

Tally ho, chaps!

A gentlemen's sports day playing hop, skip and a G&T



Jump start your day out

Out there

Fired up

Martin Miller's Gin Flaming Art Festival, Wookey Hole, Somerset
Think that all modern art is rubbish? If you own a piece of "art" that deserves to be burnt, take it along to this flaming art festival. If no one bids to save it in the charity auction, then it will be thrown into the fire.
June 21, £25 per person (includes buffet, barbecue and a cocktail on arrival). 01749 677160

Think you can outrun a horse?
Llanwrtyd Wells,

horse get about a cash prize, after all? June 13, individual £20, horse & rider £30, relay team £55, 01591 610666

Taking the sting out of it

World Stinging Nettle Eating Championship, Marshwood, Dorset

Gorge yourself on as many stinging nettles as you can within an hour as part of this charity festival. No mouth-numbing substances allowed, although washing the nettles down with beer is encouraged.
June 13, free, www.thebottleinn.co.uk



Start your summer of love

The Bulldog salon, Coco de Mer, Kensington, London

Bulldog gin is hosting a cosy love-in in the underwear shop Coco de Mer, guiding you through the history of aphrodisiacs, serving libido-enhancing treats throughout the evening and providing entertainment from the songstress Tricity Vogue.
June 18, free, email bulldog@apr-consultancy.com for tickets

Dine on an airborne banquet
The White Blackbird Banquet, The Olde Bell, Hurley, Berkshire

arrival), <http://thewhiteblackbird.com>, 01628 825881

Dig out your pedal pushers

National bike week

The biggest nationwide cycling event takes place this week, with events all over the UK from bike breakfasts to eco fairs and family rides. Have a look at the website for events in your area and see The Great Outdoors Cycling supplement in today's Times.
Until June 21, free, www.bikeweek.org.uk

Dance the night away

Greenwich Dance Agency, London

Watch the pros in this topsy-turvy dance show at the beautiful Art Deco halls in Greenwich in London, then take part in physical theatre and a silent disco.
Every night until June 20, £12, www.greenwichdance.org.uk

BARE IF YOU DARE

Pedal in the buff

World Naked Bike Ride, all over the UK
Clothing can be so restrictive. Leave your shorts, tops and pants (but not your safety helmets) at home and join in the liberating experience of a naked cycle ride. The police have been warned, streets will be cleared, so go and join this protest against our car-dominated culture.
June 13, www.worldnakedbikeride.org for your nearest ride

Lose that tan line

Naked sunbathing, Hampstead Heath

Get back to nature with a spot of nudist sunbathing on Hampstead Heath. Since the early 1990s, the nudist area has been reduced from the entire Hampstead Ponds area to one overcrowded corner (there is also a topless area for women). Join the battle against prudishness by signing the petition for more space at: www.hampsteadheath.net

Naked gardening

Abbey House Gardens, Malmesbury, Wiltshire

The nudity-loving couple who own Abbey House are again opening their beautiful gardens to the public on a clothing-optional day. According to Barbara Pollard, one of the owners, "Naked gardening puts a smile on people's faces, but you're definitely more aware of a breeze."
July 11, £6.50 for adults, www.abbeyhousegardens.co.uk

BOOK NOW

Celebrate tweed and trouser creases

The Chap Olympiad, London

Don your tweeds, iron your hanky, press your plus-fours into perfect creases and celebrate all things gentlemanly with this gala of athletic ineptitude. Only the most elegant and athletically challenged are invited, so prepare for a jolly game of hop, skip and a G&T, the pipe smokers' relay or perhaps a spot of moustache wrestling?
July 11, £15, book tickets at www.ticketweb.co.uk

Camp out at an open-air cinema

Film 4 Summer Screen, Somerset House, London WC2

The entire façade of Somerset House is being taken over by a giant film screen again this summer, so you can lie back on



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