

JANUARY

START SMALL

It's cold and dark: it would be easy to not even bother to begin. Sleep outdoors just one night, even in the garden. A snowy night is perfect for this.

FEBRUARY

VALENTINE'S: 14th

Climb a hill, watch shooting stars, see the sunrise blaze across the sky. Totally romantic!

MARCH

EQUINOX: 20th

Remind yourself of the wild universe out there beyond your house, office and commute.

APRIL

EASTER: 5th

Take someone on their first microadventure.

MAY

BANK HOLIDAYS: 4/25th

A little flexibility this month to try to squeeze in time for a night away – perhaps on a beach by the sea.

JUNE

SOLSTICE: 21st

The longest day of the year. A really special night to be outdoors.

MY YEAR OF MICROADVENTURE

www.bit.do/microadventure

#MICROADVENTURE

JULY

BLUE MOON: 31st

A rare event, and a beautiful time to sleep without a roof: the night of the blue moon. Take a sceptical friend who claims they'd only do something like this "once in a blue moon..."?

AUGUST

METEOR SHOWER: 13th

The annual Perseid meteor shower is a highlight of the year. You'll see up to 80 shooting stars per hour, and this year the moon is new so the night will be perfectly dark.

SEPTEMBER

EQUINOX: 23rd

Same spot as March. If you've not already tried it then take time to swim wild – in a river, lake or sea.

OCTOBER

CLOCKS GO BACK: 24th

Get an extra hour in bed. On a hill. Luxury!

NOVEMBER

BLACK FRIDAY: 27th

A chance for minimalism and simplicity as you escape from the undignified fighting in shops.

DECEMBER

SOLSTICE: 22nd

A time to celebrate completing the challenge, perhaps with a mince pie or two. Santa hats compulsory.