

A Brief Conversation with Author Sophie Pavelle



Forget Me Not: Finding the forgotten species of climate-change Britain,
Sophie Pavelle,
Bloomsbury Wildlife,
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"Looking back, I think swimming among seagrass could rank in the top five of the great human experiences. We forget the tender joy the natural world can elicit."

***Forget Me Not* is the story of ten low-carbon trips—by foot, train, bicycle, kayak, cargo ferry—to explore species that are likely to disappear by 2050 should their habitats continue to decline. Pavelle—a hopeful climate change advocate—works for UK's Beaver Trust, is an Ambassador for The Wildlife Trusts, and is on the Board of Trustees for the Exeter City of Literature.**

We love the way you write about your adventures, "*The irreverent joy of trying to find wildlife—and failing? The simplicity of totally winging it and being more in the moment?*" How did your alternative travel decisions—biking, walking, swimming, kayaking—enhance the experience of seeking wildlife?

Travelling by low-carbon means as much as possible immediately disrupts the hustle and pace at which we have normalised in modern life. Riding, walking and kayaking under my own steam introduces a new, much more present way of engaging with the landscape and your surroundings. As cliché as it sounds, it really made it more about the journey, as opposed to the destination. Travelling more slowly, and being less in control, sensitises you to the environment. You naturally tune in more to the weather, the sights, smells, wind direction, light levels and natural cues helping you navigate. It felt both exhausting and exhilarating on many occasions, but I loved every minute and relished the challenge.

***Forget Me Not* focuses on "10 stars" animals and habitats needing attention. If you were to select a few more for another set of adventures, which would you pick?**

If I were to spotlight species in this way again, I definitely would want to include both a reptile and an amphibian! I would have loved to feature the fascinating Natterjack toad, one of the UK's rarest amphibians confined to only 60 sites in Britain, and also the adder – one of three species of snake in the UK. Reptiles and amphibians are highly adapted animals sensitive to environmental change, and remain some of our most valuable indicators of climate instability and biodiversity loss.



Interview conducted by
Book Recommendation Panelist, Kristin Memmott
and Founder/Editor, Beth Nobles