

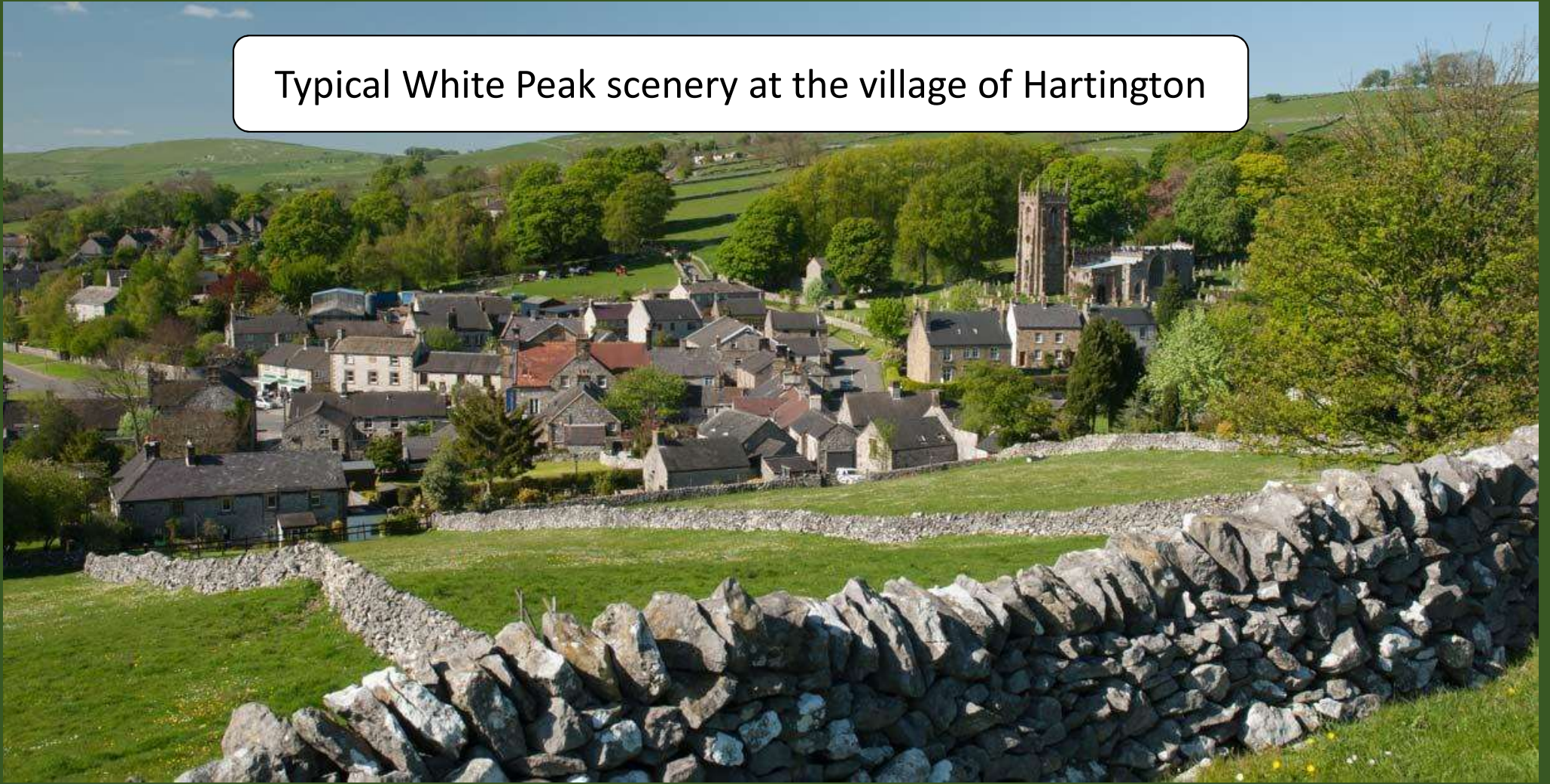


**PEAK
DISTRICT**
NATIONAL
PARK

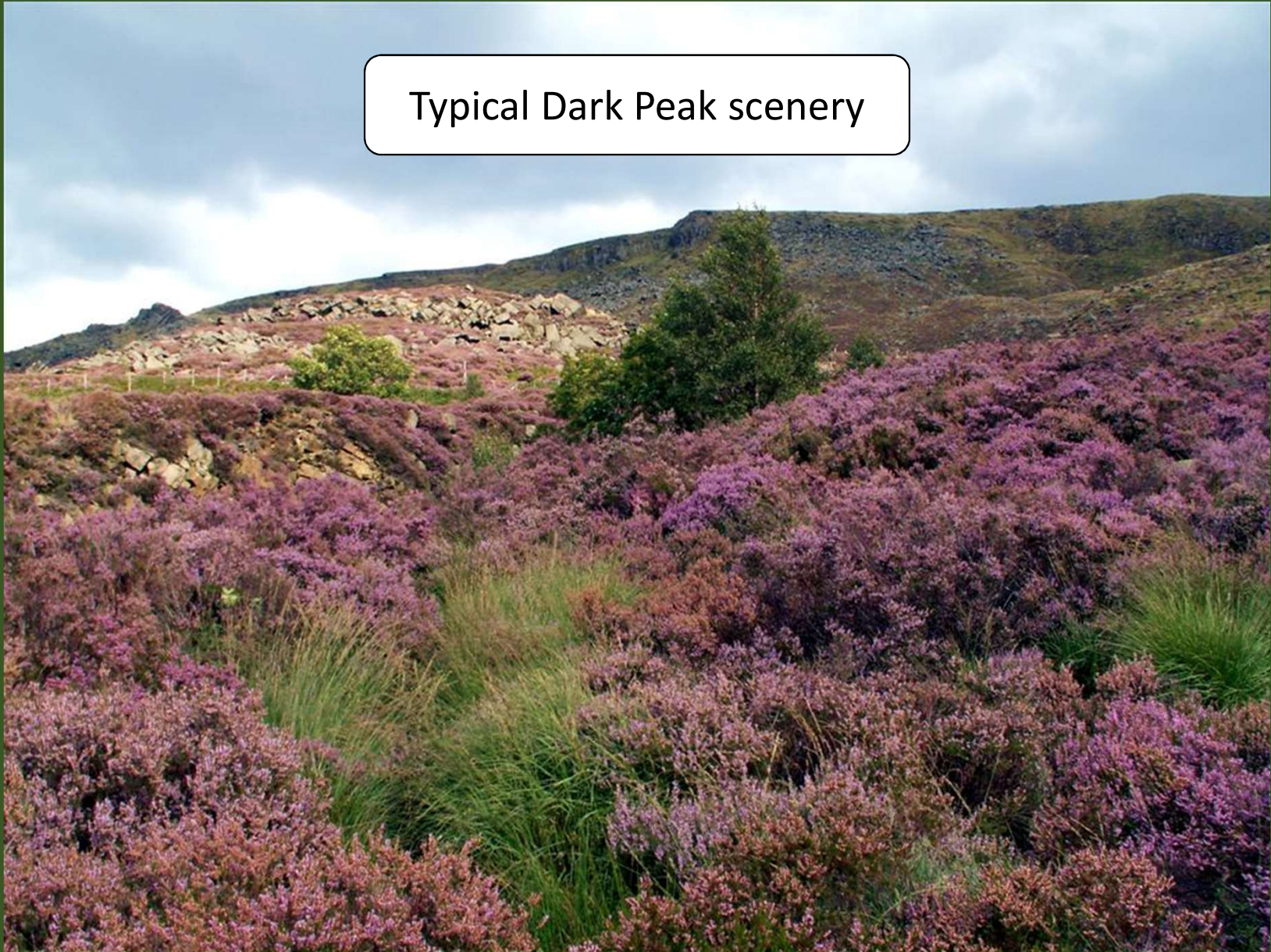


The Peak District National Park

Typical White Peak scenery at the village of Hartington



Typical Dark Peak scenery



National Parks - What Makes Them Special?

