

Get active
and cover

50km this October



Use the calendar to record your distances and while you're exploring the crisp and colourful outdoors, try your hand at some of our autumn activities suggested below



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Can you spot an oak tree? They're short, wide and often have branches that look like deer antlers - their leaves are easily recognisable and have been our logo since 1936!

Did you know that some trees have a unique smell? See if you can find a pine tree while out on your walk this weekend and take in the sweet scent of its needles.

While out and about, tune into the sounds of birds singing to one another and see if you can make out a particular species.

Find a quiet spot outside, close your eyes and breathe in the unique scent of autumn.

Can you catch a falling leaf before it lands on the ground?

Snap a photo of your favourite tree in its vibrant, autumnal state and share it with us on social media using

If you're out in an open space, raise your eyes to the skies at dusk and look out for an impressive starling murmuration.

If it's a crisp, frosty day, enjoy the sound of the crunch of leaves underfoot.

#EveryoneNeedsNature