

#GETOUTDOSTUFF ADVENT-uary

From THE ARMCHAIR ADVENTURE FESTIVAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	¹ DIP ANY COLD WATER - STAY SAFE. DON'T GO ALONE.	² BEACH WALK IF YOU'VE NOT GOT ONE CLOSE A CANAL WILL DO	³ STARGAZE LOOK UP. USE A FREE STARGAZE APP FOR FUN	⁴ READ ANY TALE OF ADVENTURE	⁵ TASTE SOMETHING NEW. HAS TO BE SOMETHING NEW.	⁶ CLIMB ONLY AT AN ORGANISED CLASS IF YOU'RE NEW
⁷ LOCAL WHAT'S LOCAL THAT YOU HAVEN'T SEEN?	⁸ RUN WALKING BUT FASTER. SLOW IF YOU'RE NEW.	⁹ CAPTURE A PHOTO, A POEM, A PAINTING? CHOICE IS YOURS!	¹⁰ WATCH ANY TALE OF ADVENTURE	¹¹ PLAN ANY ADVENTURE	¹² CYCLE ON YOUR BIKE. HIRE/BORROW IF YOU DON'T OWN ONE	¹³ COOK OUTSIDE! FIRE, CAMP STOVE, BARBECUE?
¹⁴ TOGETHER A LOCAL CLUB, FRIENDS, FAMILY OR YOUR PARTNER?	¹⁵ LEARN ANYTHING NEW. A DANCE, A WORD IN ANOTHER LANGUAGE?	¹⁶ WILDLIFE BIRDS, BADGERS, BOBCATS?! TAKE YOUR BINOCULARS	¹⁷ KINDNESS RANDOM ACT OF KINDNESS PLEASE.	¹⁸ STOP GO SOMEWHERE WILD. STOP. LOOK. LISTEN.	¹⁹ WOODLAND WALK	²⁰ ROADTRIP Motorbike, car, bus? Hit the road!
²¹ SUMMIT A LOCAL HILL. DON'T PUSH YOUR LIMITS!	²² FIRE LIGHT ONE (LEGALLY). WATCH NATURES TV.	²³ PICNIC YES IN JANUARY. WHATEVER THE WEATHER.	²⁴ YOGA OUTDOORS. BEACH, HILLTOP, FOREST?	²⁵ BAREFOOT WALK BAREFOOT. THE BEACH, SOMEWHERE MUDDY?	²⁶ CITY WALK LOOK UP. APPRECIATE THE HISTORY.	²⁷ FIGHT FEAR LOOK DOWN? STROKE A SPIDER? STAY SAFE.
²⁸ PADDLE CANOE, KAYAK, BOARD? STAY SAFE.	²⁹ SUNSET WATCH IT. HOT CHOCOLATE?	³⁰ SUNRISE WATCH IT. COFFEE?	³¹ DIP ANY COLD WATER - STAY SAFE. DON'T GO ALONE.			

PARTICIPATE AT YOUR OWN RISK

THE GET OUT DO STUFF ADVENT-uary RULES

We've all tried the January diet and exercise plans now it's time for a January plan we can stick with - 'Advent-uary'! This January will be your most adventurous yet, stick to our plan and #GetOutDoStuff. Here's the rules:

1. Don't do anything that could be dangerous without professionals or experienced people around. That means no solo wild-swimming, climbing etc!
2. Don't break the law - no massive fires etc.
3. Share your adventures on any social media accounts with the #GetOutDoStuff and #Adventuary to inspire more people to get out and do stuff this January!

SHARE THE ADVENTURE

#ADVENTUARY
#GETOUTDOSTUFF

FULL GUIDE WITH TIPS, IDEAS AND MORE INFORMATION AT
ARMCHAIRADVENTUREFESTIVAL.COM

