



Butterfly Conservation

Saving butterflies, moths and our environment

Photowalking: Nature Through Your Lens



PICTURES: CHRISTOPHER MILLS, MEGAN LOWE

Photowalking encourages you to connect with nature and your surroundings. It can help clear the mind and give you a focus away from the everyday. It's accessible to nearly all of us too as all you need is a camera; a smartphone will do! Walking with photography in mind will also have you looking more closely and noticing things you may not have before. It can help you appreciate the little things, shift your perspective, and give you another reason to get out and explore your local area.

Use your photography to connect with others. If you use social media you can share your photos with us by tagging [@savebutterflies](https://www.instagram.com/savebutterflies), or search for similar photos and share feedback.

Going for a walk or simply being active outdoors has been proven to be good for both our physical and mental health. This combined with the added benefits of noticing nature makes photowalking a fantastic mood boosting activity!!

3 photo challenges to try

View the world from a different perspective and try playing with different angles. Take photos from down low, pointing up at the sky, or have fun with reflections in puddles.

Get close-up and capture the detail of nature. Flowers, lichen, or caterpillars can be great subjects for this.

Go out at different times of day and see if you notice anything different. Sunrise or sunset can offer beautiful lighting for photographers.

Tips for Photographing Butterflies

● **Do some research** - find out what species you are likely to see where and when:
www.butterfly-conservation.org/inyourarea

● **Butterflies are most active on warm, sunny days.** You'll likely see more in the middle of the day, but they may not be as willing to pose for a photo. Try mornings or early evenings when butterflies tend to be more settled.

● **Approach calmly and quietly.** Insects are sensitive to movement - avoid disturbing them by not getting too close or casting your shadow over them.



● **Patience is key** – wait for butterflies to come to you rather than chase them. Take time to watch them before photographing as you could use their behaviour to your advantage, for example do they keep coming back to the same flowers?

● **Think about the background** in your image. A blurry background can help the butterfly stand out - on some cameras you can make the aperture larger to help you do this, for others you may need to choose a different angle to distance your subject from its background.

● **Have fun and experiment** – try taking photos from different perspectives, there is no right or wrong!



For more information and activity guides visit: www.butterfly-conservation.org
Butterfly Conservation is a charity registered in England and Wales (254937) and in Scotland (SC039268)

