



# 21 Things to Do in the Crane Valley During Your Lunch Break

LET'S GO  
OUTSIDE AND  
LEARN



# Let's Go Outside & Learn

Let's Go Outside and Learn is a Community Interest Company set up in 2015. We work in the London Boroughs of Richmond and Hounslow. We also work in the River Crane Catchment to encourage community stewardship in the river corridor.



[www.lgoal.org](http://www.lgoal.org)



## The Crane Valley

The Crane Valley covers 125 square kilometres over 5 boroughs. There are 5 rivers (as well as other tributaries) with 60km of river corridors and over 2000 hectares of parks and green spaces, hence plenty of places to go and explore.



# The Crane Valley Partnership



The Crane Valley Partnership (CVP) represents a collaboration among charities, community groups, borough councils, private businesses, and government agencies within the River Crane catchment area.

Its primary aim is to restore one of London's most natural river systems, preserve surrounding habitats, and improve public access for nearby communities to enjoy nature.

[www.cranevalley.org.uk](http://www.cranevalley.org.uk)



## 21 Things to Do in the Crane Valley During Your Lunch Break

We have created “*21 Things To Do In The Crane Valley*” as an interactive way for you to enjoy the restorative effect of nature, after having spent many hours at work. Each activity can be done individually or alongside any of your work colleagues.

**We have included links to helpful guides, websites and ideas to kick start your activities. Scan the QR codes you will find at the bottom of each section or go to [www.lgoal.org](http://www.lgoal.org) and click “21 Things to Do in the Crane Valley” on the Menu bar.**



## HEALTH & EXERCISE

1. Go on a nature walk
2. Try cycling
3. Find a peaceful place to enjoy your lunch
4. Take part in Tai-Chi or Yoga in the park
5. Have a go at Geocaching

## FRIENDSHIPS

6. Take a picnic to enjoy with your colleagues
7. Share a favourite spot in nature with a colleague
8. Take photos and share it with us
9. Greet people in the park



