

Take on the Re-boot Challenge.

We're not spending enough time outdoors and our wellbeing is suffering. It's time for a Re-boot.

This National Camping and Caravanning Week, complete all five challenges and enjoy a 48-hour nature detox.

Tick them off as you go!



Mindful breathing.
Spend five minutes to try and match your breath to something peaceful you can see on the campsite.



Tap into nature's body clock.

Watch the sunrise or sunset and notice how the light changes over the landscape, how the nature around you responds.



Tune into your surroundings.

Write down things you can see, hear, smell, touch and taste - anything that brings you a moment of happiness



Sensory experience.

Spend some time barefoot, focusing on what you can feel and listen to the sounds around you



Don't neglect the night.

Take an evening stroll to spot nocturnal wildlife. If the stars are out find somewhere dark and get a better look!