

## Get involved in the Exmoor National Park A quick and easy guide

Exmoor is one of the least well known National Parks in the UK. See if anyone you know can point out on a map which county Exmoor is in. Its size and isolation make it a perfect place to run too when city life gets too much.

One reason Exmoor National Park is so remote is that there is no train service to Exmoor, but if you're visiting for the weekend why not use the steam train from Taunton into Minehead and pick up a bus service into the National Park?



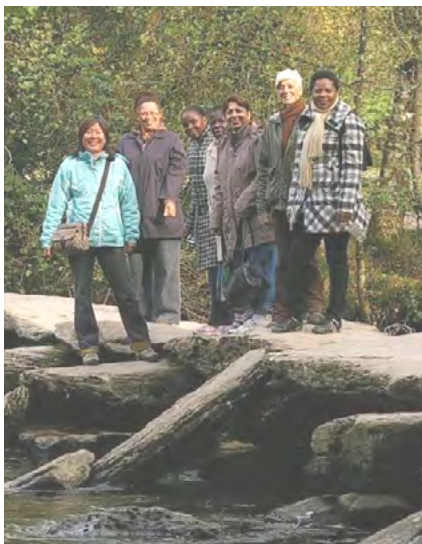
*Bristol Indian Association on Dunkery Beacon*

Always make contact with a National Park visitor information centre to help you plan a trip. They are the experts and they are there to help.

[Exmoor National Park Visitor Centres](#)

### All this is free!

- 267 square miles of rolling hills, lush river valleys, spectacular coastline & high moorland – Exmoor has the most variety of landscapes of any National Park in the UK.
- Dunkery Beacon – the highest point on the Bristol Channel with views across to South Wales and even up to Bristol on a clear day. An easy walk for all abilities.



*Tarr Steps*

- Star gazing in the first designated European Dark Sky area – in UK cities we can never see the true majesty of the night sky and young people are growing up without realising that there is a wider universe out there. Visit the [Stargazing](#) page on the Exmoor National Park Authority website
- Visit the Moorland Mousie Centre for a talk about the indigenous Exmoor Pony, that has been there since the end of the last Ice Age, 12,000 years ago. The same animals you'll find in prehistoric cave paintings. [MoorlandMousieTrust](#)
- Get active and fit on a conservation project - more effective than any gym with the bonus of making a real difference to wildlife. Contact the National Park Authority for more details (see below).

## Your voice is powerful – can you help Exmoor’s future?

- Join in with a Big Adventure Day great for families. Click on Big Adventures on: [The Exmoor National Park website](#)
- Help on the Exmoor stall at shows, including St Paul’s Carnival in Bristol.
- Pass on copies of any photos of you and your group enjoying Exmoor to the National Park Authority.
- Could you give a talk to a group in an urban area? The Exmoor National Park Authority can provide training and support materials.
- Feeling creative? Share your impressions by writing an article for Exmoor Visitor magazine, Exmoor National Park website or your local press. Contact Claire O’Connor: [CKOConnor@exmoor-nationalpark.gov.uk](mailto:CKOConnor@exmoor-nationalpark.gov.uk) or call 01398 322244
- Involved with community radio? Can you host a programme to let others know about Exmoor?
- Influence the strategy of Exmoor by becoming a Secretary of State appointment to the Exmoor Members Board, the governing body – or taking part in National Park consultations.



*Exmoor Pony*



For all these and more contact Pat Watts-Mabbott, Head of Volunteering at the Exmoor National Park Authority.

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