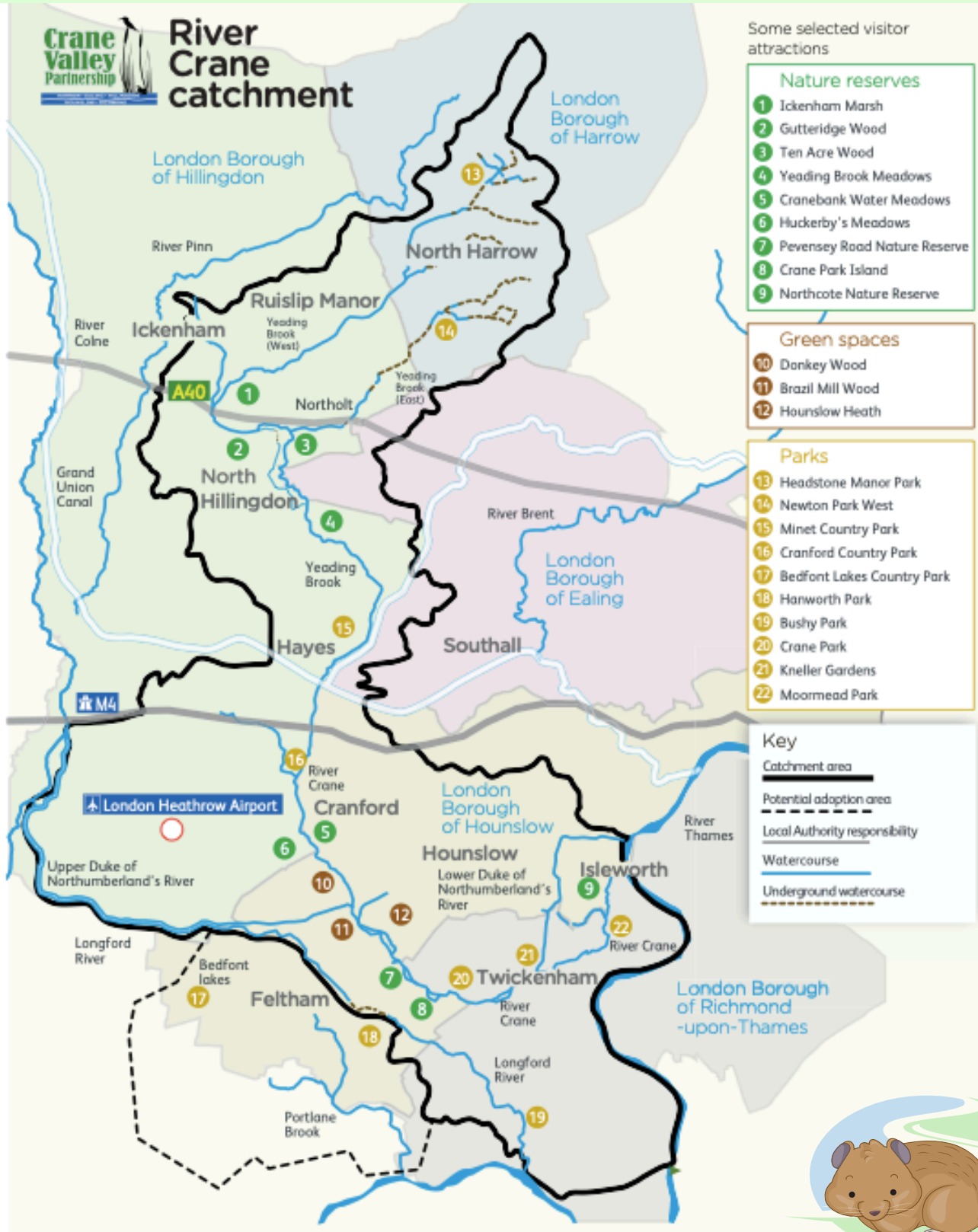
## LEARN

10. Try bird watching
11. Identify plants & insects
12. Collect natural items and sketch them
13. Document all the sounds you can hear
14. Observe the colours, patterns and textures of nature

## RELAX

15. Read a book
16. Listen to an audio book
17. Write a letter or journal
18. Meditate and practice mindfulness
19. Practice the art of Japanese Forest Bathing
20. Watch the clouds
21. Breathe & Relax

# The Crane Valley



LET'S GO OUTSIDE AND LEARN



# Health & Exercise



**1. Go on a nature walk:** Immerse yourself in the natural world by taking a leisurely nature walk. As you stroll through parks, woodlands, or along riversides, take time to observe the flora and fauna around you. This gentle activity is not only a great way to get some exercise but also to clear your mind and reduce stress. Whether alone or with colleagues, a nature walk offers a refreshing escape from daily routines.

**2. Try cycling:** Discover the joys of cycling through nature trails and park paths. Cycling is an excellent way to cover more ground, enjoy varied scenery, and get a vigorous workout. Cycle to work and go for a ride during your lunch break in one of the green spaces along the River Crane and experience the thrill of the ride while soaking in the beauty around you.



**For a wealth of walking trails and cycling routes, or to share your pics, scan the QR code or go to [www.lgoal.org](http://www.lgoal.org) and click "21 Things to Do in the Crane Valley" on the Menu bar and then "Health & Exercise".**



# Health & Exercise

**3. Find a peaceful place to enjoy your lunch:** Take a break from your hectic schedule by finding a tranquil spot in nature to enjoy your lunch. Whether it's a quiet bench by a pond, a shaded area under a tree, or a scenic overlook, eating amidst natural surroundings can make your meal more enjoyable and relaxing.

**4. Take part in Tai-Chi or Yoga in the park:** These gentle exercises help reduce stress, improve flexibility, and bring a sense of peace, all while you breathe in the fresh air and soak up the beauty of nature. Discover local sessions and join a community of like-minded individuals seeking harmony and health in the great outdoors.



**5. Have a go at Geocaching:** If you enjoy treasure hunting, consider trying Geocaching, a GPS-based outdoor activity that involves finding hidden containers.

**To find Yoga and Tai Chi classes or all you need to start Geocaching scan the QR code below or go to [www.lgoal.org](http://www.lgoal.org) and click "21 Things to Do in the Crane Valley" on the Menu bar and then "Health & Exercise".**



# Friendship

**6. Take a picnic to enjoy with your colleagues:** Strengthen bonds and boost morale by organizing a picnic with your colleagues in a nearby park. Bring a variety of dishes, blankets, and perhaps some games to make it a memorable and fun-filled day.

**7. Share a favourite spot in nature with a colleague:** Sharing your special places allows you to create new memories together while introducing them to the beauty and tranquility that you cherish.

**8. Take photos and share with us:** Capture the stunning sights of nature with your camera and share your photos with us. It's a great way to stay connected and share your love of nature.



