

walk notts festival

Listen up Nottinghamshire!

May is National Walking Month, and we want to get Notts walking and wheeling.

So, to celebrate all things walking and wheeling - we're holding the first ever Walk Notts Festival.

01-31 May 2025

Nottingham City: All Areas

Nottinghamshire:

All Districts and Boroughs

*The festival is
open to everyone!*

Can your organisation/group help us to promote walking and wheeling across Notts?

Are you already walking/wheeling in May?

Let us know so we can spread the word.

Could you add walking/wheeling to your activities or workplace?

Get in touch if you need support:

info@walknotts.org.uk

www.walknotts.org.uk

WALK notts



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Ideas to get you Walking and Wheeling:

- **Park or Town Trails**
- **Scavenger Hunts**
- **Buggy Walks**
- **Treasure Trails**
- **'Walk to School' week (May 19th to 23rd)**
- **Step Challenges**
- **Map Reading**
- **Podcasting Walks**
- **Art Walks**
- **Nordic Walking**
- **Litterpicking**

Walking and Wheeling can:

- Connect you to your neighbours and local community
- Help you sleep better
- Be good for your mental health
- Give you more energy
- Make you feel good

Contact info@walknotts.org.uk for support and guidance to get your community walking and wheeling. Or check out the resources section on the website

There is a small Enabling Fund to help activate walking and wheeling activities for the Walk Notts Festival in May. If you think you need to access this, please get in touch.

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