

Walk Notts Bingo

How many of these can you do?

Scavenger Hunt

What can you see when you're walking or wheeling around?

Picnic

Walk or wheel to a nearby park or green for a snack

Geocaching

Use a geocaching app to find hidden treasures

Walk or wheel to school

How many steps do you do?

Walk, wheel and chat

with friends or family

Culture Club

Read a book or watch a film and chat about it with friends while walking or wheeling

Night Adventure

Go with a group on an evening walk or wheel

Storytelling

Make up a story based on what you see around you

Walk Notts Stone

Paint a #WalkNotts stone and leave it somewhere for someone to find

Parkour or Fitness

Find safe areas to practise tricks or workout while you walk or wheel

Eco-Walk or Wheel

Pick up and recycle 5 pieces of litter found along your route

What can you see/hear?

What animals or birds can you see/hear?

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

TRAVEL WELL



can help you walk or wheel more with **FREE** activities and training.

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