



CHRISTMAS

Nature & Walks

COMPANION



SEASONAL INSPIRATION, GENTLE WALKS
& SIMPLE WAYS TO NOTICE THE
BEAUTY OF NATURE DURING
THE CHRISTMAS SEASON



OUR LITTLE HOUSE



in the 'Country

Welcome
TO YOUR
Christmas Nature & Walks
Companion

There is a quiet kind of magic in the world at Christmas time. The air feels different, the light is softer, and nature slows down with us.

One of my favourite ways to savour the season is by stepping outside. Wrapping up warm, walking at a gentler pace and noticing the beauty that is all around us – from frost on the hedgerows to robins in the trees and the familiar comfort of our own little country lanes.

This companion is here to inspire you to make time for those small moments outdoors. To breathe deeply, notice the details and create memories that stay with you long after the decorations are packed away.

Use these pages on your own, with family or friends, as part of your everyday walk or as part of your Christmas traditions.

I hope they encourage you to slow down, look up, look around and find joy in the simple beauty of nature this Christmas.



Wishing you peaceful walks and a heart full of wonder.

With love,

Ciara

OUR LITTLE HOUSE
IN THE COUNTRY



May your days be
filled with crisp air,
quiet moments and
the beauty of the
season all around you.





CHRISTMAS Nature Walk



THINGS TO NOTICE



Slow down, take a deep breath and enjoy the simple beauty that surrounds you. Use this page as a gentle guide to help you notice the little things that make winter walks so magical.



WINTER BERRIES

- ☐ Holly, rose hips, ivy berries, hawthorn and others



EVERGREEN BEAUTY

- ☐ Pine, spruce, fir, holly, ivy and other evergreens



FROST & ICE

- ☐ Frost on leaves, icy puddles, frozen patterns and sparkles



WINTER WILDLIFE

- ☐ Robins, wrens, blackbirds, squirrels, rabbits and more



ANIMAL TRACKS

- ☐ Footprints in the mud, snow or frost



TREES & BRANCHES

- ☐ Shapes, textures, buds and interesting bark



WINTER SKIES

- ☐ Colours, clouds, light and changing moods



SOUNDS OF WINTER

- ☐ Birdsong, the wind, crunching leaves, silence



SIGNS OF THE SEASON

- ☐ Pinecones, acorns, moss, lichen and fallen leaves

♥
*Every walk is different.
Every moment is a gift.*





TODAY'S *Winter Walk*

A LITTLE TIME OUTDOORS. A MOMENT TO NOTICE.
A MEMORY IN THE MAKING.



WHERE DID I GO?



WHO WAS WITH ME?



HOW DID THE AIR FEEL?



WHAT MADE ME SMILE?



SOMETHING I NOTICED



SOMETHING I'LL REMEMBER





A WINTER Worth Remembering



Collect little moments from your winter walks and the places
that capture your heart. Memories to look back on
and places you'll want to visit again.



FAVOURITE PHOTOS



A place for your favourite moments captured
on your winter walks.

LITTLE MEMORIES



Tiny moments that made your walk
special and stayed with you.



PLACES TO REVISIT



Beautiful places you'll want to return to
again and again.

♥	
♥	
♥	
♥	
♥	
♥	
♥	





WINTER Wildlife



WHO SHARED TODAY'S WALK WITH YOU?

Take a moment to notice the animals and birds you see
or hear on your winter walks.

☐ ROBIN



☐ BLACKBIRD



☐ WREN



☐ SQUIRREL



☐ RABBIT / HARE



☐ FOX



☐ DEER



☐ WOODPECKER



☐ OTHER BIRDS



 OTHER VISITORS 

Use this space to note any other wildlife you spotted
or heard on your walk today.





LITTLE THINGS *I Noticed Today*

The beauty of a winter walk is often found
in the smallest details.

Use this page to capture the little things
that caught your eye and stayed with you.



A BEAUTIFUL DOORWAY

What details caught
your eye?



SMOKE CURLING FROM A CHIMNEY

How did it look?
How did it feel?



THE WAY THE LIGHT FELL

Where did you
notice the light?



SOMETHING THAT MADE ME STOP

What made you pause
and take a closer look?



SOMETHING THAT REMINDS ME OF CHRISTMAS

What brought a little
Christmas magic to
your walk?



A SOUND THAT STAYED WITH ME

What did you hear?



SOMETHING BEAUTIFUL IN NATURE

What did you notice
that filled you with
wonder?



SOMETHING THAT MADE ME FEEL GRATEFUL

What are you
thankful for today?



SOMETHING I'LL REMEMBER

A moment you'll
carry with you.



ANYTHING ELSE

Any other little things that made your walk special today.



The little things aren't little at all.
They are the heart of the season.



WINTER & CHRISTMAS

Photography Challenge

Look for the beauty in the everyday and capture the little moments that tell the story of your season.

How many can you find?

FROST on a leaf 	A WINTRY doorway 	SMOKE from a chimney 	BERRIES in the wild 	BARE TREES against the sky 
A ROBIN or other bird 	SNOW on something 	WARM LIGHT in a window 	FOOTPRINTS in the snow 	A WINTER sunset 
EVERGREEN beauty 	SOMETHING that sparkles 	FREE SPACE 	A FESTIVE detail 	ANIMAL tracks 
A PEACEFUL path or trail 	PINECONES or seedpods 	A CHRISTMAS decoration 	A HOT DRINK on the go 	SOMETHING red 
A FROSTY morning scene 	YOUR faithful friend 	A VILLAGE or town view 	ICICLES or frost patterns 	TWINKLING lights 

Don't forget to take the photos that mean the most to you.
The best moments are the ones that can't be planned.

