Autumn Cestoteka

An autumn adventure for little travellers



Welcome to Autumn!

Autumn is here!
The days are getting shorter, the air is cooler and the world outside is beginning to change.
You don't have to travel far to find an adventure.
A park, a wood, a garden or even a walk near home can be full of things to discover.
Put on your wellies, zip up your coat and keep your eyes open.
Look, listen and see how many signs of autumn you can find.



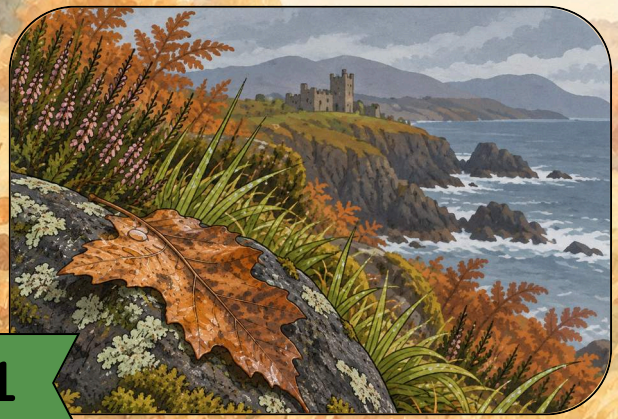


Where Can You Go in Autumn?

You don't have to travel far for an autumn adventure. You can explore a woodland, a park or the countryside – or simply go for a walk near home.

You might visit a castle, walk along the coast or explore a garden or woodland trail. Every place has something different to discover in autumn.





Wherever you go, keep your eyes and ears open. Look for changing leaves, listen to the wind and see what autumn treasures you can find.

What Shall We Pack?

Autumn weather can change quickly. The morning might be chilly, the sun may come out later – and then it might suddenly start to rain.

A warm jumper, waterproof coat and comfy shoes can help keep you warm and dry. And when the ground is wet, wellies are perfect for muddy paths and puddles.



Don't forget your little travel bag. You might want a drink, a snack, tissues, crayons or a favourite toy for the journey.

HAVE A GO: Choose three things to pack: one for rain, one for chilly weather and one just for fun.

Trees Are Changing Colour

In summer, most leaves are green. They contain a green substance called chlorophyll, which helps the tree use sunlight to make food.

In autumn, the days get shorter and there is less sunlight. The tree begins to prepare for winter and the green colour slowly disappears.

The tree begins to prepare for winter and makes less chlorophyll, so the green colour slowly fades.



HAVE A GO: Find three leaves of different colours. Can you find one with two colours?

A Leaf Is Like a Little Map

Look closely at a fallen leaf. A thicker vein runs through the middle and smaller veins spread out towards the edges.

When the leaf is growing on the tree, these veins help move water and food around it. They can look a little like roads and paths on a map.



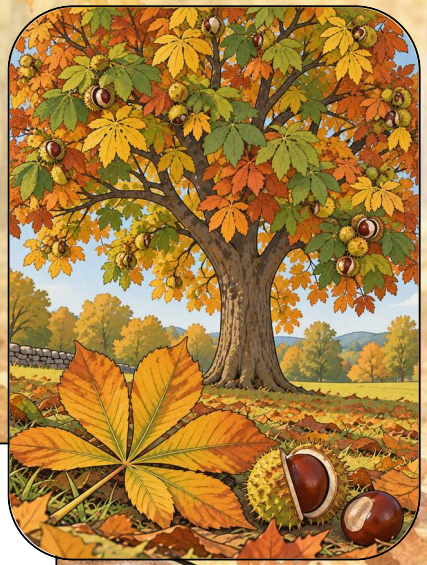
Turn the leaf over and run your finger across it. Can you feel the veins? Now find another leaf. Does its little map look the same?

HAVE A GO: Find two different leaves. Follow their veins with your finger. Are their little maps the same?

Treasures Under the Trees

In autumn, trees drop more than leaves. Look underneath them and you might discover acorns, conkers, nuts or seeds.

Different trees make different seeds. Oak trees grow acorns, while horse chestnut trees grow shiny brown conkers inside green, spiky cases.





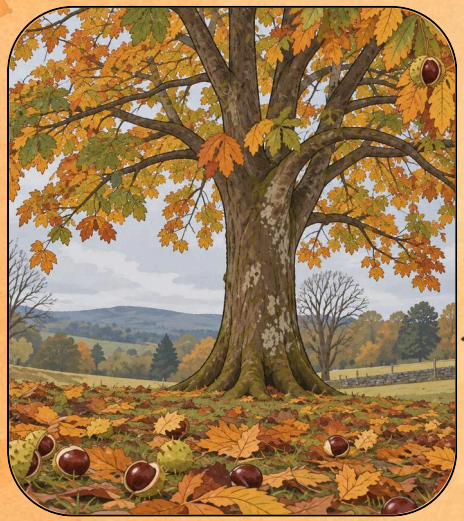
Some seeds even have little wings that help them spin through the air. Look under a few different trees. What treasures can you find?

