



# Suffolk's FAB40 ADVENTURES



## fun for all outdoors whatever the season



Summer

Autumn

Winter

Spring

Simply lay back,  
look and listen



Take a night time walk



Spot a Mad March Hare

See and hear the  
clash of antlers

outdoor adventures  
to enjoy with  
family and friends



Discover - Enjoy - Share  
Sign up for some  
seasonal fun now!

[fab40suffolk.co.uk](http://fab40suffolk.co.uk)

Complete the adventures!  
Start collecting your certificates!

# Suffolk's great Outdoors

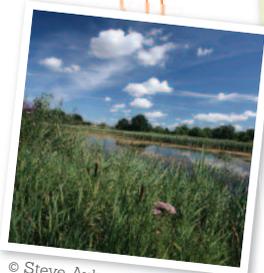
Summer



Welcome to 40 wildly fun and fabulous seasonal adventures – the perfect inspiration for you, your family and friends to **leave the living room behind** and get out and **enjoy Suffolk's great outdoors**.

This countryside county has simply so much to offer from ancient **woodlands** to wildflower-rich **water-meadows** or winding **creeks**, broad **estuaries** and beautiful **beaches** to windswept **heathlands** and crumbling **cliffs**.

So whether it's summer, autumn, winter or spring, there's every good reason under the Suffolk sun (or clouds!) to wander out into the big wild world. Potter off to the park for a **summer picnic** with the pigeons and squirrels or go fishing for crabs along by the coast. Kick a crunchy, colourful leaves on an **autumn walk** in the woods. Venture down the garden path to **take photos of a frosty winter's morning**. Put **spring in your steps** with a countryside stroll as you look out for Mad March Hares.



© Steve Aylward



© Neil Rolph

## Take the Top 10 Challenge

Go wild and see how many outdoor adventures you can complete over the course of a year. You'll find lots of tips on Suffolk places to go and so much more at [fab40suffolk.co.uk](http://fab40suffolk.co.uk)

There are 10 fab adventures in each seasonal Suffolk set, all tried, tested or suggested by over 400 helpful children, mums, dads, grannies and granddads – thanks everyone!

Complete the adventures then download your seasonal certificates  
[fab40suffolk.co.uk](http://fab40suffolk.co.uk)

## Do you remember when...?

In the days before TV and internet, most children would entertain themselves by playing outside. Why not ask someone what childhood memories, experiences and places they would like to share?

## Have fun and feel good too

Getting outdoors can be a **real breath of fresh air** and a spot of gentle exercise can be shared and enjoyed by all ages. Having a bit of wild time is not only **fun**, it makes you **feel good** too and even if you live in a town in this countryside county, wild green spaces are never far from your doorstep.

Autumn



© Dan Pacamo



# Summer

✓ Don't forget to tick when you've done them!



## 1. Hide up in a tree and spy on the world

Ssshh! No-one will know you're there! Enjoy the bird's eye view.



## 2. See a meteor shower

Can you catch sight of a falling star? August is the time of the 'Perseid' meteor shower. Why not camp out on a clear night and try a spot of star-gazing?



## 3. Spot the blue flash of a kingfisher from a riverside path

Let a walk along the riverbank reveal a colourful new world.



© Jon Winnan



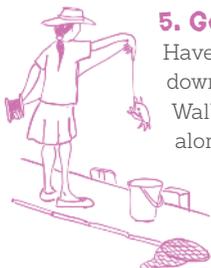
## 4. Find your perfect picnic spot

What makes your spot picnic-perfect is up to you.



## 5. Go fishing for crabs

Have a crabbing competition down on the quayside at Walberswick or other spots along our Suffolk coast.



## 6. Put a toe in the water down at the stream

Explore how it feels to walk barefoot across a natural stream. Some Suffolk villages have a ford where the stream goes across the road.



## 7. Take a swim in the sea

From the sandy shores of Lowestoft right down to Felixstowe, taste the salty sea spray. Look out for Suffolk's top blue flag beaches too.



## 8. Simply lay back, look and listen

Even in the quietest meadow or smallest garden, there's always something wild going on.



## 9. Watch dragonflies hunting over the water

Can you count their wings as they rest on reeds by the water's edge down at the river, on the marshes or by the local pond?



© Steve Aylward

## 10. Discover the beauty of butterflies on a meadowland stroll

Admire their different colours and wonderful wing patterns. Are there 3 different types to identify in your meadow?



Not sure where to go? - visit [fab40suffolk.co.uk](http://fab40suffolk.co.uk) today

# Autumn

Don't forget to tick when you've done them!

## 1. Make a den

Gather together fallen branches either in the woods or your back garden and construct your own hideout.



## 6. Collect and roast Sweet Chestnuts

Once roasted, they are delicious to eat. Don't confuse them with the non-edible conker!



## 7. See and hear the clash of antlers

Red deer stags clashing antlers in the fight for a mate is one of nature's greatest spectacles. Our Suffolk Coast heathlands rank amongst England's best places to witness the red deer 'rut'.



## 2. Bake a wild blackberry pie

Pick deliciously juicy blackberries from the hedgerows to make a tasty pie or crumble.



## 3. Carve a pumpkin lantern and make soup too

Be sure to keep the pumpkin's fruity flesh when you make your Halloween lantern. It will make a tasty soup.



## 8. Capture the colours of autumn

Take photos of the wonderful colours or make pictures to your own designs using collected leaves.

## 4. Build a home for wildlife in your garden

The choice is yours - and you don't have to stop at just one!



## 9. Find all sorts of pine cones and make seasonal decorations

Collect, then create perhaps the cutest hedgehog friends or keep them for Christmas decorations.

