

ARE YOU READY TO GO WILD?

ADVENTURES AREN'T THINGS THAT HAPPEN TO OTHER PEOPLE, THEY ARE JUST YOUR STORIES IN WAITING.

I want you to get out there and find them. Going wild doesn't have to mean visiting remote or faraway places. You can find adventures everywhere: from your back garden to your local park and at the nearest river or beach. In each chapter of my book, I've given you ideas for different wild or extremely wild adventures and where to find them. There are also stories about real-life wild girls whose amazing feats push me to take on new challenges. I hope they inspire you too.

Have fun, stay safe and unleash your inner wild girl!

Helen Skelton



TOP 5 WILD ADVENTURES



How many of these adventures have you tried before? Why not tick off the ones you have done and try out the ones you haven't?

1 ROCK CLIMBING

The most popular type of climbing is sport climbing, where you are attached by a rope to the rock face and also to your partner, or belayer, on the ground. Try your skills on an indoor wall first.



2 ICE SKATING

A fun way to experience ice for the first time. Lots of towns and cities have ice-skating rinks. Don't forget to wear clothes that are easy to move in and cover your body. Also take gloves and warm socks.

3 GO CAMPING

There is something so invigorating about sleeping under canvas after a day out and about in the fresh air. With your family, decide on a campsite and pitch your tent. If the campsite allows it, ask an adult to help you make a campfire.



4 SURFING

Learn to catch waves on a surfboard. It takes strength, balance and practice to be able to stand up and stay upright, but it is totally worth it for how cool you will feel.

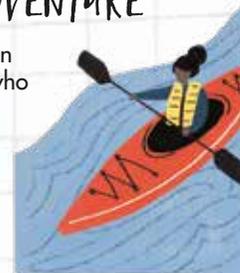
5 BEACH CAMPFIRE

Not all beaches allow campfires, but if you have permission from the landowner, there's nothing better than chilling by a small fire next to the water. Ask an adult to help you build and light the fire.

TOP 5 EXTREMELY WILD ADVENTURES

1 KAYAK OR CANOE ADVENTURE

You can have an incredible adventure in a canoe or a kayak. Go with a guide who can show you secret spots or amazing wildlife on rivers, lakes or the sea - I saw whales in Canada.



2 FORAGE FOR YOUR DINNER

Finding food in the wild for free is known as foraging. With all foraging you must have a trained adult with you who knows what to look for. The first rule is that you must never eat a wild plant or mushroom unless you are absolutely certain what it is.

3 SEE A DESERT SUNRISE

Camping overnight in a desert is an amazing experience: the big open skies and lack of light pollution makes stargazing sensational. Make sure you wake up at sunrise, or time your visit to be then.

4 GO ON A FOOD ADVENTURE

When it comes to a food adventure, you have to abandon any idea of what you like and what you don't like. If you're somewhere new, the chances are you will never have tried what you're about to be offered. That can be a bit scary, but try to put your feelings aside and go for the new experience.



5 STAND UP PADDLE BOARDING

Stand-up paddle boarding (SUP) is a bit like surfing, but the board is much bigger and you stand up on it, using a paddle to propel the board through the water. There are hundreds of places across the world where you can hire a board.

THE INCREDIBLE OUTDOOR ADVENTURE QUIZ

Have you ever wondered what it's like to cycle to the South Pole? Or kayak 2,000 miles down the Amazon? Get inspired by Helen Skelton's incredible adventures in *Wild Girl*, and discover if you have what it takes to go wild! Answer the questions as best you can, and give yourself a point for every correct answer once you've finished.

1 You're biking across the Arctic and need some high-energy snacks to keep you going. Which do you choose?

- A. Chocolate bars B. Fruit and berries C. Salad leaves

2 You've got enough room on your equipment sledge for two more items. Which two do you bring?

- A. Fingerless gloves and a cap
B. Moisturiser and shampoo
C. Suncream and sunglasses

3 You're in the Namib desert now, taking part in a 24 hour marathon! What's the highest temperature you should expect to face during your challenge?

- A. 50°C B. 72°C C. 25°C

4 You need a good source of light whilst running in the darkness. Which of the below is the best option?

- A. A solar-powered torch
B. A wind-up torch
C. A battery-powered head torch



5 You're off to the Amazon river now for a 2,000 mile kayaking adventure but in which country does your journey begin?



- A. Mexico
B. Argentina
C. Peru

6 It's a long journey so you'll be sleeping in the rainforest. What's your best option?

- A. An air bed B. A hammock C. A thick blanket

1-2 You've got a little way to go but keep moving forwards, embrace the fear, find the positive in every situation and see how far you get.

3-4 You're well on your way to being a Wild Adventurer so keep at it! It really doesn't matter if you fail or fall, because as someone once said, you might fly instead.

5-6 You were born ready for adventure! Believe in yourself and be proud of what you achieve.

WHERE WILL YOUR NEXT ADVENTURE TAKE YOU?

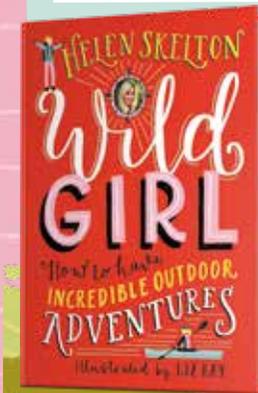
YOU!

DRAW YOURSELF HERE

ANSWERS
1. A) Chocolate bars - they're high in energy which you'd need to keep warm and the most convenient option to carry and eat. 2. C) Suncream and sunglasses - it may be cold in Antarctica, but lots of the sun's rays are reflected back at you from the snow on the ground. 3. A) 50°C - the Namib desert reach highs of 50°C during the day and 0°C at night! 4. C) A battery-powered head torch - with fresh batteries it's the most reliable and convenient option. You also wouldn't need to waste your own energy-powered torch! 5. C) Peru - the Amazon river starts in Peru and ends when it meets the sea off the Brazilian coast. 6. B) A hammock - these are a great option because they keep you off the ground and out of reach of anything that might nibble on you.

WIN

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PLUS a Go Ape family pass and a copy of *Wild Girl*

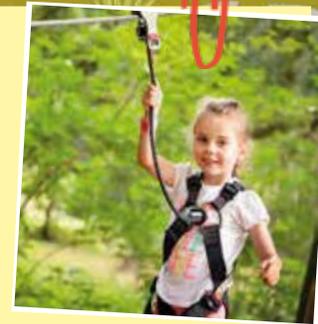


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