

Footpaths or Trails (Non-pavement)

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Summer Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



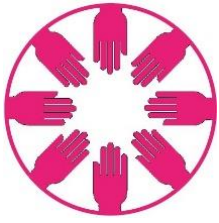
Give back (and care)

- Use [footpaths and trails that are open to the public](#)
- Warn others when you spot dangers (e.g. trip hazards)
- Ensure everyone stays [walking safe](#)
- Keep your group together so no one gets lost
- Get prepared: Wear suitable footwear and take drink
- Follow [The Countryside Code](#)
- Safely collect litter to leave the area cleaner



Take notice of nature

- Listen to the sounds of nature and different [bird song](#)
- Are there flowers or blooms to smell?
- Spot some [bees](#)
- Lay safely on the floor and watch for flying creatures and [fun clouds](#)



Connect with others

- Take photos to remember the day – share with family or friends
- Walk or cycle with friends
- Plan future journeys together
- Create a group [story](#) about the footpath or trail, share with others when you get home.
- Collect appropriate items on your journey to create something on your return or to give to a friend.



Be active in the outdoors

- Where will 400 steps from your door take you? How far should you walk next time?
- Explore lots of areas; Regular walks locally and occasional walks further afield
- Go on a [penny walk](#), [colour Walk](#), [summer scavenger hunt](#), [smelly scavenger hunt](#), or a [tiny treasure hunt](#)
- Explore Norwich's rich history with the [Nooks and Crannies guide](#).
- In a safe open space start walking with your eyes shut. Can you walk in a straight line? What happens?
- Play eye spy as you walk
- Get some of your group to walk a short distance ahead and hide objects for the others to find



Keep learning

- RSPB – how to be a [nature detective](#)
- Identify [summer flowers](#).
- Make use of mobile mapping apps/webpages ([What3Words](#), [GoogleMaps](#), [Ordnance Survey Maps](#)) to find your way, plan your journeys and better understand maps. If going on longer walks or further from home, take a [paper map](#) and learn [proper map use](#)

For further resources please see;

- [Fun walking ideas](#)

- [Norfolk County Council - Trails](#)

Accessible trails;

- [NCC - Access tested walks](#)
- [Active Trails](#)

- [National Trust Accessible Walks](#)
- [Dementia friendly walks](#)

Cycling;

- [Norfolk County Council - Cycle Routes](#)
- If a bike is needed temporarily [Cycle Loan Scheme](#) or [Beryl Bike](#) (Norwich)