HAVE A GO: Look under two different trees. What has fallen underneath each one?



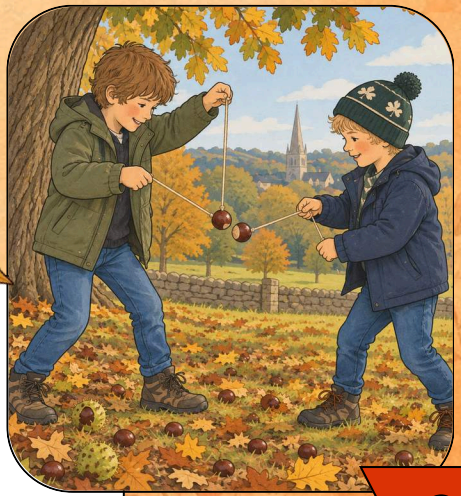
Meet the Conker!

Conkers are a favourite autumn treasure in Ireland. They are the seeds of horse chestnut trees and grow inside thick green cases covered in short spikes.



When a ripe case falls to the ground and opens, a smooth, shiny brown conker is waiting inside. For generations, children have collected them and even used them to play a game called conkers.





Pick one up and look closely. Can you find the pale patch on its side? Conkers may look a little like nuts, but remember – they are not safe to eat.

When the Wind Blows

You can't see the wind, but you can see what it does. It moves branches, bends grass, blows your hair and sends fallen leaves dancing along the ground.

Light things are easier for the wind to move. A dry leaf might whirl high into the air, while a conker or stone will usually stay where it is.

On a windy autumn day, stop and listen. You might hear leaves rustling in the trees or scraping and crunching along the path.





HAVE A GO: Find a fallen leaf. Which way do you think the wind will blow it?

Rain and Puddles



When it rains, drops fall onto roofs, paths, leaves and soil. Some water soaks into the ground, some runs away and some collects in little dips.

That's how puddles appear. Their smooth surface can become a little mirror, reflecting clouds, trees, buildings or even your own wellies.



When another raindrop lands in a puddle, little circles spread across the water. Watch closely – one tiny drop can make lots of ripples.



HAVE A GO: Look into a puddle before you splash. What can you see reflected in it?

When the Morning Turns Misty

Sometimes there are so many tiny drops of water floating in the air near the ground that they make mist or fog.



Things close to you are still easy to see. But the further away they are, the paler and less clear they become. A distant tree or hill can almost disappear.



Look into the mist. What can you see clearly and what is beginning to vanish? Later, when the mist lifts, the hidden world appears again.



HAVE A GO: Find something nearby and something far away. Which is easier to see through the mist?



Fungi Are Popping Up

Autumn is a brilliant time to spot fungi. You might find them on the woodland floor, beside a path, on an old tree stump or growing from fallen wood.

Some have tall stems and wide caps. Others look like tiny umbrellas, shelves, balls or strange fingers. What you see above the ground is often only one part of a much bigger fungus.



Fungi are fascinating to explore, but some can make people poorly. Be a fungi detective with your eyes: look closely, notice their shapes and leave them where they are.





HAVE A GO: Look for two different fungi. Which is taller? Which has the strangest shape?

Animals Getting Ready for Winter



Autumn is a busy time for many animals. Squirrels search for nuts and seeds, while hedgehogs eat plenty of food before the coldest months arrive.

Some animals hide food so they can find it again later. Others look for safe, sheltered places where they can rest when the weather becomes colder.





Keep your eyes open in a garden, park or wood. You might spot a squirrel carrying a nut – or find a feather, footprint or nibbled seed that shows an animal has been there.

HAVE A GO: Look for a clue that an animal has been here – a feather, footprint, hole or nibbled seed.

Birds on the Move

Autumn can be a busy time in the sky. Some birds leave Ireland and fly to warmer places, while others arrive here to spend the winter.





Many birds travel in groups called flocks. Some fly enormous distances to find places where there is more food during the colder months.

Look up and listen too. Can you spot birds travelling together? Are they flying in a line, making a shape or swirling around in one enormous flock?

Treasures in the Hedgerow

In autumn, Ireland's hedgerows can be full of colour. Between the leaves you might spot blackberries, bright red rose hips, hawthorn berries and other fruits.





See how many colours you can find in a hedgerow. Look, but never taste a berry unless your grown-up knows exactly what it is and says it is safe.

