

#harbour100 challenge your challenge your way!



Chichester
Harbour
Conservancy

#harbour100 challenge welcome



1

Set yourself a target of aiming for a hundred things of your own choice, based within the boundary of Chichester Harbour Area of Outstanding Natural Beauty (see map at the end of the pack). You set your own time scale. It can be as long or as short as you want! Here are some ideas of challenges you could set:

- 100 different **harbour birds** (both seen or heard)
- 100 miles of **walking**
- 100 new **photographs**
- 100 different **wildflowers**
- 100 **hours of different activities**, such as walking, cycling, kayaking, a trip on the solar boat
- 100 hours of **creative artwork** such as watercolours, drawing, mixed media
- 100 **local pints and coffees** in all the hostelrys and cafes
- 100 items of **historical interest**
- 100 different **tiny things** as a treasure hunt for families
- 100 **anything** and you set your own creative goal!

The spirit of **#harbour100** is to **challenge yourself** yet be **achievable**.

2

Complete the **challenge registration** form and send it to the Harbour Office, Itchenor.

3

Start your challenge. Make sure you keep your **achievement record** up to date. Treat yourself to the **#harbour100 rewards** as you achieve milestones. **Get a stamp** from these locations when you visit them.

4

Keep using the **#harbour100** on **social media**. Share your achievements on Twitter and Facebook.



5

When you finish - complete your **claim form** and survey sheet and send them into the Harbour Office. You will then receive a pin badge to wear with pride to prove you have completed your personal **#harbour100** challenge!

#harbour100 challenge achievement chart



Your Challenge:

Start Date:

1	2	3	4	5	6	7	8	9	10
Register your challenge									
11	12	13	14	15	16	17	18	19	20
				keep going!					
21	22	23	24	25	26	27	28	29	30
Tweet your challenge									Reward 1
31	32	33	34	35	36	37	38	39	40
				Nearly at 2nd reward					
41	42	43	44	45	46	47	48	49	50
Post a photo to Facebook									Reward 2
51	52	53	54	55	56	57	58	59	60
				Over half way!					
61	62	63	64	65	66	67	68	69	70
Tweet your news									Reward 3
71	72	73	74	75	76	77	78	79	80
				75% done					
81	82	83	84	85	86	87	88	89	90
Post a photo to Facebook									
91	92	93	94	95	96	97	98	99	100
				Nearly there					Well Done!

Don't forget to claim your rewards!



#harbour100 challenge treat yourself with these rewards



Reward 1

2 hot drinks for the price of 1
Visit the **Quarterdeck Cafe** at Itchenor Boatyard to claim your first reward.
www.facebook.com/quarterdeckcafe/

Ask staff to stamp, date and sign here:



Reward 2

2 hot drinks for the price of 1
Visit the tea rooms at **Northney Farm** to claim your second reward.
www.northney.farm

Ask staff to stamp, date and sign here:



Reward 3

50% off a coffee or a free coffee with any sandwich/main meal purchase
Visit the **Berkeley Arms** at Bosham to claim your third reward.
www.berkeley-arms-bosham.co.uk

Ask staff to stamp, date and sign here:

#harbour100 challenge your challenge your registration



Full name:

(if you are a family or group taking up the challenge please list all names)

Your age group/s (circle): >10 | 11-20 | 21-30 | 31-50 | 51-70 | 70+

Address:

Email address:

My #harbour100 challenge is:

When do you aim to complete your challenge?

Will you be tweeting #harbour100? Yes / No

If yes please state your Twitter name: @

What are your three main hobbies:

- 1.
- 2.
- 3.

How well do you know Chichester Harbour? (tick box)

- I know it really well
- I know some of it
- I am new to Chichester Harbour

Are you happy for us to mention your name and challenge in our news releases? Yes / No

Sign:

Date:

Please send this form to Judi Darley, Chichester Harbour Conservancy, Harbour Office, Itchenor PO20 7AW or email the details to: judi@conservancy.co.uk

#harbour100 challenge your challenge your success!



I am pleased to announce that I have reached my personal challenge for #harbour100 and claim my pin badge

Full name:

What is your favourite part of Chichester Harbour?

Address:

What is your favourite activity?

Email address:

Did you share information on social media about #harbour100?
Yes / No

My #harbour100 challenge was:

Are you planning to undertake another #harbour100 challenge?
Yes / No

I started on (date):

Would you be happy to talk to us about your #harbour100 experience?
Yes / No

What was the best bit of your challenge?

Would you like to receive our regular email newsletters 'What's On' and 'Harbour CHIRP'?
Already registered / Yes / No

Were there any particular challenges you had to overcome?

Sign:

Did you learn anything new?

Date:

Please send this form to Judi Darley, Chichester Harbour Conservancy, Harbour Office, Itchenor PO20 7AW or email the details to:
judi@conservancy.co.uk

#harbour100 challenge the AONB map

Chichester Harbour AONB

#harbour100

The area within the green boundary is Chichester Harbour Area of Outstanding Natural Beauty. Your challenge can take place anywhere within this area.



Map produced by Chichester Harbour Conservancy 2013.

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