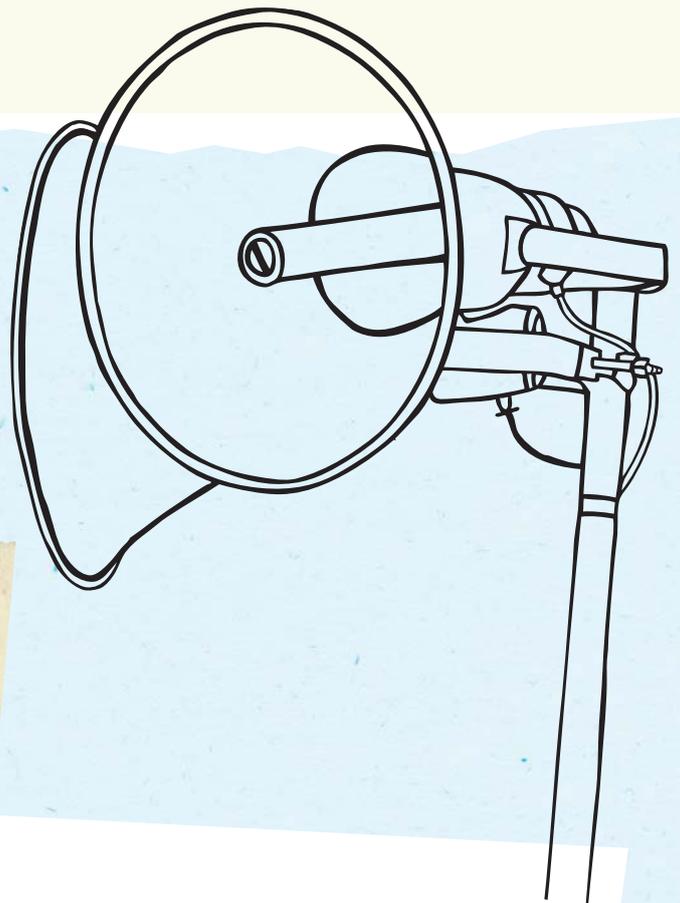
www.windermere-reflections.org.uk/get-involved

www.nationaltrust.org.uk/get-involved/volunteer

www.tcv.org.uk/volunteering

CELEBRATE YOUR ACHIEVEMENTS!

After all, it's important to remember that you are actually outside doing something physical - already a much more sustainable form of fun than shopping!



This guide has been produced by Nurture Lakeland as one of 19 projects being delivered by the Windermere Reflections programme bringing long term benefit to the area and increasing understanding of environmental issues within the Windermere Catchment. www.windermere-reflections.org.uk

Nurture Lakeland is a unique, award winning organisation inspiring people to care for Cumbria's natural environment through responsible tourism.