These berries and fruits are an important autumn feast for birds and other animals. They give them food as colder weather approaches.



HAVE A GO: How many different colours can you spot in the hedgerow?

SPOT THE DIFFERENCES

Can you find 8 differences between the two pictures?





Harvest Time

Autumn is harvest time. Farmers gather crops that have been growing through the warmer months, and orchards can become full of apples ready to be picked.





People in Ireland have celebrated the harvest for hundreds of years. Today, harvest celebrations are still held in communities around the country to celebrate food and everything that has been grown.





HAVE A GO: Find three foods that grow on a plant or tree. Which one would you like to taste?

Where Did It Grow?

Food doesn't begin in a shop! Apples, pumpkins and other fruits and vegetables grow in different places.

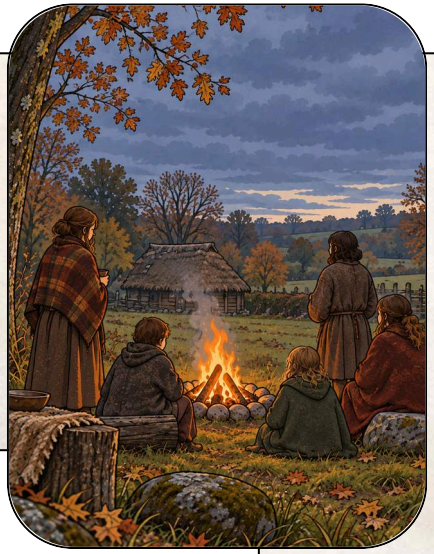
Can you match each food to the place where it grew? Draw a line from each food to the place where it grew.





Halloween Began Long Ago

Halloween has very old roots in Ireland. Long ago, people celebrated a festival called Samhain at this time of year. It marked the beginning of winter.



People gathered together, lit fires and told stories. They believed that this was a mysterious time when the world of people and the world of spirits came very close together.



Today, Halloween looks rather different. Children dress up, houses are decorated and many families go trick-or-treating – but some of these traditions have very old roots.



HAVE A GO: What would you dress up as for Halloween?

Before Pumpkins, There Were Turnips!



Today, we often make Halloween lanterns from pumpkins. But long ago in Ireland, people used something much smaller and harder – turnips!

They hollowed out the middle, carved scary faces into them and put a light inside. These little lanterns could look very spooky glowing in the dark.



Later, Irish people in America began using pumpkins, which were much easier to carve. That's how the big orange Halloween lantern became so popular.

HAVE A GO: Which would you rather carve – a little turnip or a great big pumpkin?

Make Your Own Autumn Drink

Oh no! Some things that don't belong in a drink have got mixed in. Can you spot them? Then choose the ingredients for your autumn drink.





Who's Hiding in the Leaves?



Autumn leaves come in all sorts of shapes. One might look like an ear, another like a wing, a paw or a great big tail.

What if all those leaves belonged to a creature nobody had ever seen before? It could have leaf ears, twiggy legs and an acorn for a nose.

Create your own autumn creature. Give it eyes, ears, legs and a tail – then give your new creature a name.

My Autumn Hunt



Your autumn adventure is all around you. Look carefully – some treasures are easy to spot and others might be hiding between leaves, branches and grass.

FIND:

- 2 snails
- 1 pair of wellies
- cat
- bee
- 5 sheep
- rose hip
- 2 boats
- squirrel
- heather
- 2 birds

What Do You Remember About Autumn?

Autumn is full of colours, sounds, smells and little things to discover.



Can you remember?

- What colour was your favourite leaf?
- What did you find under the trees?
- Did you find a shiny conker?
- Did you see a puddle or mist?
- Which animal did you spot?
- What did autumn smell like?

Draw your favourite autumn memory here.

Your Autumn Adventure Isn't Over

Perhaps you've explored a wood, a park, a garden or somewhere close to home. Perhaps you found a leaf with two colours, a shiny conker or a puddle reflecting the sky. But autumn keeps changing. A tree that is golden today might be almost bare in a few days. The puddle might disappear, mist may arrive and new leaves will tumble onto the path.

So next time you go outside, see what's changed.

Keep looking. Keep listening. Keep asking questions. And most of all – keep exploring!



Autumn Cestoteka - An autumn adventure for little travellers
Text, concept and design: Magda Míčová
Illustrations: Magda Míčová using artificial intelligence tools
Published by: Magda Míčová
Publisher's address: Na Labišti 524, Pardubice, 530 09, Czech Republic
Business ID: 87717611
First edition
Published in 2026
© Magda Míčová, 2026
© Cestoteka, 2026
www.cestoteka.com