

## Out and About

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Autumn Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



### Give back (and care)

- Check the [weather report](#) when planning outside activities and follow the [Countryside Code](#)
- Be Safe, Be Seen with these [bright ideas](#)
- Agree a meet-up point and plan for what to do if someone becomes [separated from the group](#)
- Get involved with the [Great British Beach Clean](#)
- Learn all about ways to [reduce your waste](#) and [recycle](#) and minimise your [car use](#)



### Take notice of nature

- Watch the [clouds](#) and look out for [barn owls](#)
- Have fun at [Norfolk Beaches](#)
- As the nights draw in, get into [stargazing](#) and view the night sky in [augmented reality](#)
- Once the plants die down and the ground gets muddy it can be easier to [spot different animal homes](#) and [animal tracks and trails](#)



### Connect with others

- Look for suitable places and '[Go On A Bear Hunt](#)' together
- [What3Words](#) is a useful location app to share your exact location with others
- Play 'Where's Wally?' make a phone/video call from your location and see if the person can guess your location from clues.
- Create a story with others, collect items and make a [journey stick](#) to tell the story of your day
- Watch the [clouds](#) and share what you see
- Go [litter picking](#) together



### Be active in the outdoors

- Head out for an [Autumnal walk](#) to see which leaves you can find. Can you spot any conkers?
- Find new walking trails as part of the [National Trust](#), or [cycle routes](#)
- Keep warm by going for bike rides. But remember to [cycle safely](#)
- Look out for local Halloween themed events in your area
- The Dyson Foundation has science and technology activities including how to [make a weather balloon](#)
- For inspiration check out our range of venues and activities from the [Norfolk Summer Outdoors](#) resource pack. Lots of activities can still be done in the Autumn (with a coat on).



### Keep learning

- Learn [map skills](#)
- Find out where to see [Autumn Wildlife](#)
- Identify what you see – [British Deer](#), [local wildlife](#), [pheasants](#) and other [forms of nature](#).
- [Track](#) the animals out there in Autumn
- What is Biodiversity? David Attenborough explains [why it matters](#)
- Look out for late season [seeds](#), [berries](#) and other fruits like apples

For further resources visit;

- Days out with the kids - [Autumn Activities](#)