

GRAND WALK'S SHORT STROLLS

Get ready for Grand Walk with this very special activity pack!

1.5 kilometre and 5 kilometre walks are both big challenges for little legs. Build up your muscle power and train for Grand Walk by going on these Short Strolls.

You can do these walks wherever you like!

Once you've finished your walk and completed the activity that comes with it, share some photos on your JustGiving or Enthuse page to update your friends and family on the great job you're doing.

If you'd like to share your photos on social media, make sure to tag us
@TheGrandAppeal and **@CotsForTots**.

GRAND WALK

Stroll Through the Flowers

Today, I am doing a 300 metre / 1 kilometre walk.

I am going to do my walk at:

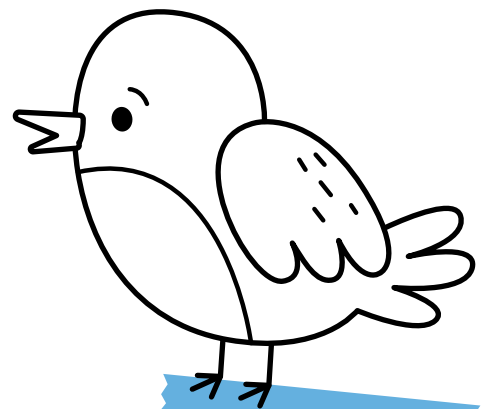
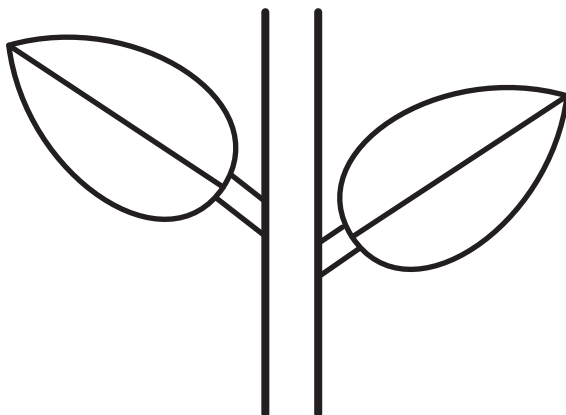
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It's time to start training for your Grand Walk!

Visit a town or city park that has lots of bright, colourful flowers in bloom.

Take a break to sit and draw a picture of your favourite flower on top of the stem below.



**For Bristol walkers:
The Downs is home
to some fabulous
wildflowers.**

Stroll by a River

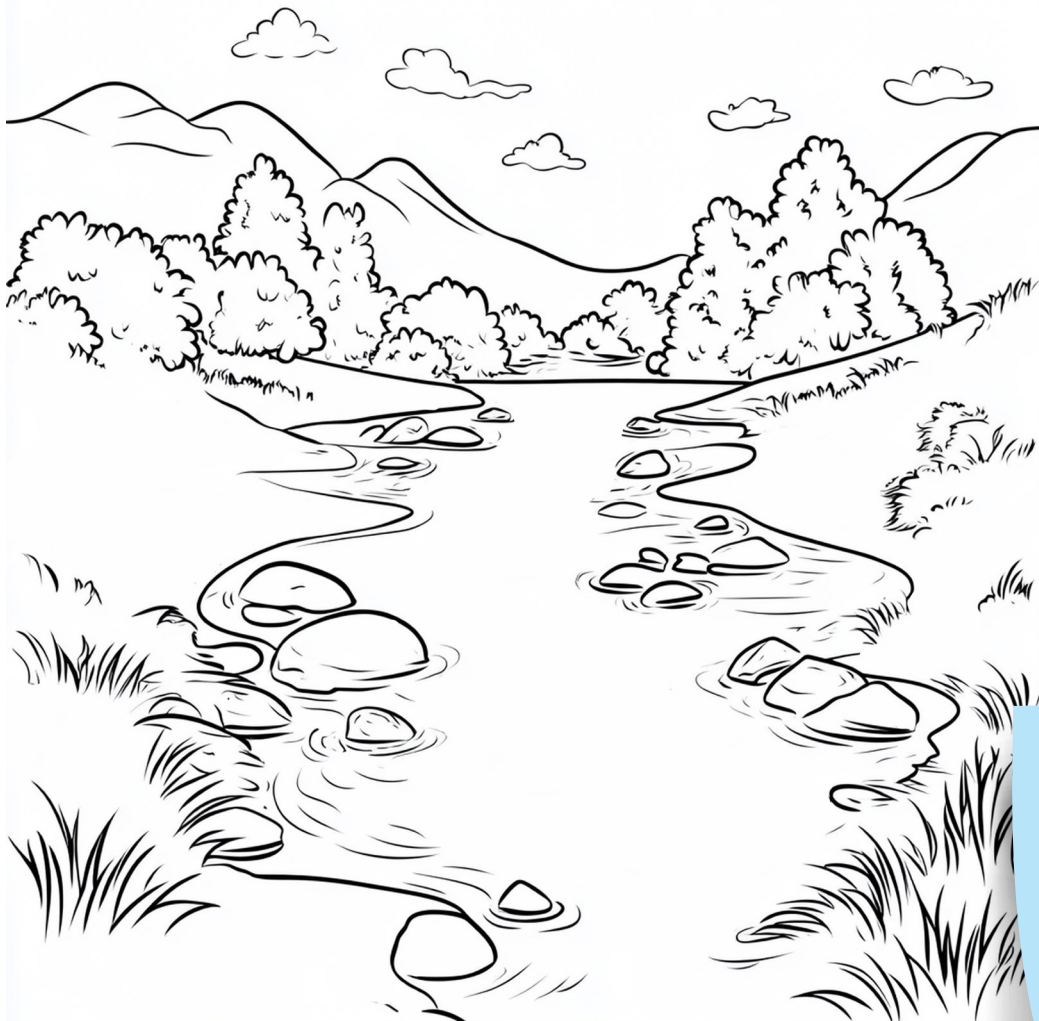
Today, I am doing a 600 metre / 2 kilometre walk.

