

*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

