

## 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.



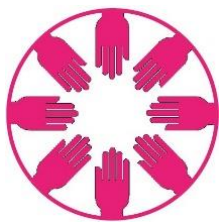
### Give back (and care)

- 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)