

Start here

- 1 Plan outdoor playdates**  
Whatever your age, an outdoor playdate, get-together, or even work meeting, is a fun way to explore, learn, and develop a deeper appreciation for nature - set a time limit, choose a place... and play!  
**\*Top Tip:** any of the following activities would be perfect.
- 2 Take indoors, outdoors**  
Don't know how to up your time in nature? Start with what you do know - take things you might ordinarily do indoors into the garden, the woods or the beach - reading, drawing, lego, card games, crosswords, even peeling your vegetables!
- 3 Make nature art in the landscape**  
Use natural materials like rocks, sticks, and leaves to create outdoor art or sculpture - no mess, it can all be washed away by the weather.
- 4 Create a photo journal**  
Take photos of the things in nature that you love - from animals and bugs, to views, trees or clouds - why not create an album and share your snaps with family & friends?



Don't forget

THE COUNTRYSIDE CODE

- Respect everyone**
- be considerate to those living in, working in and enjoying the countryside
  - leave gates and property as you find them
  - do not block access to gateways or driveways when parking
  - be nice, say hello, share the space
  - follow local signs and keep to marked paths unless wider access is available
- Protect the environment**
- take your litter home - leave no trace of your visit
  - do not light fires and only have BBQs where signs say you can
  - always keep dogs under control and in sight
  - dog poo - bag it and bin it in any public waste bin or take it home
  - care for nature - do not cause damage or disturbance
- Enjoy the outdoors**
- check your route and local conditions
  - plan your adventure - know what to expect and what you can do
  - enjoy your visit, have fun, make a memory



Love every lump, bump and tree trunk

East Devon National Landscape

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60 ways to get closer to NATURE



Easy ways to connect with nature and have fun outdoors

FOR ALL AGES!

Welcome to your ultimate guide to getting closer to nature!

In a world buzzing with activity, connecting with nature isn't just about time outdoors, it's about what you do when you are there. Whether spotting wildlife, tuning in to birdsong, or capturing nature's beauty - each interaction brings you closer to the natural world.

Our "60 things" guidebook is your passport to the East Devon National Landscape and beyond. From daily commutes to park weekends, these ideas suit everyone, everywhere. No age limit exists for experiencing nature - curious newcomer or seasoned explorer, there's something here for you.

**47 Visit THG**  
Pop along to the Thelma Hubbert Gallery to see how nature and landscape sparks creativity - workshops and events available too.

**48 Watch the sunrise and sunset**  
The colours and scale of the changing sky are a breathtaking sight that will show you nature's beauty and give you the feel-good factor.

**49 Take in a spectacular view**  
Whether it's Woodbury Common, Musbury Castle, or the coast, stunning views are like nature's show just for us! Let's protect these special landscapes together!

**50 Get to know a tree**  
Choose a tree, near where you live or that you like and see often then notice how it changes through the seasons.

**46 Travel sustainably**  
By walking, cycling, or using public transport to care for the environment and stay fit.

**45 Go the scenic route**  
Stop rushing and take some time. Put your phone in your pocket and pause your thoughts. Connecting with nature is easier when we slow down.

**44 Volunteer at a local nature reserve**  
From conservation tasks & path maintenance, to greening visitors there are lots of opportunities.

**43 Be a citizen scientist**  
Contribute to wildlife projects or organise your own nature. Have fun while making a difference!

**42 Zoom in on a leaf**  
Notice the intricate details & watch insects bustle in their busy miniature world.

**41 Take a boat trip along the Jurassic Coast.**  
See the East Devon landscape from the sea. Look out for dramatic cliffs, hidden coves and wonderful wildlife.

**40 Join a community litter pick event**  
Take steps to reduce waste in your daily life, like saving water, avoiding recycling.

**39 Create a hedgerow highway**  
Making sure hedgerows can pass freely through Devon or explore the Saving tree scheme.

**38 Plant a pollinator pit stop**  
Plant pots or gardens to help wild bees, butterflies and moths need for survival.

**37 Reduce waste**  
Take steps to reduce waste in your daily life, like saving water, avoiding recycling.

**36 Visit the Donkey Sanctuary**  
Where you can meet rescued donkeys and support a charitable cause & find out more about the other wildlife they support.

**35 Travel in vintage style**  
All aboard the Seaton Tramway - heritage trams travelling from Colyton to Seaton through wetlands, countryside and historic villages along the Axe estuary.

**34 Enjoy a picnic**  
In the countryside, a local park, or on the beach, connecting with nature and your friends or family.

**33 Try a Devon pasty**  
A tasty tradition, it's said that the Devon pasty has a top-crimp, and the Cornish pasty is side-crimped.

**32 Taste locally made drinks**  
Cider, wine and organic beer are all grown and crafted right here in East Devon. Visit a local vineyard, orchard shop or brewery.

