

# Join the GetOutside Challenge!

The outdoors is still open, and we're all being encouraged to make the most of it - so let's do just that! Take in the fresh air every day for the next four weeks, here's some ideas to get you started...

**1**  
Walk up a hill and take in the view

**2**  
Jog around the block

**3**  
Have your morning coffee outside 

**4**  
Find five different coloured leaves

**5**  
Collect pinecones for crafts

**6**  
Kick a ball around your local park

**7**  
Build a den

**8**  
Take your workout outside 

**9**  
Get on your bike

**10**  
Take a sunset stroll

**11**  
Try a new outdoor activity

**12**  
Make a call whilst walking around the block

**13**  
Go litter picking

**14**  
Walk and listen to the GetOutside podcast

**15**  
Take photos of wild mushrooms

**16**  
Go stargazing

**17**  
Write your Christmas cards on a park bench

**18**  
Repeat #2 but beat your time

**19**  
Deliver a cake to a neighbour

**20**  
Play pooh-sticks

**21**  
Collect foliage for a festive wreath

**22**  
Take 5 photos looking up 

**23**  
Walk to your local café for a takeaway

**24**  
Plant bulbs for next spring

**25**  
Spot 10 different animals 

**26**  
Walk one mile before breakfast

**27**  
Find your first Christmas lights display

**28**  
Splash with your wellies on

Share your outdoor adventures with us! #GetOutside

[getoutside.uk/hub](https://getoutside.uk/hub)

**GetOutside**

 Ordnance Survey