

Flagship project of the



**Outdoor  
Access Trust  
for Scotland**



# Pathways to learning

## Landscapes Under Pressure

The impacts of recreation and climate on Scotland's mountain environments





# Stepping up for Scotland's National Parks



The Mountains and The People is an Outdoor Access Trust for Scotland project. Outdoor Access Trust for Scotland is a registered Scottish charity, No. SC028028 and a company Limited by guarantee No. SC186301 Registered office: Johnstone House, 52-54 Rose Street, Aberdeen, AB10 1HA

# Introduction

This resource has been developed to complement and enhance the geography curriculum in Scotland and focuses on the competing pressures of recreation and land management in the Scottish countryside. It may also be useful for other subjects such as environmental science, rural skills, as well as groups completing the John Muir Award.

This is a practical resource equally suitable for use in the classroom, school grounds or local community as it is during study visits to the wider countryside.

An introduction to key factors affecting our mountains has been provided alongside links to sources of further information. This is followed by a series of activities designed to help bring the subject to life.

Our resource is designed to be used by teachers, students and outdoor professionals keen to explore the impacts of recreation on fragile landscapes and the methods which can be used to identify, record and evidence these whilst also considering how these impacts can be reduced or reversed over time.

The resource has been developed by the Outdoor Access Trust for Scotland as part of The Mountains & The People project, in partnership with the Scottish Association of Geography Teachers.



Find out more information on The Mountains & The People project at [www.themountainsandthepeople.org.uk](http://www.themountainsandthepeople.org.uk)



The case studies within this resource focus on works undertaken within the Loch Lomond & The Trossachs and Cairngorms National Parks but are reflective of recreation management work being undertaken throughout Scotland.

For further information and guidance relating to this resource email: [contact@themountainsandthepeople.org.uk](mailto:contact@themountainsandthepeople.org.uk)



# Mountain Environments introduction

There are many factors that influence Mountain environments. The habitats and landscapes that are found in Scotland's uplands are unique and special but are subject to pressures from the weather and land use. To protect these fragile environments, management of people and water is necessary.

BY COMPLETING THE ACTIVITIES SET OUT WITHIN THIS RESOURCE STUDENTS WILL HAVE A GREATER UNDERSTANDING OF THE FOLLOWING FOUR KEY AREAS:



The unique qualities of the habitats in our mountain environments



How weather affects the mountain environment



Recreational activities taking place in the mountains and how these affect the environment



How path construction and management can help manage the impacts of recreation on fragile environments



The final activity within this resource will pull together students new found knowledge across the four key areas and will allow them to demonstrate an understanding of how each can be applied in a real-life case study.

## Why look after the mountains?

Amazing scenery provides an inspiring backdrop for everyone who lives in and visits Scotland. Images of unspoilt landscape also helps to boost tourism and film industries with several films and TV programmes been made in the Scottish Highlands recently.

High quality landscapes encourage people to venture into the outdoors. It is well known that having easy access to your surrounding landscapes also brings vital benefits to people's health and well-being.

As well as maintaining fantastic landscapes, it is important to conserve the variety of living things. Not only are there moral and cultural reasons for conserving plants and animals, but conservation:

- ▶ maintains the future possibility that plant species might be identified for medicines and other important uses
- ▶ keeps damage to food chains and food webs to a minimum
- ▶ protects the future food supply for humans



[Take a look at our film to give you an overview of our work](#)