**31 Fantastic fish and chips**  
After fun on the beach or a nature walk, why not treat yourself to a seaside feast of local fish and chips?

**30 Indulge in a Devon cream tea**  
Clothed cream, local jam and fresh baked scones make this Devon tradition the perfect sweet treat.

**29 Enjoy a visit to a Farmers' Market or Farm Shop**  
Support local producers & farmers while enjoying the best of seasonal fruit & veg, artisan bread, honey and other local treats.

**28 Experience Otterton's historic charm**  
Take a walk along the River Otter (where you might spot a beaver family) and explore Otterton Mill, which has been milling for over 1,000 years.

**27 Listen out for birdsong**  
Hear birds sing at dawn and dusk. Wake early or go peaceful woodland - great for walks and picnics.

**26 Be a bat champion**  
1. Plant flowers like evening primrose, oxeye daisy & honeysuckle after sunset (especially from mid-June to August when bats have their young) to attract them.  
2. Keep cats indoors an hour before & after sunset.  
3. Join a guided bat walk to learn more about these fascinating creatures.

**25 Discover tranquility and wildlife on a woodland walk**  
Fun trails, chirping birds, and rustling leaves, a nature adventure away from life's hustle and bustle.

**24 Escape to Aylesbeare Common**  
Have a nature adventure and explore nature trails, ponds and heathland alive with wildlife.

**23 Visit a museum**  
Time travel through East Devon's rich culture at a local museum - where fun and discovery await for all!

**22 Explore Blackbury Camp**  
See the surviving remnants of an Iron Age hillfort surrounded by peaceful woodland - great for walks and picnics.

**21 Look up at the night sky**  
See the stars and the moon shine bright. For the best stargazing experience, head to spots away from city lights on clear nights. Trinity Hill Nature Reserve is a great place for stargazing, known as an official dark skies discovery site.

**20 Discover Branscombe**  
Breathtaking views, a long pebble beach and the sound of breaking waves, a long mile route, a challenge that can be completed in stages.

**19 Run like the wind!**  
Be uplifted by jog along a scenic route is perfect for an adventure on two wheels - or more! Take time to spot wildlife and enjoy the scenery, and feel alive!

**18 Look out for wildflowers**  
You can find them in all sorts of outdoor spots: gardens, countryside paths, even on your way to school or in a park! How many can you find? And do they smell different? Take a smell walk to find out!

**17 Watch the birds**  
Sit quietly and connect with nature. No equipment needed just watch how they feed, fly and chatter to each other. Think about how you feel while you are watching. Which birds are your favourite?

**16 The East Devon Way**  
Discover hidden gems of the countryside as you walk through the heart of our National Landscape. Public footpaths, birdleways and leafy lanes make up the 40-mile route, a challenge that can be completed in stages.

**15 Explore the Exe Estuary Trail**  
This flat, accessible route is perfect for an adventure on two wheels - or more! Take time to spot wildlife and enjoy the river views.

**14 Visit the heritage centre in Beer**  
Find guided walks, fossil collections and wildlife activities to explore the rich history and biodiversity of Beer village and beach.

**13 Pick up beach litter!**  
Each piece you collect helps protect wildlife and the environment. Join official cleanups, organise your own, or pick up rubbish on your next seaside visit.



