

walk notts festival

01-31 May

Listen up Notts!

May is National Walking Month, let's get walking and wheeling

To find walking groups or walk ideas near you visit the website www.walknotts.org.uk

Contact info@walknotts.org.uk for support and guidance to get your club or community group walking and wheeling in May

Walking and Wheeling Ideas:

- Step Challenges
- Walk or Wheel to Work
- Heritage Walks
- Nordic Walking
- Litterpicking
- Walk to School Week
19-23 May

• Download apps to help you explore - [Komoot](#) - [Go Jauntly](#) - [GreenSpace NG](#)

BINGO!

How many of these can you do in May?

What can you hear?

Listen to the birds,
cars, trees

Animal Spotting

What animals can you spot?

Find a stick

What is it? A magic wand, a broomstick, a walking stick...?

Puddle Splashing

Go out in the rain and splash in the puddles

Walk or wheel to School / work

What do you see, smell or hear along the way?

Musical

Find a soundtrack to walk to or sing your favorite song outside

Step Challenge

How many steps can you do? - Why not compete with friends?

Colours

What three colours can you see?

Picnic

Walk or wheel to a nearby park or green area and enjoy a snack together

Buggy Walk

Go on a Buggy walk with family, friends or neighbours

Teddy Toddle

Take your favourite toy for a walk or wheel

GeoCache

Download the Geocaching app to find hidden treasure in your area

it's all about wheeling as well as walking, and inclusive to all

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters