# Princess Kate highlights the benefits of nature during Lake District visit



Princess Kate, the Princess of Wales, recently participated in a reflective and engaging trip to the Lake District, where she explored the benefits of nature in a fast-paced society. The visit took place last month, and she was accompanied by Chief Scout Dwayne Fields along with Scout groups from Cumbria and Manchester. The event aimed to celebrate young people earning their Naturalist Badge, which involved hands-on experiences with the natural environment near Lake Windermere.

In a video released following their excursion, Princess Kate expressed her emotional connection and the sense of tranquillity she finds in nature, describing the experience as "very spiritual." She mentioned, “Not everyone has that same relationship perhaps with nature, but it is therefore meaningful for me as a place to balance and find a sort of sense of peace and reconnection in what is otherwise a very busy world.” This statement highlights her belief in the restorative power of the natural world amidst modern life's demands.

As a Joint President of the Scouts since 2020, Kate elaborated on the importance of young people having access to nature. She noted that such environments provide opportunities for personal growth, leadership development, and the formation of lasting friendships. “I think it's really important for young people to have access to nature because it's a space where they can push themselves, they can challenge themselves, they learn leadership skills, spend time making friends and those life-long really great memories that we all hold onto,” she said.

Furthermore, both Kate and Dwayne Fields discussed how interactions with nature can foster deeper connections among individuals. They touched on the development of empathy, resilience, and a sense of belonging, which are crucial skills for young people as they navigate their formative years. Their conversation underlined the significance of time spent outdoors in bolstering confidence and competency in various life skills.

The Scouts, an organisation that facilitates interactions with the great outdoors for approximately 450,000 young people, endorse the idea that activities such as camping, hiking, canoeing, and climbing play a vital role in developing teamwork, leadership, and planning abilities while also fostering resilience and support among peers.

Reflecting on the outdoor experience, Chief Scout Dwayne Fields remarked, “In an increasingly complex world digital technology has its place, but the few hours we spent in the hills without screens was magical: we are often at our best in the outdoors, and I want more young people to experience outdoor adventures like this for themselves.” He advocated for more adult volunteers to help facilitate similar experiences, emphasising the lifelong benefits of outdoor adventures for the health and well-being of young individuals.

The segment featuring Kate Middleton and the Scouts captures a moment of camaraderie and emphasises the broader values tied to outdoor exploration and its intrinsic connection to overall well-being.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.hellomagazine.com/royalty/826335/kate-middleton-shares-video-scouts-lake-district/> - This article provides details about Princess Kate's visit to the Lake District, where she emphasized her emotional connection to nature and discussed its benefits with Chief Scout Dwayne Fields. It highlights her role as Joint President of the Scouts and her advocacy for outdoor activities.
2. <https://www.independent.co.uk/news/uk/home-news/kate-middleton-princess-of-wales-lake-district-trip-b2733085.html> - The Independent reports on Princess Kate's unannounced visit to the Lake District, focusing on her spiritual connection to nature and her meeting with Chief Scout Dwayne Fields. The article also mentions her role in promoting access to nature for young people.
3. <https://people.com/kate-middleton-surprise-new-video-finding-peace-nature-11714548> - This piece from PEOPLE Magazine discusses Princess Kate's video where she shares her deep emotional reconnection with nature during her Lake District trip. It also outlines her continued support for outdoor experiences through her position with the Scouts.
4. <https://www.gbnews.com/royal/kate-middleton-lake-district-engagement-ring-royal-family-news> - GB News mentions Princess Kate's visit to the Lake District, highlighting her joint presidency of the Scouts and her first meeting with Chief Scout Dwayne Fields. The article indirectly supports the significance of such interactions in promoting outdoor engagement.
5. <https://www.townandcountrymag.com/society/tradition/a64476397/watch-kate-middleton-nature-video-april-2025/> - Town & Country Magazine reports on the new video featuring Princess Kate discussing nature's importance with Chief Scout Dwayne Fields. The article emphasizes the value of nature for young people's growth and Kate's profile as a joint president of the Scouts.
6. <https://www.noahwire.com> - This source serves as the original report on Princess Kate's Lake District trip, detailing her engagement with nature and its benefits for young people through her work with the Scouts. However, the exact link may not provide specific details without a direct article reference.
7. <https://www.mirror.co.uk/news/royals/inside-kate-middletons-highly-personal-35055921> - Please view link - unable to able to access data