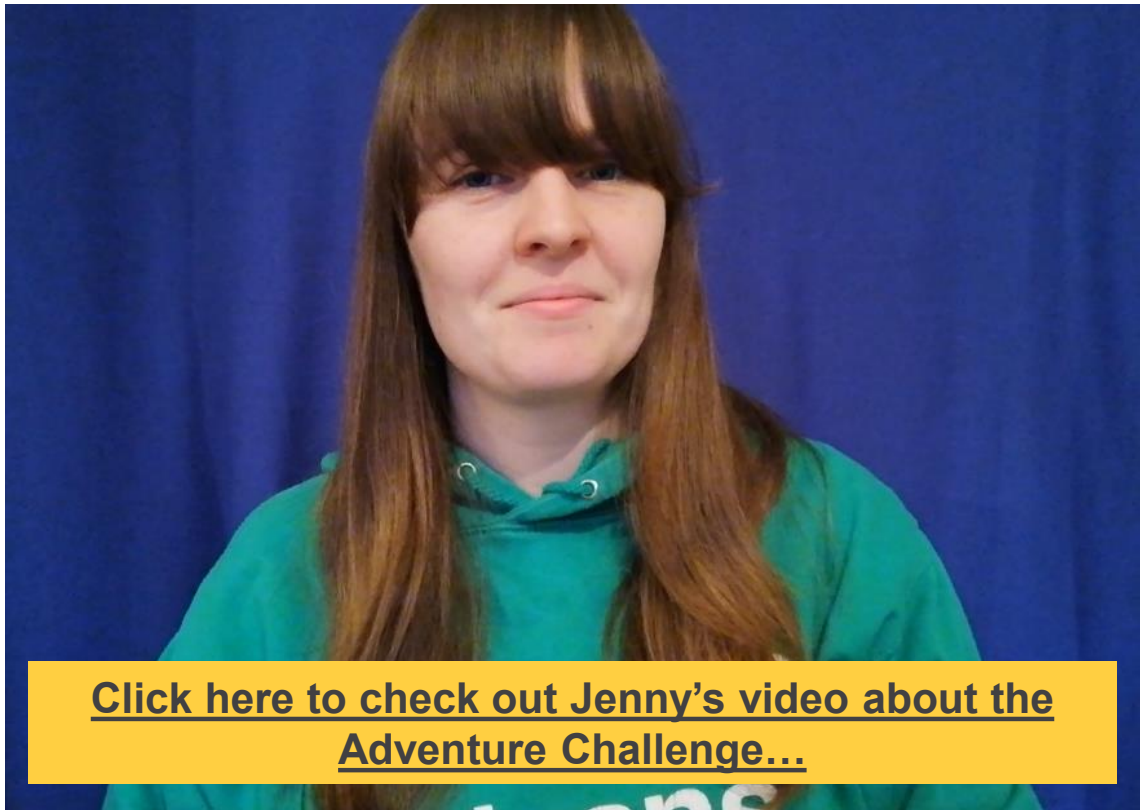


Are you ready to get outside more this winter?



[Click here to check out Jenny's video about the
Adventure Challenge...](#)



Adventure Challenge 2020

Suitable for: Everyone

Objective: You will write a pledge to encourage you and your family to get outdoors more during the Christmas holidays.

Take on Bike It Jenny's Adventure Challenge to keep active over the winter break and enjoy the outdoors. Your adventure can be by walking, scooting or cycling, and could involve travelling in a different way, exploring somewhere new or trying something new. You can make the adventure suit you and the most important thing is that you try to give it a go.

You will need:

- Print out page 6 or a make your own Adventure Challenge Pledge as shown on page 4
- Paper and pen
- Enthusiasm!

Any activity should be completed following all local government guidance.

Parents or teachers can share pledges or photos of adventures in action with Bike It Jenny:

Jenny.babey@Sustrans.org.uk or Twitter [@BikeItJenny](https://twitter.com/BikeItJenny)



Adventure Challenge

Decide on a challenge, which you can do by yourself or with your family and how often or when to do it too.



Ideas:

- Play outside in the garden for at least 10 minutes every day
- Scoot a little further each day.
- Cycle to the shop
- Walk, cycle or scoot 1 mile every day
- Discover somewhere new
- Find my nearest NCN route
- Take a different route when you walk the dog.
- Find all the local post-boxes in your neighbourhood
- Go further than you have before on foot, scooter or bike.
- Camp outside (or in your living room if it's too wet/cold outside)
- Find a local trail and find all the points on the trail over the holidays.

Or you can think of something else you would like to try.

Check out
inspirational
adventurers on
page 5.

Make your Adventure Challenge Pledge, see page 4. Use the pledge document to record your adventure with diary entries, drawings, rubbings, photos, poems or maps to remember what you have achieved.

When you are finished, use the back page to reflect on what you enjoyed and what you learnt.

Any activity should be completed following all local government guidance.



Make your Pledge

Take a piece of A4 paper and fold it in half twice to make yourself a booklet. I used scrap paper and roughly made 30x20cm rectangle.

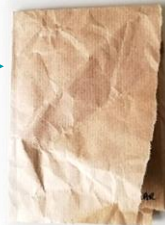
1. Chose
your paper



2. Fold in half
with the short
edges meeting



3. Fold again the
opposite way



Tah-dah!



Front page

This will be your pledge which should read:

**For my Adventure Challenge, I, [your name],
pledge to [your challenge].**

When: [Date(s) when you will complete it]



*You can make yours neater
and more colourful than mine*



Be as creative as you want

Centre pages

Here you can get as creative as you can to record what you got up to. Use it as a diary to write, draw what you see, stick things onto it so you can remember what you got up to during your challenge.

Back Page

A time to reflect on what you got up to by writing about what you enjoyed, what you didn't enjoy and what you learnt doing the challenge.



Adventure Challenge

Inspirational Adventurers

The Adventure Syndicate

Inspiring stories of women adventuring by bike. In December 2019, four of the team cycled Edinburgh to Copenhagen in 6 days on cargo bikes!

Founder Lee Craigie took on the Caledonia Way
TheAdventureSyndicate.com

Alastair Humphries

Adventurer and author who has been on many adventures including some from his own doorstep, wild camping and walking around the M25 in the snow!

"If you can walk around the M25, you can have an adventure anywhere."

Alastair: Microadventure – An introduction video

Highly recommend
watching or reading
about Alastair's
microadventures.

Anna McNuff

Adventurer, speaker and author. She has set herself various challenges from running, cycling and barefoot walking!

TedX Talk: But what if I fail?

GOALS DON'T HAVE TO BE BIG TO HAVE A BIG IMPACT



By/when:

Something new I learnt:

What I didn't enjoy:

What I enjoyed:

AFTERWARDS

For my Adventure
Challenge,
I, _____, pledge to

JOURNAL YOUR ADVENTURE

Be as creative as you want to record your adventure. Use **words** to describe what you did, what you saw how it made you feel. Use **art** to draw what you see, what you did or do rubbings. **Stick** photos, notes or other items as a collage on this page.