

*“Adventure is a lifestyle choice.  
There is adventure in everything”.*

*Matt Walker, Psychology Today*





What's the BIGGEST adventure you've experienced in your life so far?

What's your definition of adventure?

How adventurous are you?

What do you want to gain from our time together today?

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A woman with long brown hair is sitting on a wooden suitcase on a dirt road. She is holding a large map and looking at it. Next to her is a small globe on a stand. The background is a blurred landscape with a fence and some buildings in the distance.

# Your BIG Adventure

What?  
Where?  
When?  
Who?  
Why?  
How?



**Active  
Dare  
Venture  
Excuses  
Now  
Test  
Uncover  
Reality  
Encourage**

**A Life of  
Adventure**



# A life of Adventure

How will you  
invite adventure  
into your life?

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“Short, thrilling trips that fit in around work and family commitments.”

Financial Times



The image shows a website layout for 'Microadventure'. At the top left, it says 'Microadventure' in a script font, followed by 'A SHORTER BUT BETTER WAY TO LIVE' and the website URL 'WWW.MICROADVENTURES.COM'. Below this, there are several sections: 'CHALLENGES' with a sub-header 'TO ESCAPE', 'DAILY ROUTINE' with a sub-header 'To discover new places', and 'NO EXCUSES' with a sub-header 'NO TIME FOR ADVENTURE? Discover where to go on your way to work'. The main content area is titled 'YOU WORK FROM 9 TO 5. But what about the rest of the day? These 15 tactics of freedom?' and 'YEARNING FOR A midweek adventure?'. It then asks 'How do I do it?' and provides a list of steps: 'Take a cup of tea, look at a map to find somewhere that you've never been.', 'Pack a bag, that's a friend or don't yourself.', and 'AND GO FOR IT!'. Below this, it says 'After work, jump in a taxi to the coast or somewhere to change your diet.' and 'Sleep under the stars on a hilltop, unless it's a direct route with the moonlight.' and 'Wash up with your soap, and you're done. It's a challenge, but worth it.' At the bottom right, there is a 'FAQ' section with questions like 'Is it really as simple as that?', 'What should I wear for a midweek escape?', 'How do I find a good place to go?', 'How can I find someone to come with me?', and 'What gear do I need?'. The background of the website is a silhouette of a person standing on a hill, looking out over a landscape.



[www.alastairhumphreys.com/microadventures](http://www.alastairhumphreys.com/microadventures)  
#microadventures





**“Say “Yes” &  
you’ll figure it  
out  
afterwards.”**

**Tina Fey**

[www.sayyesmore.com](http://www.sayyesmore.com)

[@sayyesmore](https://twitter.com/sayyesmore)



FEB  
01

Escape Wednesday:  
Bristol: Graham &  
Kate's Escape Story of  
Passion & Pizza

by Escape the City

Free



APR  
08

Banff Mountain Film  
Festival - Bristol - 8  
April 2017

by Snowline Media Ltd

£12.90 - £25.80

**“Ask & you shall  
receive is the  
rule, but you  
must learn how  
to ask & how to  
receive.”**

**Gary Zukav**








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A person stands on the edge of a grassy cliff, arms raised in a 'V' shape, looking out over a vast, hazy landscape under a blue sky with wispy clouds. The person is wearing a blue shirt and dark shorts. The background shows rolling hills and a distant horizon.

*“If you think  
adventure is  
dangerous.  
Try routine.  
It’s lethal”*

*Paul Coelho*

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