
Natural Beauty
In the mountains of a little village in the Valleys
Love where you live!

Discover - A trip down memory lane.



The mountain road. The road to discovery and exploration.

This road leads to a beautiful mountain in a small village in the valleys. A road that takes you to a place where exploring becomes endless, where playing feels safe and your imagination can run wild. There is a lot of woodland to discover and explore.

As a child, my time outdoors was spent in these mountains playing. These memories are special to me. There was not so much technology and as a child, I had to make my own fun and use my imagination and creativity. The most significant part is that it felt safe. Even though I somewhat appreciated the mountains and what it give us, I did take them for granted. I just assumed they would be there for years to come and stay the same. As a child I did not realise the impact of actions humans have..

These paths, pass the horses farm and lead to areas with spectacular views. Of which I have now learnt how to appreicate these, and what nature has to offer. As a child, I did not discover, explore, conserve the area I did not understand how too. I took it for granted and did not notice the reasons for what we had and how to look after it. Over the years, there has been significant changes.



The gravelled path leading to the natural environment filled with beauty.



What a view and that is not at the top!



The beginning of the woodlands, the rocky path and wild hedges, which include a mixture of green plants.. The path leads to what we call 'Fairy Glen' and includes a natural stream. A picturesque photograph, already inspiring to continue on. There is so much to discover and explore. These mountains provide endless opportunities for the discovery of the natural environment.

My poem inspired by my experience in nature!

As I walk through the mountain,

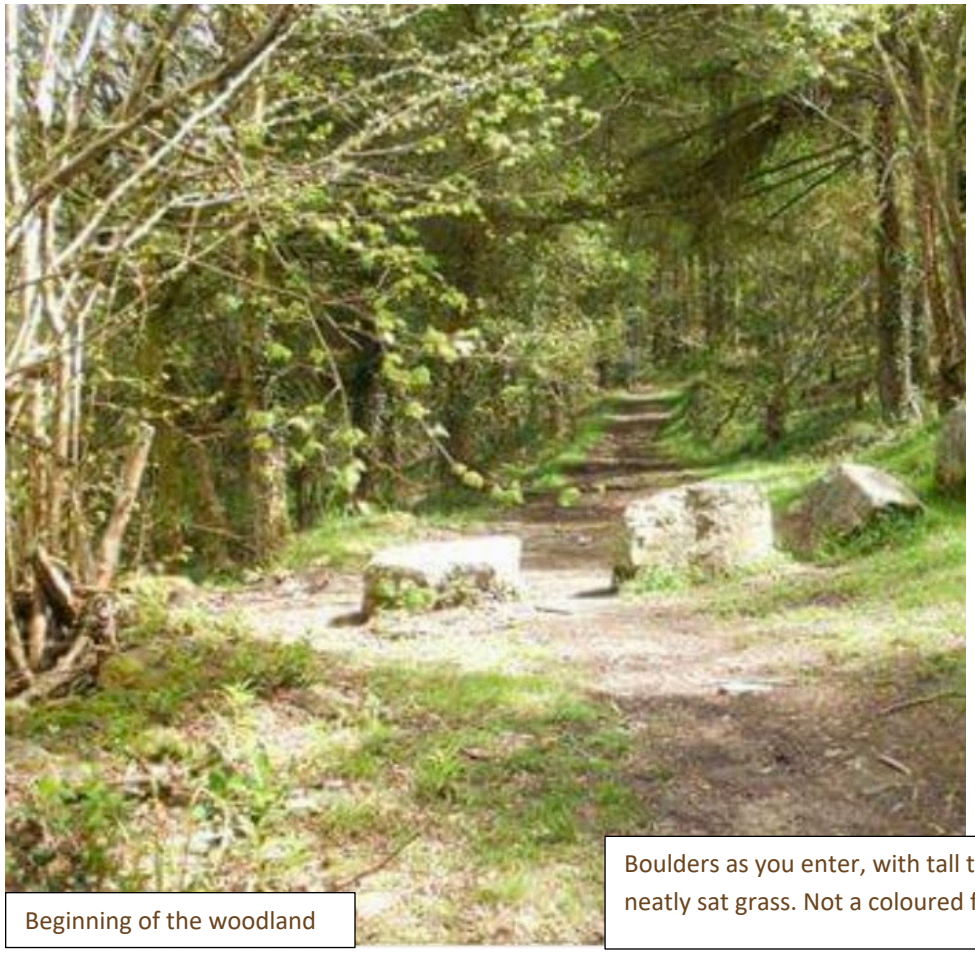
I stop and stare, at all the natural beauty that is there,

I wonder, I think, how lucky am I am, to have this on my doorstep to access anytime.

There is lots to admire, lots to explore, I slowly walk on in quiet to adore.

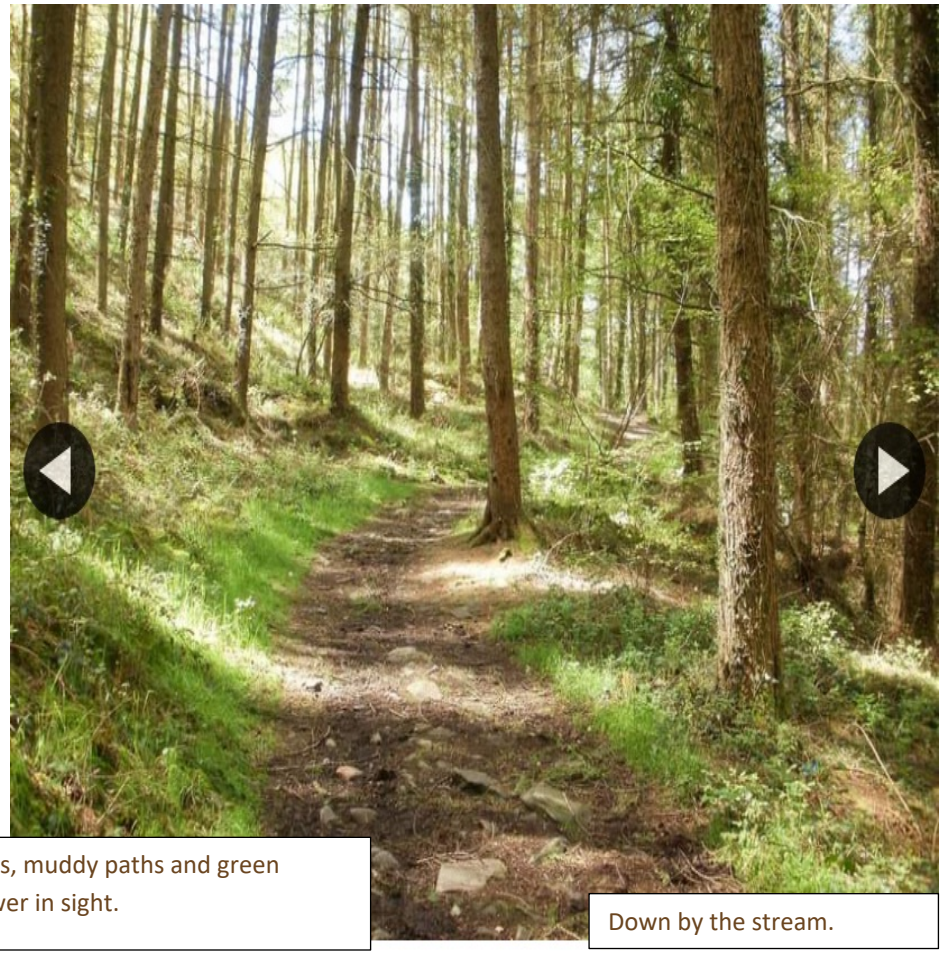
Known to me as the ‘Fairy Glen’

I wanted to remind myself of some childhood memories. To enable me to re-discover and reflect on what we have now and what we once had.