National parks are protected areas. Their first purpose is to 'conserve and enhance the natural beauty, wildlife and cultural heritage'.

The second purpose of National Parks in England and Wales is 'to promote opportunities for the understanding and enjoyment of the Peak District's special qualities'.

National Parks are popular destinations for DofE expeditions because they are relatively wild areas; open, and free to all.

Can you guess what the 7 Special Qualities of the Peak District National Park are?



Internationally important and locally distinctive **wildlife** and **habitats**



Vital benefits for millions of people that flow beyond the landscape boundary



Landscapes that tell a story of thousands of years of **people, farming and industry**



An inspiring space **for escape, adventure, discovery** and quiet reflection



Undeveloped places of **tranquillity** and **dark night skies** within reach of millions



Beautiful views created by contrasting **landscapes** and **dramatic geology**



Characteristic settlements with strong communities and traditions

People Who Live and Work in the Peak District National Park



Landscapes tell a story of thousands of years of people, farming and industry



Farmers and land managers are the custodians of our land, and they play a pivotal role in the future of our countryside

Farming

Around 84% of the total area of the Peak District National Park is farmed land, most privately owned. Farmers and land managers are essential for conserving and enhancing the special qualities of the national park. Farming is one of the 4 main industries here.

It is very likely that your DofE expedition will take you through farm land. **Therefore, it is particularly important that you behave responsibly.** Farming in upland areas is challenging enough without losing stock through gates left open, rebuilding walls that have collapsed as people climb over them or picking up litter.

People Who Live and Work in the Peak District National Park



Over 13 million visits are made to the National Park every year. Tourism, along with farming, mineral extraction and manufacturing are its main industries.

Other residents

The Peak District National Park **provides a vital space that nurtures physical and mental wellbeing.** It is an unrivalled setting to escape the pressures of everyday life and recharge drained batteries, motivating people to enjoy a healthy, active lifestyle. **It is within an hour's travel for around 13.5 million people,** providing a rural oasis in stark contrast to its urban neighbours.

With so many visitors (over **20 000 DofE participants a year**) the 38 000 residents have to balance the positives of living in such a wonderful place, with the influx of visitors. We hope all visitors to the park respect the local residents and the rural environment.

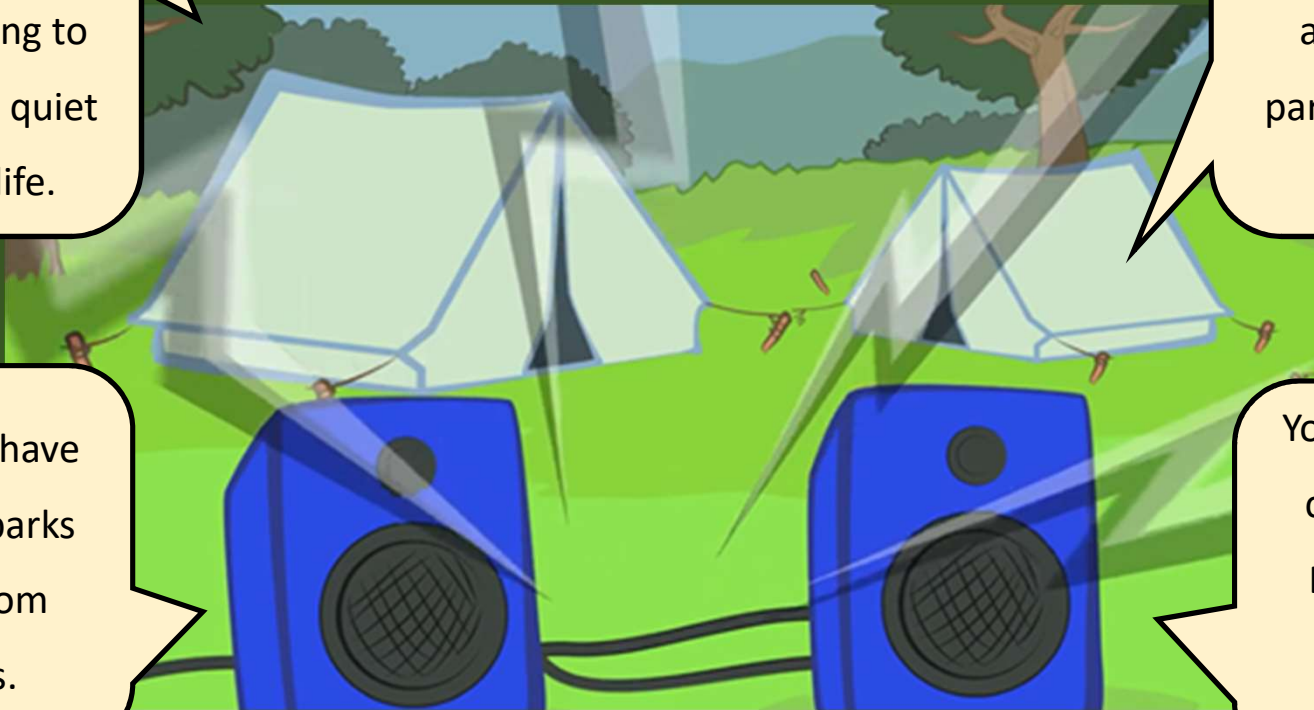
When on expedition please think about:


