



# GET INVOLVED WITH THE JOHN MUIR WAY ACTIVITY GUIDE

This activity guide is for anyone looking to use the [John Muir Way](#) and engage with the diverse places found along it – regardless of age, ability, group size or interest. It brings together a sample of free resources developed by different groups and organisations. Teachers, youth workers, outdoor instructors, rangers, group leaders, volunteers, families and individuals can use this guide to connect with and enjoy the wild spaces along the Way.

The John Muir Way is an outstanding coast to coast route across the diverse landscapes and rich heritage of central Scotland. It is easily accessible and attractive to local people and visitors. It provides opportunities for all to explore the outdoors and to increase understanding of John Muir's legacy and philosophy by getting closer to nature. You can learn more about John Muir at [John Muir's Birthplace](#) and at [Discover John Muir](#).

This guide is your starting point and is by no means exhaustive. Take a look at the [John Muir Way Twitter](#) and [Facebook](#) pages to see what others are getting up to on the Way.

**JOHN MUIR** - Born in Dunbar on the east coast of Scotland in 1838, Muir developed his love of the outdoors and nature. After his family emigrated to America in 1849, John Muir campaigned for the recognition and conservation of National Parks and significant wild spaces.

In 2014, Scottish Natural Heritage created a 134 mile (215 km) coast to coast route from Helensburgh to Dunbar as part of the Central Scotland Green Network, to mark the centenary of John Muir's death and celebrate his legacy.



**THE JOHN MUIR WAY** - The route caters for a variety of interests and is comprehensively detailed on the [John Muir Way](#) website. It includes a main walking route, with cycling alternatives offering flatter, smoother options on some sections. Efforts have been, and continue to be made, to ensure the route is as accessible as possible. However, please note that due to weather conditions and the natural landscape, there will be elements that are not suitable for wheelchair access or pushchairs.

Good public transport links make it possible to do short sections and day trips, or to do the full route over several visits. Although the [Scottish Outdoor Access Code](#) permits wild camping, much of this route goes through farmland or urban areas with few suitable wild camping sites. Please note that seasonal camping byelaws affect how and where you can camp in certain areas of [Loch Lomond & The Trossachs National Park](#) between March and September. Camping is not permitted at [Historic Environment Properties](#) properties.





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There are many stunning nature spots to experience along the John Muir Way - from urban gems to remote settings. This is your invitation to visit, enjoy and get involved with the John Muir Way.

**SURVEYS / CITIZEN SCIENCE** - Anyone can gather, record and help analyse data through completing a nature survey. They are fun and help us understand and conserve our environment and biodiversity. Many can be done at any time. Others happen at certain times of year - keep an eye on the websites for dates.

- Help create the John Muir Pollinator Way
- OPAL Surveys
- Big Seaweed Search
- The Great Nurdle Hunt
- Marine Conservation Society Cool Seas Investigators
- Ramblers Pathwatch App
- Bioblitz
- RSPB Big Schools' Birdwatch

**CREATIVE** - Getting creative is a fun way to explore the outdoors and its natural resources.

- Catching the Spirit of John Muir
- Nature Art
- Simple Pleasures, Easily Found
- Creative Star Art and Music Outdoors
- Make your own film - See Zeki Basan's film for example
- Accessible Outdoors
- John Muir beards!

**ADVENTURE** - Adventures come in all shapes and sizes, from simply doing new things in new places to pushing your limits outdoors. Have your own adventure along the John Muir Way through the variety of landscapes.

- Mission:Explore John Muir
- Treasure Trails
- Microadventures
- Take up the John Muir Way cycle challenge
- Run the John Muir Way
- Geocaching

**CURRICULUM FOR EXCELLENCE** - Learning outdoors can help children and young people learn by experience and grow as confident and responsible citizens who value and appreciate their natural and cultural heritage.

- National Improvement Hub - Outdoor Learning
- John Muir Education Pack
- Citizen Science and Curriculum for Excellence

**VOLUNTEERING** - For the chance to gain confidence, develop skills and help look after valuable outdoor places, the organisations below offer volunteering opportunities on or around the John Muir Way.

- Loch Lomond & The Trossachs National Park
- The Conservation Volunteers (TCV)
- Scottish Waterways Trust
- Keep Scotland Beautiful
- Historic Environment Scotland
- Sustrans
- Paths for All
- Your local Ranger Service may also run volunteer activities

**ACHIEVEMENT AWARDS** - Completing an award on the John Muir Way can bring a story of personal success and achievement. Visit the [Awards Network](#) for a list of recognised youth awards.

- The Duke of Edinburgh's Award
- Heritage Hero Awards
- John Muir Award

**FILMS** - Check out these short films for inspiration and information about journeys on the John Muir Way.

- Cameron McNeish introduces the John Muir Way (3 mins)
- Walk the John Muir Way and Discover the John Muir Award (3 short films)
- The Kilpatrick Hills section of the John Muir Way (5 mins)

**SOCIAL MEDIA** - Share your adventures and experiences of the John Muir Way.

- @JohnMuirWay / #JohnMuirWay / @TheJohnMuirWay
- John Muir Way Gallery
- @JM\_Birthplace / #JohnMuirDunbar
- @JohnMuirTrust
- @VisitScotland / #ScotSpirit / #VisitScotland / #LoveScotland

Visit [www.johnmuirway.org/get-involved](http://www.johnmuirway.org/get-involved) for updates to this guide.  
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