# NATURE WALK Scavenger Hunt

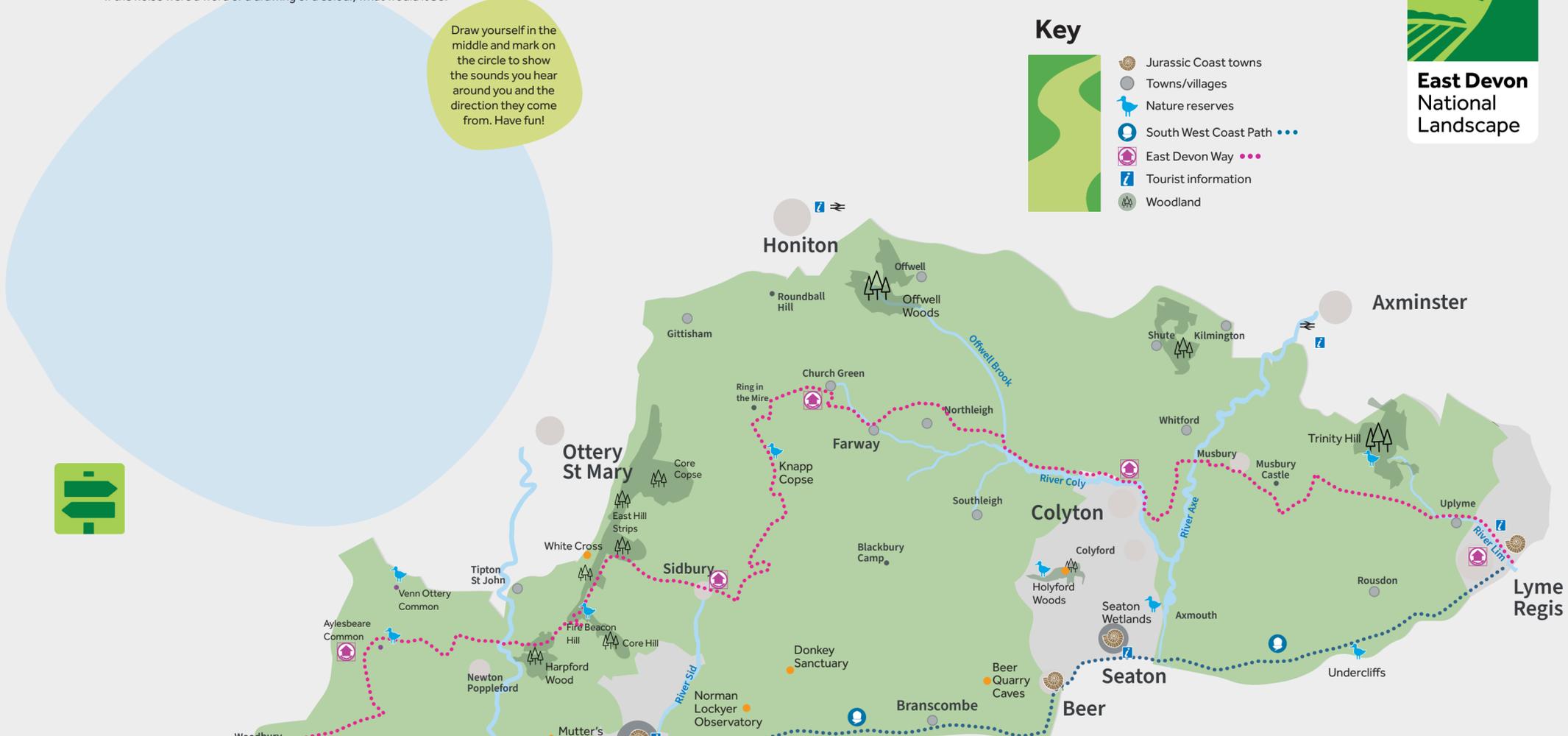
How many of these can you find on your next nature walk?



# 53 Draw a sound map

Find a place to sit down, close your eyes and listen... really listen. What can you hear? What direction is the sound coming from? If the noise were a word or a drawing or a colour, what would it be?

Draw yourself in the middle and mark on the circle to show the sounds you hear around you and the direction they come from. Have fun!



## Key

- Jurassic Coast towns
- Towns/villages
- Nature reserves
- South West Coast Path
- East Devon Way
- Tourist information
- Woodland



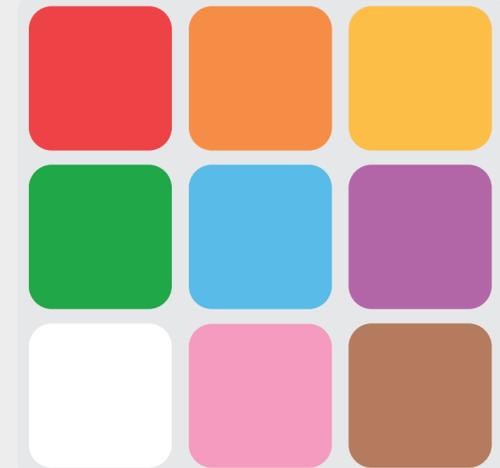
# Name that leaf!

When you spend time in nature, see if you can identify trees by their leaves...



# 60 Find a rainbow

Look around on your outdoor adventures and notice all of the colours - can you find things that match the colours of the rainbow? Collect, draw or write them.



## 54 Take on a nature challenge

Grow your love of nature by joining campaigns that are full of ideas for all ages - Try Devon Wildlife Trust, RSPB and the Big Butterfly Count!

## 55 Enjoy a virtual visit to an RSPB Nature Reserve

Take an interactive online tour with RSPB's Aylesbeare360 and discover the special landscape and its hidden wildlife.

## 56 Read a nature book

Connect with nature through books! Reading about nature, or even just looking at pictures, bring us closer to the world around us - and shows us the things we might usually miss.

## 57 Share the love

Once you have found special places and favourite things to do in nature, share them with friends or family. Encourage the people you care about to make their own memories - they could even go out with you!

## 58 Practice creative writing in and about nature

You could keep a nature journal or try making up three-line stories about favorite rocks, flowers, trees, or insects. Turn it into a postcard for a loved one and share the connection.

## 59 Create a nature table

Collect fallen seeds, bark, leaves - any nature treasure! - how does your collection change in spring, summer, autumn and winter?

Visit our website for more information, ideas, links and resources.



[www.eastdevon-nl.org.uk/explore/60-things](http://www.eastdevon-nl.org.uk/explore/60-things)