Beginning of the woodland

Boulders as you enter, with tall trees, muddy paths and green neatly sat grass. Not a coloured flower in sight.



Down by the stream.

The huge change!
Trees were cut down due to a disease. This was done to prevent the spread a fungal disease Phytophthora ramorum. The question, I raise when I see this is what impact did it have on the wildlife. This photos brings sadness to see what was once there, is no more. Although a sense of relief that action was taken to prevent the spread.



Now! The signs of new growth.

Wild hedges, plants and trees are beginning to grow back, hopefully it will encourage wildlife back into our mountains.



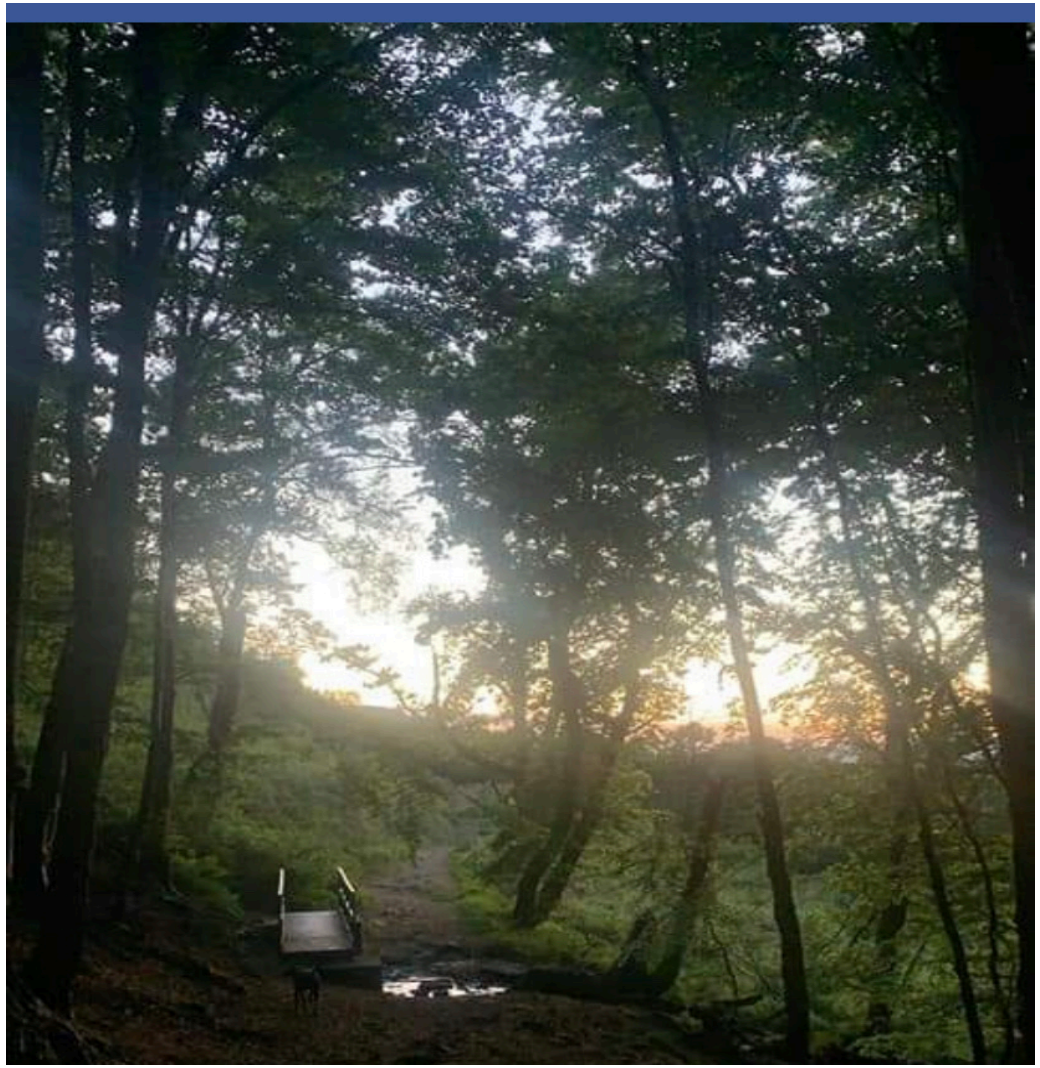
Beginning of the woodland



The end of the woodland, past the stream.