I am going to do my walk at:

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Go for a walk along the riverside to see some exciting wildlife!

Colour in the scene below so that it looks like the river you visited on your walk.



Is there anything you saw on your walk by the river that isn't in this picture?

.....
.....
.....

For Bristol walkers:

Visit Snuff Mills and Westbury Wildlife Park for a peaceful walk by a winding river.

GRAND WALK

Stroll Under the Trees

Today, I am doing a 900 metre / 3 kilometre walk.

I am going to do my walk at:

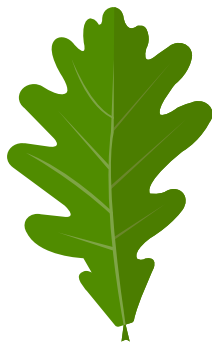
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Plan a shady walk in the woods for a summer's day.

Can you spot any of the common types of British tree leaves listed below?



Sycamore



Oak



Beech



Ash



Yew

Write down any other trees you spotted here:

.....
.....
.....
.....

For Bristol walkers:

There are trees in Leigh Woods that are 400-500 years old!

GRAND WALK

Stroll to the Top of a Hill



Today, I am doing a 1.2 kilometre / 4 kilometre walk.

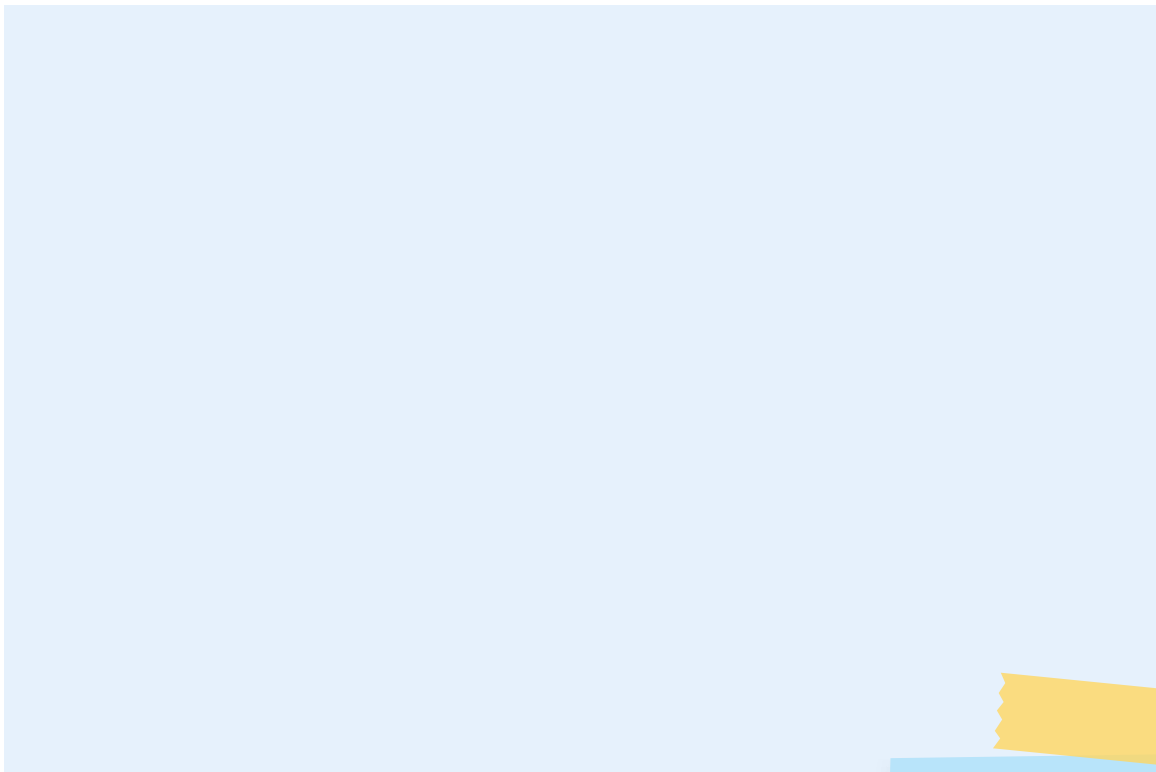
I am going to do my walk at:

