













## Adventure Challenge

- **Explore the Chattahoochee River in a** canoe
- Be a trailblazer! Hike all 6 of CNC's trails
- Enjoy a Night Hike under the moon and
- Complete a Nature Exchange Scavenger
- Uncover one of CNC's Geocaches
- Discover the old chimney on Homestead Trail
- Visit the gravesite on Forest Trail...if you
- **Complete the Haunted Quest at Halloween Hikes**
- 9. Complete the Woodland Quest at **Enchanted Woodland Wonders**
- 10. Try "reverse exploring": take a photo of a trail landmark, then challenge someone to find it
- 11. Take the "hidden corners" challenge and visit a spot most people miss

## **Artistic Challenge**

- 12. Unleash your creativity at an art or photography workshop
- 13. Take a selfie at CNC's staircase mural The Flow by Thomas Turner
- 14. Dance the night away at a Sunset Sips concert
- 15. Spend 10 minutes writing in a nature journal at CNC
- 16. Give a gift to your loved ones from the Back to Nature Holiday Market
- 17. Discover fairy houses and gnome homes along the Enchanted Woodland Trail
- 18. Step into a story at the Story Stroll on Beaver Pond Trail











**Speak with CNC's Visitor Services** staff to discover more adventures that will connect you with nature!

- 19. Apply to build your own fairy house or gnome home along the Enchanted Woodland Trail
- 20. Design a nature-inspired bookmark at Butterfly Festival using pressed flowers
- 21. Draw, paint, or capture a photo of your favorite spot at CNC
- 22. Create a leaf rubbing from a leaf you find on the ground

## **Health & Wellness Challenge**

- 23. Use your five senses to recenter at a Forest Bathing program
- 24. Soak in the sounds of the Chattahoochee from the A-Frame on the River Boardwalk Trail
- 25. Give blood at one of our quarterly blood drives with LifeSouth
- 26. Record your best time at the Water **Drop Dash 5K or Possum Trot 10K**
- 27. Get up and get active and volunteer your time
- 28. Spend 10 quiet minutes listening to nature at your favorite CNC spot
- 29. Pack a healthy, zero-waste picnic and enjoy the view from the Green Roof
  - 30. Get your daily 10,000 steps while hiking the trails
- 31. Do a "mindful mile"—walk one full mile slowly and silently, focusing on your breath
- 32. Complete a trail "triathlon": hike, journal for 5 minutes, then meditate for 5 minutes
- 33. Practice outdoor yoga or stretching on the Great Lawn or near Kingfisher Pond















## Flora & Fauna Challenge

- 34. Nurture a plant from one of CNC's Native Plant Sales
- 35. Attend a Creature Feature
- 36. Participate in the Wildlife Baby
  Shower
- 37. Discover the beauty of the Butterfly Encounter
- 38. Learn more about the natural world at Nature Club: Dine & Discover
- 39. Look for birds, tracks, and signs of wildlife along the River Boardwalk Trail
- 40. Spot the Bald Eagle eggs in January
- 41. Count the number of Great Blue Heron nests on CNC's grounds
- 42. Witness the magic of transformation as tadpoles become frogs at the Frog Pond
  - 43. Volunteer for a Habitat Restoration session and help remove invasive plants
    - 44. Visit all seven aviaries along the Wildlife Walk
  - 45. From the river to the sky, discover those animals that call the Chattahoochee home in the Watershed Gallery
- 46. See what's growing each season at the Unity Garden
  - 47. BEE ready to join CNC for the Great Southeast Pollinator Census
- 48. Unleash your inner bird nerd and spot 12 different wild bird species
- \_\_\_ 49. Learn about our busy little pollinators at the Bee Motel
  - 50. Learn to identify 5 new plants in CNC's gardens