

Moved by Nature

THE WHOLE YEAR ROUND!

JANUARY

- Examine tracks in the snow. Who could have left them?
- Did you know that if you hack a hole in the ice, the water is warmer than the snow? Would you dare to take a plunge?
- Try running in deep snow – not easy!
- Go racing on the ice. A kicksled is a great way of getting around (however, check first that the ice is strong enough).



FEBRUARY

- Put your skis through their paces! Hop onto the skis, head for a lean-to shelter and enjoy a campfire.
- Challenge your mates on the slope - the more people you can pile on the toboggan, the faster it will go.
- Go skating on a lake. Long-distance skates will get you up to speed!
- Have a fun winter fishing competition.

MARCH

- Go owl watching. Select clothing that does not rustle, prick up your ears and head out just before sunset.
- Is there a stable that does riding on a lead rein, or would you be brave enough to go pony trekking?
- Watch the snow melt. Can you find out where each sound of dripping and flowing water comes from?
- Rent a fatbike – it will take you across the most challenging terrain.



APRIL

- Migratory birds are back. Walk to the side of a field and observe birds.
- Build a bark boat and launch it.
- Go frog watching and listen to them croaking for the spring.
- Grab a map and a compass and test your orienteering skills. Or have you tried a digitrail yet?

MAY

- Why not try trail running now that paths are snow and ice free.
- Skim a stone across water. How many times can you make it skip?
- Plan a picnic with your friends. Have fun together!
- Fly a kite!



JUNE

- Bring the family out kayaking, with a guide if you prefer.
- Find a good spot for fishing and try your luck!
- Conquer a hilltop and enjoy the scenery.
- Visit Korteniemi Heritage Farm: take off on stilts, have a peek in a smoke sauna and be charmed by sheep.

JULY

- Bring the whole family cycling on the old Ox Road of Häme.
- Dive in and explore underwater life. Have you visited the Melkuttimet Lakes with their clear waters yet?
- Row, row, row your boat!
- Find the best spot for picking berries – yummm-yy!



AUGUST

- Spot different stones. Härksaari quarry in Torronsuo National Park is an interesting place to visit.
- Rent a SUP board. Paddle to a nearby island or explore the shores.
- Climb a tree.
- Bring the family out to the forest to look for fungi. Only collect species that you recognise.



SEPTEMBER

- Keep up the swimming, cool water is refreshing!
- Take part in a moonlight kayaking trip.
- Spend a night sleeping outdoors.
- Climb a bird tower and watch the autumn migration.

OCTOBER

- Find a geocache.
- Go on a moonlight hike in Liesjärvi National Park. Remember your head torch!
- The winter swimming season starts. Let the cold water toughen you up.
- Pick cranberries in Torronsuo National Park. Ask your grandparents along.



NOVEMBER

- Borrow a nice dog and bring it for a walk in the forest.
- Get excited about the first snowfall. Which new winter activity could you try this year?
- Practise your aim with snowballs. A tree makes a good target.
- Get your friends together and go hiking. Do not forget a packed lunch!



DECEMBER

- Walk into the forest, close your eyes, pause and listen to the silence.
- Rent a pair of snowshoes and embark on a winter adventure.
- Tumble into the snow, wave your arms and legs. You've made a snow angle!
- Build snow lanterns for mood setters.

#movedbynature #luontolisääliikettä #erikkiläoutdoor #hämeenjärviylänkö

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