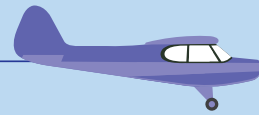


Walk everyday this May

Walk or wheel your way through May with our 31 challenges, and your chance to win!

paths
for all



| | | | |
|--|--|---|---|
| Take a break with a 10-minute walk <input checked="" type="checkbox"/> | Walk with an old friend <input checked="" type="checkbox"/> | Stop and smell the flowers <input checked="" type="checkbox"/> | Walk with someone older than you <input checked="" type="checkbox"/> |
| Walk to a cafe or restaurant <input checked="" type="checkbox"/> | Enjoy an early-bird sunrise walk <input checked="" type="checkbox"/> | Walk along a pond, river, or the sea! <input checked="" type="checkbox"/> | Take a wander through a park <input checked="" type="checkbox"/> |
| Spare time? Enjoy a 30-minute walk <input checked="" type="checkbox"/> | Speak to someone new on your walk <input checked="" type="checkbox"/> | Use a paper map instead of a phone <input checked="" type="checkbox"/> | Enjoy an amble at sunset <input checked="" type="checkbox"/> |
| Explore a new route or path <input checked="" type="checkbox"/> | Walk to your favourite music <input checked="" type="checkbox"/> | Pick up 5 pieces of litter on your walk <input checked="" type="checkbox"/> | Walk to the shops or a market <input checked="" type="checkbox"/> |
| Go for a stroll in the rain <input checked="" type="checkbox"/> | Look for something red <input checked="" type="checkbox"/> | Invite a new friend on a walk <input checked="" type="checkbox"/> | Spot fun shapes in the clouds <input checked="" type="checkbox"/> |
| Walk with someone younger than you <input checked="" type="checkbox"/> | Walk with family (furry or human!) <input checked="" type="checkbox"/> | Listen for birdsong as you walk <input checked="" type="checkbox"/> | Look for the stars on an evening walk <input checked="" type="checkbox"/> |
| Walk around inside for 10 minutes <input checked="" type="checkbox"/> | Look for something yellow <input checked="" type="checkbox"/> | Try to spot 10 birds on a walk <input checked="" type="checkbox"/> | Say hello to passing walkers <input checked="" type="checkbox"/> |
| Look for 5 different plant species <input checked="" type="checkbox"/> | Walk to (or at!) work/school <input checked="" type="checkbox"/> | Take a photo on your walk <input checked="" type="checkbox"/> | |



pathsforall.org.uk
#NationalWalkingMonth

Paths for All Partnership is a registered Scottish charity No. SC025535.

WIN
1 of 10
£100

Blacks
vouchers

For your chance to win visit:
pathsforall.org.uk/win