



WILDERNESS

Ready Set Go!

May is Wilderness Move Month and Wilderness is challenging you!

[#wildernessmovemonth](https://www.instagram.com/wildernessmovemonth)

TEAM CHALLENGE

- Gather your team and split into groups of 4.
- Find a baton for each group. The more imaginative the race the better.
- The baton must be passed from one runner to the other whilst each runner completes the required distance for each of their turn. Your team sets the distance.
- Get creative. The winners will not only be judged on performance but on the type of relay race they put together.
- Teams must film their races to enter.
- WIN – First and Runner-up prizes will be awarded to the top teams.

INDIVIDUAL CHALLENGE

- Set yourself a physical challenge for 20 consecutive days in May.
- There are no limits – the challenge can be big or small, as long as you push yourself.
- Send us the dates you committed to your challenge, along with pictures and videos.
- WIN – First, second and third prizes will be awarded to the top individuals.

HOW TO ENTER?

Submit your entry before: 31 May 2024

Send your name, details of your challenge, photos and videos to InternalComms@wildernessdestinations.com