.....



For your next challenge, it's time to climb a hill!
At the top of the hill, you'll see a beautiful view of your town or city.

Take a photo of the view and stick it below, or draw a picture of the view in the space provided.

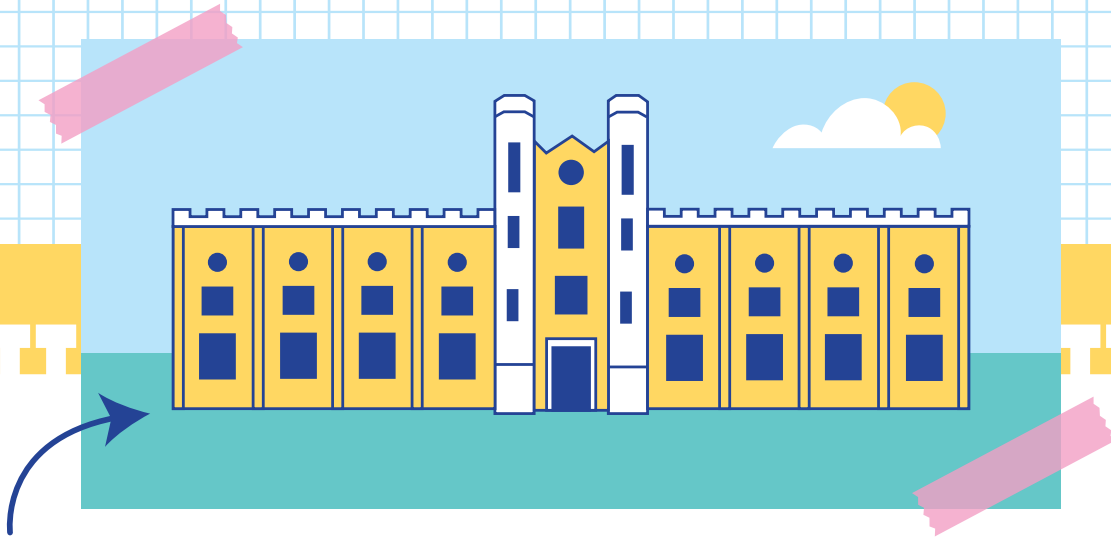


Do you recognise any places you know in your photo?

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**For Bristol walkers:
Climb to the top of
Brandon Hill to get
an amazing view
over Bristol.**

Today, I am doing a 1.5 kilometre / 5 kilometre walk.



There's a very old mansion at Ashton Court Estate, where you'll be doing your Grand Walk.

To get ready for the big day, go for a walk around another old building.

Take a look at the building. Who do you think lived there?

.....

What is your favourite thing about the building?

.....

How many windows and doors can you count?

.....

Write a story about the old building on the next page of your activity booklet.

**For Bristol walkers:
Blaise Castle Estate
is the perfect place
to explore
historical buildings.**



GRAND WALK

Story Title

A large white notepad with a blue spiral binding on the left side. The notepad has rounded corners and is filled with horizontal blue lines for writing. The background of the entire page is a light blue grid pattern.

GRAND WALK

Draw a picture of the building here.

The image shows a large white notepad with a green tab at the top. The notepad has a blue spiral binding on the left side. The top portion of the notepad is blank, intended for drawing a picture of a building. Below this drawing area, the notepad is ruled with horizontal blue lines for writing. The background of the entire page is a light blue grid pattern.