Explore

- Through exploring I found many interesting objects, that I once would of missed as a child. I found the how different and unique each piece of nature actually was.
- Upon closer inspection to the trees, plants, flowers and wildlife, I could see true beauty in each treasure, seeing them for what they were. Nothing was the same as another. Even the same group of natural objects all had unique traits and marking.
- I wanted to develop my knowledge of nature, I downloaded a digital app called (seek) to help me and my family learn and understand more of what we were seeing and experiencing. WOW! The app was so informative. We have even started gaining achievement badges. The app has inspired us to continue developing our knowledge of things around us in our everyday lives, when we are out and about.
- As you can see from the picture, the sun was beginning to set and soon dusk was upon us. It felt exciting to still be exploring. Wondering what else we would find and learn about whilst exploring different times of the day. We took the time to listen, look, smell and feel what was around us. Sitting quietly as a family, to engage our senses to really feel and embrace the environment. The tranquil surroundings, emphasised the sounds of nature itself. The birds singing, the bees buzzing, the trees swaying in the wind and the stream gushing down the mountain side. It sure did have positive impact on our well-being.
- . We watched the sun setting through the tree. It was so beautiful.





Some of the Treasures we found…

What seemed to be a tired bumble bee.

A worn horse shoe.

A beautiful Purple fox glove.

Spearmint.

Small Geraniums and Cranesbills.

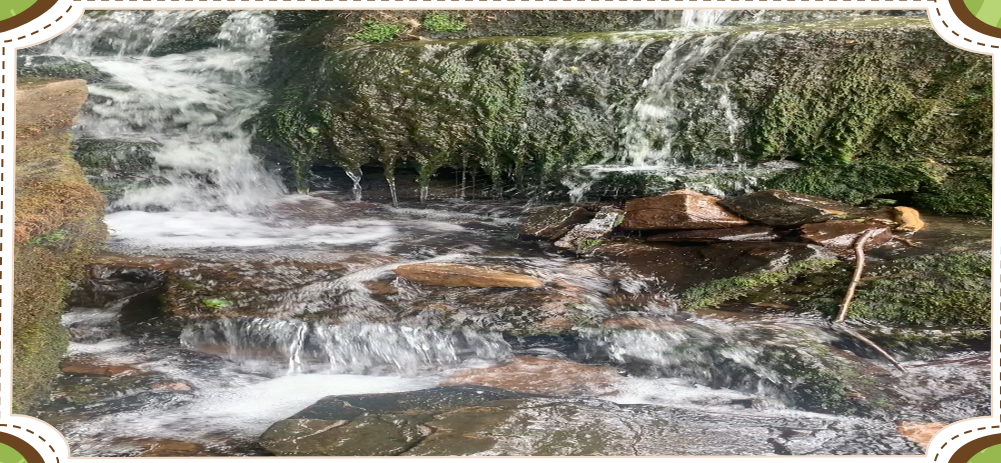
Ferns.

Black berry Brambles.

Holly.

