

BAM Walking Challenge



Walking to school is a great way to be active as part of your family's routine!

Walking to School



Route Ideas

- **Best Route Challenge:** try a different route on your school run each day this week. Which one is quickest, quietest or most scenic?
- **Detour:** Can you make a fun detour on your way home? Walk round a local park or take one of Manchester's many public footpaths.
- **Ride:** Could you scoot or cycle a more interesting way one day?

Make it More Fun



I-Spy: I spy with my little eye, something beginning with...



Alphabet Walk: spot something beginning with each letter of the alphabet e.g. **a**norak, **b**us, **c**at

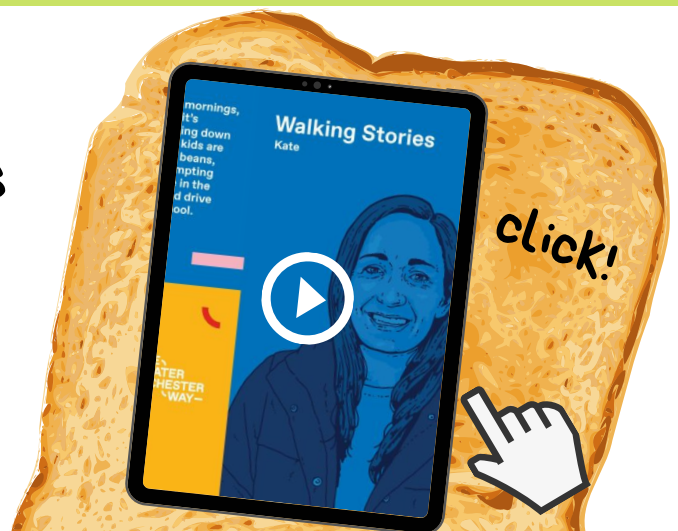


Signs: Learning to drive? Try explaining what the road signs mean - great for older kids!



Race: Find a safe spot for kids to race e.g. to the lamppost and back to you

Click ▶ to watch Manchester mum Kate's school run story



Check out the **BAM Walking Map** below.
We've updated it with **YOUR** favourite walks!

BAM Volunteer Walk
Hulme Park
M15 4ZY

BAM Family Walk
Birchfields Park
M14 5JU

BAM Family Walk
Chadderton Hall Park
OL9 0QB

BAM Family Walk
Brookdale Park
M40 1GJ

● - new walk
● - previous walk

Know a walk that could feature on next month's map? Tell us!
Or send a short video clip of your walk.

Let's
WALK

GM Walking Festival 2020

Click here to sign up for the **Greater Manchester Virtual Walking Festival** and do your bit to walk around the world in **2 weeks!**

