



# GM Walking Festival 2021

**BEGINNER: Short walks for those new to walking**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b> Spend 20 mins outside	<b>2nd</b> Have a brew and <a href="#">a wander</a> with a friend	<b>3rd</b> <b>Picnic in the park with family or friends</b>	<b>4th</b> Take a <a href="#">1000 - 2000 step</a> walk	<b>5th</b> Take a 10-20 minute break outside	<b>6th</b> Stroll to the local shop	<b>7th</b> Try a usual route in the opposite direction
<b>8th</b> Visit a <a href="#">park or woodland</a>	<b>9th</b> Photograph something <b>BLUE</b> Share <a href="#">@GMWalks</a>	<b>10th</b> <a href="#">Notice</a> 3 things you find unusual or pleasant	<b>11th</b> Start <a href="#">your day</a> with some fresh air	<b>12th</b> <a href="#">Walk and talk</a> on the phone	<b>13th</b> Get outside - notice the air, the ground the sounds	<b>14th</b> Wind down walk with your favourite music
<b>15th</b> Have a <a href="#">mooch</a> along a river or canal	<b>16th</b> Photograph something <b>ORANGE</b> Share <a href="#">@GMWalks</a>	<b>17th</b> Walk with a friend, neighbour or colleague	<b>18th</b> <a href="#">Walk</a> to school, to work or before breakfast	<b>19th</b> Take a <a href="#">new route</a> today	<b>20th</b> Get some fresh air in the local <a href="#">park</a>	<b>21st</b> Try a <a href="#">GM Daily Mile</a> (20 minutes or about 2000 steps)
<b>22nd</b> Find a gentle incline to stroll up today	<b>23rd</b> Photograph something <b>RED</b> Share <a href="#">@GMWalks</a>	<b>24th</b> Take a stroll around the block	<b>25th</b> Get outside in your own way	<b>26th</b> Take a <a href="#">10 - 20 minute stroll</a> after work or after tea	<b>27th</b> Move for 5 minutes in a way that makes you feel warmer	<b>28th</b> Take a walk then fill in the GM Walking Festival <a href="#">survey here</a>
<b>29th</b> Plan a family <a href="#">route</a> linking some local landmarks	<b>30th</b> Get outside today! Don't forget to share your walks this month <a href="#">@GMWalks</a>	<b>31st</b> <b>Family Walk - try a new route park or area?</b>	<p>Tick off the days as you get out through the month</p> <p>Keep track of all the walks you do, and you can add your own walking ideas and small challenges</p>			

#GMWalking #GetOutThisMay

[www.gmwalking.co.uk](http://www.gmwalking.co.uk)