

Explore Nature at

Night



Experience the sights, sounds, and excitement of exploring nature at night. Some creatures only come out at night, so this is a great chance of spotting or hearing them.

Tips to stay safe:

- Wear reflective clothing or take a torch to make sure others can see you.
- Even in the summer it can get cold at night so be prepared.
- It is safer to go out with other people, it's more fun too!

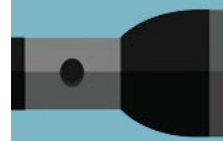
Star Gazing



Star gazing is a great family activity and all you really need is a view of the night sky and your eyes.

The moon is a good starting point, since it is the easiest object to see however on a clear night you can also see countless stars, constellations, and planets.

You can add to the fun by learning about what you can see. There are some great astrological apps like Star Chart, which allow you to hold your phone up to the night sky and find out exactly what you are looking at.



Explore nature by Torch Light

Even your local walk can seem more exciting at night, particularly to children. Take a torch and see what wildlife you can spot. Keep a look out for moths and bats darting about overhead. You might also see or hear crickets, foxes, owls, rabbits, and hedgehogs.



Camp Out

Whether you camp out in your own garden or spend a night at a campsite, sleeping in a tent is one of the best ways to have fun in nature and get closer to night-time wildlife.