Share the countryside with others sensitively. They might be coming to enjoy the peace and quiet or to see the wildlife.

Keep the noise down as you pass through villages and residential areas, particularly early and late in the day.

Ask your leaders to have checkpoints in car parks or lay-bys away from residential areas.

You must use designated camp sites in the Peak District National Park; wild camping is not allowed.





Follow Rights of Way. If you get lost, retrace your steps to your last known point. Don't climb walls or fences.

Take extra care navigating around farms, villages and homes. Make sure you are not following private tracks and driveways.

If on Access Land, stick to paths due to birds nesting on the ground during breeding season, 1st March to 31st July.

Don't wander from the Rights of Way for breaks; access is for the route only, unless on Access Land.

If you get well and truly lost, follow your training and remember that you have the necessary equipment on you, to keep you warm and dry. Sometimes putting up your tent for lunch, in foul weather, can re-energise you, give you time to re-evaluate your situation and give you the strength to carry on.


Looking after the environment:

Reduce your packaging before you come into the National Park. Work with your team to create meals from fresh ingredients. Discard unnecessary wrapping at home, before your expedition.



Take any (empty) food packaging home, along with anything else you wish to throw away. Please avoid using public bins if possible.

Don't leave toilet paper or sanitary products in the countryside; use nappy sacks to carry out waste. Use public / camp site toilets where possible. Use a trowel to bury any human waste.



Enjoy the countryside but please look after it for the wildlife, future generations and those that live and work here.

Ask your leaders to travel on foot or by bike when checking on you. Vehicles contribute to polluting our environment.

Consider making the aim of your expedition to find out more about our National Park. Or undertake a John Muir Award to ensure you do something to conserve the environment during your expedition here.

Useful Links

<https://www.dofe.org/run/expeditionareas/peakdistrict/> - DofE Peak District web pages

<https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain/peak-district-> Weather

<https://www.adventuresmart.uk/> - Keeping safe

<https://www.gov.uk/government/publications/the-countryside-code> - Looking after the environment

<https://www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam> - Access Land

<https://www.moorsforthefuture.org.uk/enjoy-the-moors> - Find out about our moorland areas

<http://www.openaccess.naturalengland.org.uk> - Check local access restrictions

<https://www.peakdistrict.gov.uk/visiting/planning-your-visit/parking/parking-locations> - Car parks

<https://peakdistrictproud.co.uk/> - Respect, protect and enjoy the National Park

<https://www.johnmuirtrust.org/john-muir-award> - John Muir Award

We hope you appreciate the National Park during your time here. We are really grateful that you are taking the time to help us look after the very special environments we have in the Park.

Have a safe and enjoyable trip.

If you would like ideas for expedition aims linked to the Peak District National Park, please see the next power-point.

For more information contact learning.discovery@peakdistrict.gov.uk