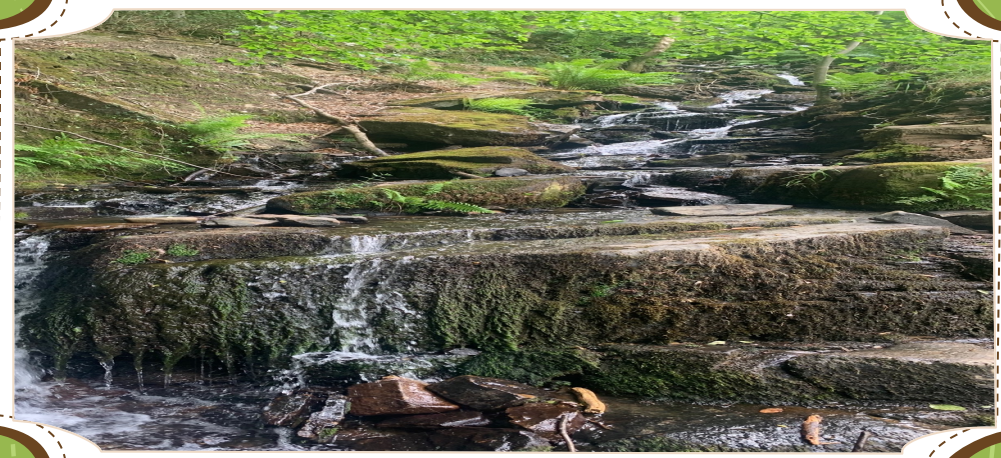
Pigeons.

Natural Stream, running from top of the mountain through to the village.



I sat with my family, just listening and looking. Engaging my senses in what was around us. The sounds of the water gushing down the mountain was soothing. It enabled me to stop, think and listen to nature. Taking me away from the busy thoughts of daily life. I was able to embrace and appreciate the feeling of being free.







The birds singing at the top of the tree. The sound of the bird's 'song' was so relaxing and sweet. It made me curious to what type of bird it was. It even made me wonder what the meaning of the 'song' was?
I found out that birds 'singing' was sometimes a call for females and sometimes to warn off males.



A Busy Bee



We seen lots of bees! The bees are an important part of nature. We were able to get close enough to partly see what they were doing and how could see they are.
Until now I never actually understood the importance! They pollinate the food we need to survive. They also pollinate trees and flowers that provide habitats for wildlife. Amazing little creatures.





A purple Fox Glove.

These have always stood out to me. The colours, the markings, the arrangement of how it stands. The app we downloaded allowed us to find more out these plants. We found out they are poisonous, how many were nearby and worldwide, similar plant groups but most intriguing was that they can used for medicines which help in a wide range of medical problems.

Sadness of the experience.

During my discovery and exploration of the woodland. I was sad to see rubbish including clothes left and bags ripped open. We as a family discussed how this should not be where it is and the impact it will have.







Conserve

Since taking part in the John Muir Award, I realised that I took for granted nature and all the wonderful natural environments and treasures that I have around me. I have always been to busy to deeply explore and embrace nature.

I have come to realise that as a family we should be taking more time out and less time rushing around, to ensure we enjoy what is around us and also help conserve it. Furthermore, being outdoors, give us a happy sense of well-being.

We also had ideas of what we could do to help and give back to the environment and encourage life in nature.

What we decided to do!

1. Litter Pick.

Firstly, we discussed the impact on the rubbish being left in nature. Then we decided on a litter pick. To clear the rubbish/litter we found. We are going to do a weekly walk to help conserve the area and, also place recycle bags in safe places to allow for others to contribute . To help sustain minimum impact Small steps are better than no steps.

2. Develop and encourage insects into our garden.

Even though we seen some insects and plants, it was often the same, resulting in not seeing a variety. We did not see butterfly, ladybirds, or many colourful plants to encourage these types of insects. We explored how important insects are for our environment. As a family we talked abut what we could do. We decided to add and look after plants in our garden to attract insects and give something back.

3. Bird Box

I enjoyed the birds singing and the feeling it gave. I had some old wood left in the garden so I decided to make a bird box, which hopefully will encourage the birds.

The new additions so far!

The next addition will be array of wildflowers. Already the garden feels more inviting and happier.







Myself and my family have had so much enjoyment and happiness from completing this award, it has impacted on me greatly. The experience has changed my views and feelings for being out in and connecting with nature. I am excited to share and develop these in anyway I can. So I have thought of new I can do this.

