



4 Enjoying the natural environment

- 4.1 Introduction
- 4.2 People enjoying the natural environment
- 4.3 Places for people to enjoy the natural environment
- 4.4 Managing the natural environment for enjoyment
- 4.5 Inspiring people

4.1 Introduction

This chapter examines the values that people place on the natural environment and how and where they engage with it. It considers how the natural environment is managed for public access and explores a range of current evidence about the nature and scale of benefits to people resulting from their engagement with the natural environment.

People have many reasons for enjoying the natural environment and engage with it in various ways:

- They enjoy it physically – through activities such as walking, climbing, bird watching or gardening or through conservation volunteering – close to home and further afield.
- They enjoy it visually – from home and when on the move.
- They enjoy it vicariously – through literature, art, photography, television and, more recently, the internet.

All can benefit from a chance to escape from the pressures of everyday life and a change in pace that this engagement provides.