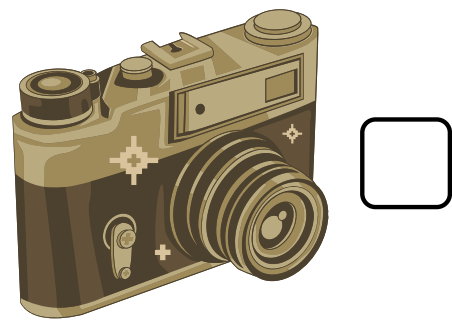


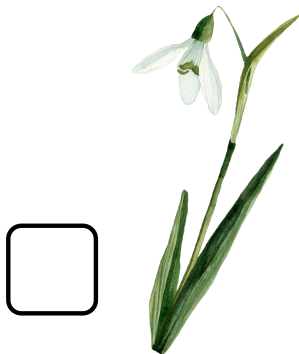
# January



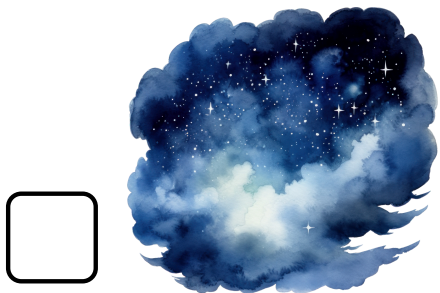
Take some long-shadow photographs



Light some LED candles and turn off the lights



Spot a snowdrop



Spend an evening star gazing



**Tamar Valley**  
National  
Landscape



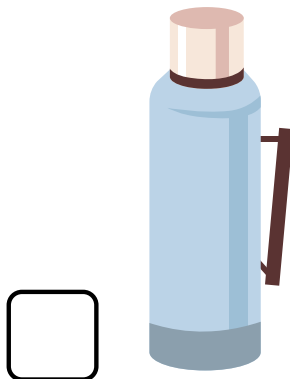
Take a wintery walk through the woods



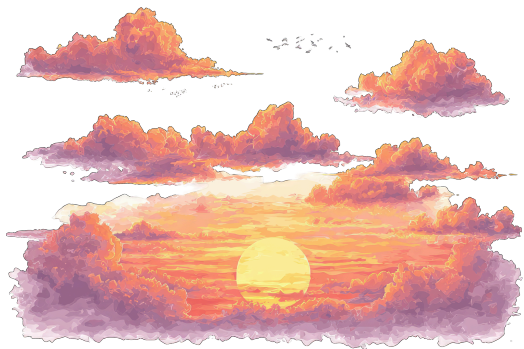
Listen to an episode of our Nature Connects podcast



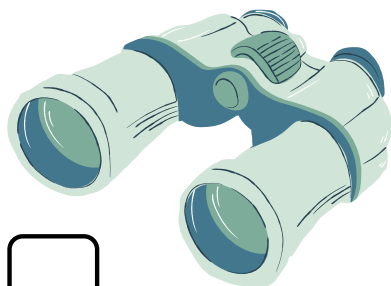
Read a book with a hot water bottle



Enjoy a hot drink outdoors



Watch the sunrise in your pyjamas



Spot January nature



Feed the birds



Make some soup from seasonal vegetables



Wrap up warm for a winter walk



Embrace your inner child. Pop some wellies on and splash in a puddle