

Take A Walk Or Hike In Nature

What

Take a walk in nature. Record it on an app (for example [Strava](#)), share it on social media, including the values that it reinforced.

How

Step outside your house and walk or hike where there are no formed roads. It can be in a local or national park, boardwalk, beachfront, sportsground, golf course - as long as you are not walking or hiking near cars or footpaths by roads.

Consider visiting a park that you have never been to before. Treat it as an **adventure** - a value that could be important to you.

Do not make it a race. Ensure you have enough time to stop and **appreciate** the sights and sounds of the plants, trees, and animals. Be **aware** of your surroundings. Try not to use headphones (or loud music) or anything that could distract you.

Observe the plants and their leaves. Look at the texture, colour and make-up of the plants. Find **beauty** in natural designs.

While walking or hiking, try to listen to your breath and observe the **calmness**. Use it to guide your pace.

Challenge yourself to go further. Go out of your comfort zone. Or challenge a friend or relative to go with you. Share the experience.

Ask your neighbours if they want to join you. Or if that does not feel right, connect with like-minded people in your community through your local groups. Is there a hiking or walking group in your area? Are you up to the task of creating one if there isn't? This is a great way to reconnect with your **community**.

When you complete the walk or hike, **reflect** on the **satisfaction** it provided. Acknowledge your achievement. Celebrate - even if it is only with yourself. If the effort of a walk or hike increased your heartrate, then there is a good chance that your fitness and **health** was positively impacted by it. Be **grateful** that you were able to complete it.

When

You can start today but make World Values Day the day for your big achievement. Set a goal for what that day will mean for you. Is it the day, you plan to walk the furthest? Or perhaps it is the day you walk in a different park. Or maybe it is the day you completed 20 walks/hikes since you started.

Treat this day as something special and acknowledge it as such - after all, it is World Values Day.

Why

Depending on where you live and the situation with COVID-19 restrictions, you may not have been able to get out to experience nature as you normally would. Be grateful for the chance to reconnect with nature, to breathe fresh air, to feel the sunshine, to smell the earth/trees/flowers, to listen to the birds and bees.

This is something you can do as an individual or in a group. It can be you and your partner, your children, or an organised community event.

Reconnecting with nature is all about embracing the natural world and appreciating it.

Who

Anyone can walk, hike (or even wheelchair) in nature. You can be young or old. Just plan it. Commit to it and do it.

Effort to create / time to complete

20 minutes to hours

How to promote on the day / month

Take a photo of you in nature or get someone to take a photo of you out in nature.

Post it of your favourite social media platform using the hashtags #WorldValuesDay #ReconnectWithNature

Post your walk or hike on [Strava](#) or similar sharing exercise app with images taken along your walk or hike.

Example Posts

I value #appreciation therefore I go for walks in nature to reconnect, take time out, and smell the roses.
#WorldValuesDay #ReconnectWithNature

During my walk today, I stopped and listened to the birds and saw X animal. Nature helps me reconnect with myself and helps me focus on what is important in life. It gives me #balance. #WorldValuesDay
#ReconnectWithNature

Values Realised

Abundance	Contribution	Joy
Adventure	Curiosity	Legacy
Altruism	Discovery	Making a difference
Appreciation	Diversity	Recreation
Awareness	Enjoyment	Reflection
Balance	Environmental awareness	Resilience
Beauty	Exploration	Satisfaction
Calmness	Gratitude	Self-reliance
Challenge	Harmony	Sharing
Community	Health	Sustainability
Connection		Teamwork
Continuous learning		Thankfulness
		Usefulness

More Resources

[10 reasons to start hiking](#)

[Mindfully Reconnect With Yourself](#)

Events

Event Name	Location	Date
Bay of Islands Walking Weekend	Bay of Islands, New Zealand	15 - 17 October 2021

Adding Events to World Values Day Events and Activities page

If you wish to add your event to the World Values Events and Activities page, please send the following information to info@WorldValuesDay.com:

- Event Title
- Organiser
- Website
- Logo
- Primary contact and email address
- Length of event
- Description of event
- Target audience (organisational/community groups/schools/individuals/other)
- Event platform (Zoom, Instagram, YouTube, in-person, etc)
- Key attendees with brief bios
- Registration link if relevant