## 5. Kick fallen leaves on a walk in the woods

Enjoy kicking up colourful autumn leaves on a walk through one of Suffolk's broadleaf woodlands.



## 10. Eat an apple straight from the tree

Remember to give it a wash or wipe first!



Need more information? visit [fab40suffolk.co.uk](http://fab40suffolk.co.uk)

# Winter

© Margaret Holland

✓ Don't forget to tick when you've done them!

## 1. Break the ice on a puddle

Get your wellies on and have a cracking good time!



## 6. Photograph a frosty morning to share with the world

Whatever chilly picture captures your imagination and pop it online for all to see.



## 2. Hunt for treasure on the shore

Head for the coast after a storm and it's amazing what you'll find washed up on the beach.



## 7. Build a nest box and put it up in your garden

Get ready for spring with February's National Nest Box Week. Construct a new nesting place from off-cuts of wood. Give it a good garden location and wait to see who moves in.



## 3. Take a night time walk

Grab a torch. Wrap up warm. The natural world after dark is a fascinatingly different sort of place.



## 8. Spot snowdrops in the woods

These tiny flowers are white and wonderful and can be found in small clusters or forming complete carpets.



© Terry Longley

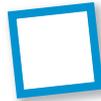
## 4. Find the biggest tree in the park or wood

Track down the tallest or the one with the widest spread of branches, or perhaps find the tree with the largest trunk. Which one will you crown 'Ring of the Wood'?



## 9. Take part in the world's biggest bird survey

Over 500,000 people get involved in the RSPB's Big Garden Birdwatch. Sign up and help by counting Suffolk's birds in your garden.



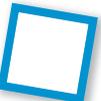
## 5. Be the first footsteps in the snow

Make your mark by enjoying an early morning walk in the snow.



## 10. Watch a Robin in your garden and dig him up some dinner

Why not dig over some soil to help these friendly birds find a tasty treat?



Not sure where to go? - visit [fab40suffolk.co.uk](http://fab40suffolk.co.uk) today

# Spring



© Neil Rolph

✓ Don't forget to tick when you've done them!

## 1. Wonder at magical carpets in an ancient bluebell wood

Stretched out between the trees, carpets of bluebells cover the woodland floor in late April/early May. Simply magic!



## 6. Discover signs of pirates in a country churchyard

Find skull and crossbones carved deep in old gravestones. There are so many treasures hidden away in churchyards.



## 2. Spot a Mad March Hare or two

Look out for hares bounding madly across the fields. You might even witness a boxing match between a pair of potential mates.



## 7. Listen out for a Tawny owl

Britain's largest common owl is rarely seen, but often heard. Woodlands, parks and gardens are the haunt of the nocturnal Tawny owl, so why not go outside and open your ears after dark?



## 3. Encounter spring lambs down on the farm

Visit a local farm park or open farm to meet new lambs close up.



## 8. Look out for frogspawn in your local pond

It'll soon be time for tadpoles and tiny frogs. Check out the water's edge for tell-tale signs now.



## 4. Plant it. Grow it. Eat it.

Get planting now and be sure to keep things well watered and weed free.



## 9. Prepare a wild salad

There are plenty of edible flowers and weeds out there. Identify them and make a salad with a difference.



## 5. Watch a very special show - 'Strictly Skydancing'

See the amazing moves and graceful glides of courting birds of prey. Take a pair of binoculars along to Suffolk's reed beds to watch the aerial antics of Marsh Harriers.



## 10. Spring clean your local area

A litter-free environment is good news for wildlife. Take time to tidy up a little and make a big difference.



Need more information? visit [fab40suffolk.co.uk](http://fab40suffolk.co.uk)

# Outdoor times to treasure



Got the inspiration –  
now need the information?

You'll find everything from **recipes** and **building instructions** to details of **local nature reserves**, top tips on **wild places to go** and how to get the most from your visit at [fab40suffolk.co.uk](http://fab40suffolk.co.uk)

And don't forget that throughout Suffolk the whole family can **visit** the majority of the county's amazing wild places **for free!**

*Remember always play safe!*



Don't  
know  
where?  
[fab40suffolk.co.uk](http://fab40suffolk.co.uk)

## Seasonal notes

### Summer

June 21 - September 21

### Autumn

September 22 - December 21

### Winter

December 22 - March 19

### Spring

March 20 - June 20



Spring

# Step outside and explore



© Wayne Geater

**Suffolk's Fab 40 Adventures** are wonderful ways to step outside and explore the amazing world of nature on your Suffolk doorstep and around the wildlife-rich coast and countryside beyond.

## Unplug and make the connection

Wind down in a different sort of way. Switch off the screens, unplug the wi-fi and take time to reconnect with nature. You'll be surprised how really relaxing it all is to be mindful of the world around you - and how you might have come to take it all for granted.

### Did you know?

Getting out into the natural world...

- ✓ promotes mental and physical wellbeing
- ✓ prevents disease
- ✓ aids recovery after illness



## Put family time first

Modern lives are all too busy, especially when both parents are working. Getting active all together outside just for a few hours really can be a walk in the park - but there are plenty of wild outdoor places to discover through gentle activities too.

## Love your local area

Beaches and bluebell woods, forests and farmland, sandy heaths and saltmarshes - Suffolk has so much to explore. When did you last take a look?

[fab40suffolk.co.uk](http://fab40suffolk.co.uk)



© Darin Smith



© Derek Hollis

Winter

Don't know where?

[fab40suffolk.co.uk](http://fab40suffolk.co.uk)



Suffolk Environmental Education Network



Stour Valley Education Network



Suffolk's Outdoor Learning Providers funded by  
**Public Health Suffolk**  
working together through partnership