

Give three words that come to mind when you think about experiencing NATURE outside





Why does getting out into nature or heritage matter to you?

It's my passion and there is so much to see. When you travel to places an experience nature it is rewarding and let's all the stress of work/school/uni disappear

It is one of the most natural things in the world. It's provides perspective, a place to socialise with friends and family, provides purpose and meaning to life, a place to play and exercise, it's beautiful, engages the senses and it's free!

Observing and experiencing nature outdoors is essential to my wellbeing!

An uplifting experience. We are uniquely blessed.

For me it is quite simply a way of unwinding after a busy day. Stress relief. It is also my passion

makes me think beyond myself and my own problems/issues/deadlines, helps me put things in perspective

My greatest source of recreation

It gives me a chance to exercise, explore and be appreciative of what an amazing county we live in

I just want to take my part and place as we are all nature.

Why does getting out into nature or heritage matter to you?

It matters because it puts day to day life problems into perspective and clears your mind. Makes you remember that you are only a small part of a big world.

Reduce stress and anxiety, feel a connection to the land around you and the stories of those who came before. It helps to put life in perspective

It grounds me, brings me great peace and makes me think

It combines two of my favourite interests and offers the possibilities of experiencing excitement and enjoyment. It offers unique experiences even when revisiting the same places, creating memories and the sense of understanding the world

relaxation, feeling connected and a sense of place

I love the sense of time expanding and the chance to reflect

Sightseeing, learning about the past, exercising and getting fresh air. Seeing beautiful scenery

I really enjoy getting out in the fresh air and find heritage and nature very interesting. I am relaxed when out and feel I need it for my mental health. I also often take the children as feel its important that they understand history and nature.

It has helped me getting through some troubled times

Why does getting out into nature or heritage matter to you?

Visiting heritage sites provides a stronger impression and much deeper experience than learning about them remotely

the combination of putting things into perspective and also being out in fresh air, probably exercising the way to get there

Clears my mind and calms me.

Good for my mental health.

It supports my physical and mental well-being

Gives me a sense of perspective and escape

There is always the element of surprise when experiencing nature whether it's a sudden change in the light or wildlife sightings and behaviour that I couldn't have predicted.

Gives me a sense of perspective and escape

Observing wildlife in the outdoors is the most enjoyable and effective way to learn

Why does getting out into nature or heritage matter to you?

The sense of perspective and time

It's nice to get away from screens and connect with the world outside

Where do you go to experience nature or heritage and why do you like it there?

Durleston CP, Hengistbury Head, St Aldenham's Head, Dancing Ledge, Talbot Heath, Canford Heath - These are all great sites for nature and in particular seeing migration events and/or Nightjars

Bindon Hill, Lulworth. Always stunning scenically, fantastic for insect spotting in the summer, and a chance to paddle in the sea on the way back.

I enjoy visiting the Jurassic coast as you can see the world in the making

Mostly the cliffs and the coast for the visual drama and the diversity of plants and insects.

Hengistbury Head, New Forest, Purbecks, Badbury Rings, Kingston Lacy, River Stour

Badbury Rings, Hengsitbury Head. Both sites are good balance between nature and heritage

I love Hengistbury Head and Corfe Castle. Mainly because both are interesting archaeologically but are in beautiful locations.

Everywhere. Locally and abroad. I prefer abroad where there is nice weather. But also like to experience heritage and nature locally and further afield (e.g. Scotland)

"Kingston Lacey. Love the different walks and gardens there. Unfortunately I've never been into the house as the children are never interested. Also like Mottisfont. Very locally to me I enjoy walks at the beach, Hengistbury head and the river stour.

Where do you go to experience nature or heritage and why do you like it there?

Creech Barrow Hill. I love the views down across towards Wareham and thinking how it has changed over the ages

I enjoy visiting the archaeological sites that litter Dorset. Maiden Castle, and Corfe Castle being particular favourites

St Aldhelm's Head. Love the sense of space

Walks and open parkland/countryside with heritage features or archaeological connections. I like to explore and think about the landscape around me.

Places where I can spend the whole day, bring a picnic, walk, see something new or interesting.

Durlson has a great variety of walks and I like their time trail too

Hengistbury Head amazing location and history

I enjoy the varied museums, showcasing the material culture from the region