

# 20 ways to make your woodland walks more fun.

Health and happiness go hand in hand, which is why we want to inspire families to get active while enjoying the best of the outdoors. In this guide, you'll find 20 ways you can make your woodland walks even more fun. So, whether you're wildlife spotting, bark rubbing or making a home for your furry friends, why not give them a go.

Think you can try all 20 activities?  
**Let's get started!**

 Don't forget to tick them off as you complete.



1. Try bark rubbing



2. Go wildlife spotting



3. Build a rock tower



11. Go birdwatching



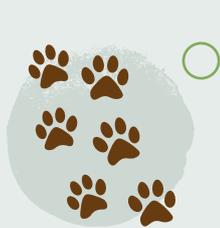
6. Make a wildlife home



5. Go on a seasonal scavenger hunt



4. Create your own woodland art



7. Hunt for animal tracks



8. Have a teddy bear picnic



9. Hug a tree



10. Build a den



15. Take part in a woodland sports day



14. Learn about nature



13. Play pooh sticks



12. Take lots of photographs



16. Go geocaching



17. Look out for minibeasts



18. Splash in puddles in your wellies



19. Play hide and seek



20. Imagine yourself in your favourite book

Every change you make  
will help us help you.

Always remember to follow  
**The Countryside Code.**