

Microadventure
A REFRESH BUTTON FOR BUSY LIVES
WWW.MICROADVENTURES.ORG

Looking for a fun
CHALLENGE?

→ AND TO TRY
something new?

• **TO ESCAPE** •

DAILY ROUTINE

& discover new places?

NO : NO TIME FOR
EXCUSES! : ADVENTURE?
: Don't know where
: TO GO OR WHAT TO DO?

THEN IT'S TIME FOR A MIDWEEK
MICROADVENTURE

**YOU WORK FROM
9 TO 5.
BUT WHAT ABOUT YOUR 5 TO 9?
Those 16 hours of freedom?**

**YEARNING FOR A
midweek adventure?**

How do I do it?

Make a cup of tea, look at a map & find
somewhere rural you've never been.

Pack a bag, find a friend (or do it yourself)

AND GO FOR IT!

AFTER WORK, JUMP ON A TRAIN TO THE COUNTRY
AND WALK TO SOMEWHERE QUIET.

★ Sleep under the stars on a hilltop,
swim in a river, wake with the sunshine. ★

AND BE BACK AT YOUR DESK
BY 9, CRUMPLED BUT HAPPY.

What do I need?

.....
Sleeping bag, mat & bivvy
.....
Wooly hat & warm clothes
.....
Food, drink, map & light

FAQs

Q: Is wild camping dangerous/illegal/scary?

A: With common sense/discretion you'll be fine.
A good friend and a beer or two will help.

Q: What should I wear for wild swimming?

A: A smile should suffice.

Q: How do I find a good place to go?

A: Don't overthink it. Just go anywhere rural for
your first time. Great ideas will start to flow.

Q: How can I find someone to come with me?

A: Join the tribe here.

Still got questions? Ask here!

#microadventure

