

CALENDAR OF THE MICROADVENTURE YEAR

Use this calendar to help you concoct seasonal microadventure ideas of your own to do over the course of a year.

You can search online for more details about each entry. Jotting down your own ideas in the margins of the appropriate month will make it easier for you to plan, commit and actually make stuff happen...

Remember that in each month there will be a full moon and a new moon, and spring and neap tides. These are also good things to plan microadventures around.

You can also find this calendar online at www.blahblah.com if you'd like to print out copies.

JANUARY

- New Year's Day swim in your local river, lake or sea
- Strathpuffer 24-hour mountain bike race
- Tough Guy race
- Cut-off date for a midwinter Bob Graham Round
- Cold Water Swimming Championships
- Coldest ever temperature in UK: -27°C

FEBRUARY

- Fort William Mountain Festival
- Edinburgh Mountain Film Festival
- The Pilgrim Challenge
- Big Chill Swim, Windermere
- Usually the best month for sleeping in a snow hole

MARCH

- Spring Equinox (why not try sleeping on the same hill for each equinox and solstice this year?)
- Exmoor Ultramarathon
- Wild watercress season starts
- Devizes to Westminster International Canoe Race (Easter weekend – may be in April)
- Clocks go forward (an extra hour until sunset)
- Puffins begin to return to land to nest

APRIL

- Devizes to Westminster International Canoe Race (Easter weekend – may be in March)
- Nettle soup season
- Viking Way Ultra
- Wild mushroom season begins (ONLY if you know what you are doing!)
- Sheffield Adventure Film Festival (ShAFF)
- Swallows start arriving
- Bluebell season begins

MAY

- Wild garlic season
- Isle of Man's 'Race the Sun'
- London 2 Brighton Challenge
- Southwold Pier to Pub Swim
- Keswick Mountain Festival
- Two Bank Holiday weekends



JUNE

- Summer Solstice.
Sun rises at 04:10 and sets at 22:33 in Cape Wrath
- Trailtrekker Challenge
- West Highland Way Race
- Man versus Horse Marathon

JULY

- Raspberry season
- Trailwalker Challenge
- The Wales Swim
- Lakeland 100
- Dunwich Dynamo
- Look out for basking sharks around the coast

AUGUST

- Wild strawberry season
- Perseid meteor shower
- Adventure Travel Film Festival, Dorset
- World Bog Snorkelling Championships
- Hottest ever temperature in UK: 38°C
- The Grim Reaper Ultramarathon
- Summer Bank Holiday weekend

SEPTEMBER

- Autumn Equinox
- Self-Transcendence 24 Hour Track Race, Tooting Bec
- Equinox 24
- Blackberry season
- Monmouth Raft Race
- Alpkit Big Shakeout Weekend
- Sea is at its warmest for swimming
- Swallows start to migrate south



OCTOBER

- Conker and chestnut season
- Relentless 24
- World Conker Championships
- Coed y Brenin Enduro
- Migration of wading birds to estuaries and wetlands
- Clocks go back
(an extra hour in your sleeping bag)
- The salmon run begins
- Deer rutting season
- Apple season
- Adventure Film Festival

NOVEMBER

- Sloe season
- Piece of String Fun Run
- Kendal Mountain Festival
- Explore weekend at the Royal Geographical Society

DECEMBER

- Winter Solstice. Sun rises at 09:10 and sets at 15:27 in Cape Wrath
- Look out for magnificent starling murmurations
- Tour de Helvellyn
- Christmas morning swim

EXCUSE-BUSTING

I hope that you like the sound of some of the microadventures in this book, even if you have never done anything like it before. If you are tempted to try something but find yourself held back by concerns or worries, and possibly a lurking excuse or two, then grab a pen and fill in this chart below. (You can also find it online at www.blahblah.com if you'd prefer to print out a copy to write on.)

List the reasons why you'd like to try a microadventure, as well as the things about it that you might not enjoy. Then list the ways in which participating in such an adventure might benefit your life in the future, as well as any long-term difficulties or problems it may cause. Hopefully after this you'll be a little clearer in your mind about what is holding you back and whether it's worth overcoming that to make your microadventure happen.

You can also ask other people's advice online, either on the Microadventures Facebook Page or via the #microadventure hashtag on Twitter, Instagram and Pinterest.

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| Why I'd like to try a microadventure | Bits I think I won't enjoy |
| How will I benefit from it? | What could go wrong? |