

Who: Clayton Georges
Where: Pembrokeshire Coast National Park
Lives: Cardiff

What has been your best experience in a National Park?



“There hasn’t been one single best experience. What I’ve enjoyed is walking with the rangers, in particular beachcombing. They can explain things that are on the beach from the vegetation, flora and fauna and the living creatures in the rock pools. And that’s amazing because rather than looking like a beach; it becomes a vibrant, living organism.

The same happens with we go into the woods with the rangers. I’ve enjoyed learning about the vegetation and what’s edible – and drinking bush teas.

I’ve also enjoyed our beautiful coastline and around St. David’s. One of the rangers took us on a coast walk and pointed out small mounds of rocks, some of which were ancient burial chambers. It’s really wonderful how knowledgeable they are about the geography and geology of the area and that they pass that onto us. Then, as Mosaic Champions, we are able to pass that onto other people.”

How has visiting National Parks has improved your health or attitude to life?

“What has actually changed for me is that while I have been into National Parks many times, I didn’t know that I was in a National Park. Now I have awareness about where the National Parks are and I’ve found dozens of hidden gems.

If you go as a tourist then you see the tourist things. Going with the rangers means that you know which little path you need to take to get to the headland and the tomes of history that there is. That has really enhanced my knowledge.

I really appreciated knowing about the geology when I went to the cliffs where the UK debut of the Red Bull cliff high diving

In early 2014 we interviewed nine Community Champions with the Mosaic Project to find out more about the impact National Parks have had on them. Our Case Studies series documents these interviews. To find out more about Mosaic in Wales, please visit www.cnp.org.uk/mosaic

championships, was held in the Blue Lagoon near St. David's – going to see that was wonderful..”

Would you say that you and your family have adopted a more healthy lifestyle since getting more involved in Mosaic and National Parks?



“Not really I am a generally healthy active person.

I've also worked with other Champions to set up Diversity Outdoors. We are a separately constituted group so that we can give other people access to outdoor spaces, particularly people from BME communities. In BME communities there are sometimes economic and social barriers, sometimes language barriers that we can help with and sometimes barriers about people not being aware of National Parks and not feeling like they are for them.

We felt we could do more for people from those communities as a group rather than as individuals. So we have been going for 13 months now and plan to continue after the Mosaic project finishes and into the future – introducing people to the National Parks.”

Why should people care about National Parks?

We have the second best beach in the world in Barafundal Bay. Because the beaches are a little way away from the car parks then they are not swamped with people and the water is very clear. And we have a very impressive coastline.

All of this should be shared by current and future generations alike.”

“It's natural. It's either free or very inexpensive to visit.”