## *Font is arial 14 and colour is dark blue.*

## Start and end of route:

*Provide start and end point including any address, postcode and OS reference number. Include any parking facilities.*

**Distance:** *In miles and kms*

**Time:** *Estimate time based on the average person taking 15 minutes to do a mile*

**Suitability:**  *Walking or also a cycling route? Access?*

**Refreshments and toilets:** *Mention places to stop at the beginning and along the way*

**Brief description of route:** *Provide brief description of 2 or 3 sentences to give a feel for the walk and provide a photo of a blue space on the route*

**Route map:**

*Provide a route map – you could draw a map or download a map with route marked. Please be careful of copyright.*

**Directions:** *Instructions on who to complete the route.*

*This is the directional information needed to complete the route. Include where to park the car and/or public transport. Start the route from there. Give precise and clear directions particularly at the start of the walk. Include photos of the walk here, particular any photos that help with directions e.g. junctions and photos that show the main features of the walk.*

**Activity**

*Optional – include an activity linked to the blue space you visit. This could be a mindfulness exercise, spotting wild life, fauna or trees, taking a photo or sketching etc.*

*Please send your completed walk to* [*janeynorth@gmail.com*](mailto:janeynorth@gmail.com)