**9. Greet people in the park:** Make your visits to the park even more enjoyable by greeting fellow park-goers with a friendly smile or a simple "hello." This small gesture can brighten someone's day and create a sense of community and warmth.

**For picnic ideas or to share your pics scan the QR code below or go to [www.lgoal.org](http://www.lgoal.org) and click "21 Things to Do in the Crane Valley" on the Menu bar and then "Friendship".**





# Learn



**10. Try bird watching:** Enjoy the beauty and diversity of bird species by taking up bird watching. Grab a pair of binoculars and head to a local park or nature reserve. This activity sharpens your observational skills and deepens your appreciation for wildlife.

**11. Identify plants & insects:** Use a field guide or a mobile app to learn about the flora and fauna around you. This activity turns every walk into a fascinating exploration of the natural world.



**12. Document all the sounds you can hear:** Increase your awareness of nature by documenting all the sounds you hear. From birdsong to rustling leaves, noting these sounds can enhance your mindfulness and connection to the environment.

**13. Collect natural items and sketch them:** Tap into your creativity by collecting natural items like leaves, stones, or shells and sketching them. This practice not only hones your artistic skills but also helps you notice and appreciate the intricate details of nature.

**14. Observe the colours, patterns and textures of nature:** Take time to observe the colours, patterns, and textures of nature around you. Notice the vibrant hues of flowers, the unique patterns on leaves, and the textures of tree bark. This activity deepens your appreciation for the complexity and beauty of the natural world.

**To find a wealth of tools to support you in all these activities scan the QR code below or go to [www.lgoal.org](http://www.lgoal.org) and click "21 Things to Do in the Crane Valley" on the Menu bar and then "Learn".**

# Relax

**15. Read a book:** Escape into a different world by reading a book surrounded by nature.

**16. Listen to an audio book:** Find a comfortable spot under a tree or by a stream, and let the peaceful environment enhance your listening experience.

**17. Meditate and practice mindfulness:** Focus on your breath, the sounds around you, and the sensations you feel, allowing yourself to fully immerse in the present moment. This practice can significantly reduce stress and increase your overall sense of well-being, helping you feel more centered and connected to the world around you.



**18. Write a letter or journal:** Capture your thoughts and experiences by writing a letter or journaling in a serene natural setting. The calm and beauty of nature can inspire creativity and reflection, making your writing more profound. Whether you're documenting your day, exploring your feelings, or composing a letter to a friend, the natural surroundings can enhance your introspection and expression.



# Relax

**19. Practice the art of Japanese Forest Bathing:** Engage in Shinrin-yoku, or Japanese Forest Bathing, by taking a slow, mindful walk through a park or wooded area. Focus on your senses—sight, sound, smell, and touch—as you immerse yourself in the natural environment.

**20. Watch the clouds:** This simple activity can be deeply relaxing and meditative, allowing your mind to wander and your body to unwind. Let your imagination run free as you observe the shapes and movements of the clouds, finding joy and peace in this gentle pastime.



**21. Breathe and Relax:** Sometimes, the best thing you can do in nature is simply sit quietly, breathe deeply, and soak in the natural beauty.

**To find guided meditations, journaling tools or book recommendations scan the QR code below or go to [www.lgoal.org](http://www.lgoal.org) and click “21 Things to Do in the Crane Valley” on the Menu bar and then “Relax”.**





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For more information please visit:

[www.lgoal.org](http://www.lgoal.org)

➔ **River Crane Smarter Water Catchment**

Feel free to send over any photos, thoughts, recommendations, comments and experiences at:

[business@lgoal.org.uk](mailto:business@lgoal.org.uk)



For more information on the restoration of the River Crane Valley and more engagement opportunities please visit:

[www.cranevalley.org.uk](http://www.cranevalley.org.uk)



Or go to the Crane Valley Partnership **Social Media** accounts:

Instagram: [@cranevalleypartnership](https://www.instagram.com/cranevalleypartnership)

Tik tok: [@cranevalleypartnership](https://www.tiktok.com/@cranevalleypartnership)

LinkedIn: [crane-valley-partnership-for-businesses](https://www.linkedin.com/company/crane-valley-partnership-for-businesses)

YouTube channel: [Crane Valley Partnership](https://www.youtube.com/channel/UCr...)

X: [@CVP\\_CraneValley](https://twitter.com/CVP_CraneValley)



Help us improve the facilities in the parks and green spaces in your area by taking our **survey** using the QR code here on the side: ➔

