

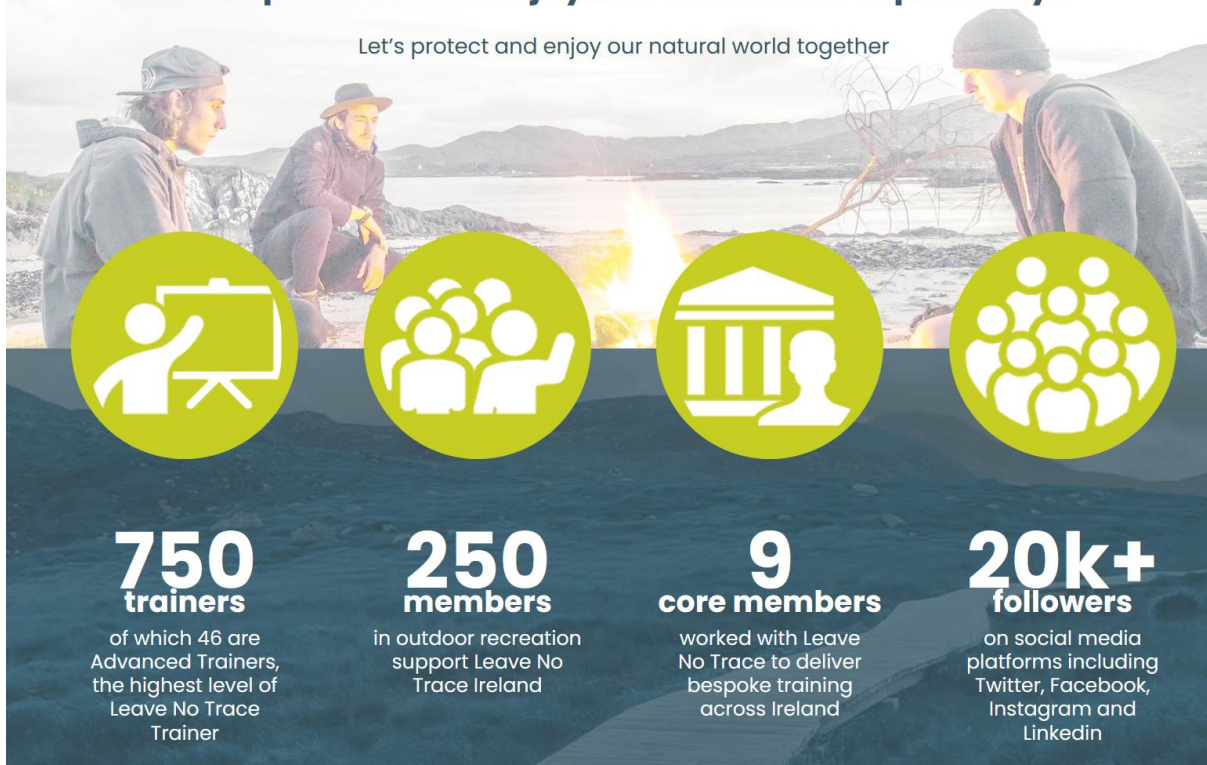


Ours to Protect on Sunshine 106.8 – June 26th 2023

On this week's show we looked at the Leave No Trace Project

Leave No Trace Ireland provides research, education and outreach so every person who ventures outside can protect and enjoy the outdoors responsibly.

Let's protect and enjoy our natural world together



As more people seek the beauty of the outdoors, our collective mark on the environment increases.

Over the last several years individual sports and activities such as hillwalking, open water swimming, running and cycling have experienced unprecedented growth. There has been a substantial increase in people spending time outdoors for health and wellbeing as well as new visitors to the outdoors.

This increased activity has led to a dramatic increase in litter, water pollution, as well as disturbance to vegetation, wildlife, livestock and other people with many new visitors unsure what positive actions they can take to enjoy the outdoors responsibly now and for future generations to enjoy.

Leave No Trace is Ireland's only Outdoor Ethics Education Programme designed to promote and inspire responsible outdoor recreation. Techniques designed to minimise the environmental and social impacts in these areas are incorporated in and promoted by the national Leave No Trace education programme as the following seven principles:

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Surfaces
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

For more see <https://www.leavenotraceireland.org/>

Remember, **Ours to Protect** is broadcast every Monday evening at 7pm on **Sunshine 106.8**.

For more see sunshineradio.ie/ourstoprotect

To access the weekly podcast, including previous editions see sunshineradio.ie/podcasts/ourstoprotect

