Walking through Autumn

Autumn 2026 Campaign Toolkit



Introduction page

Building on the momentum of our 'Walking Through Summer' social media campaign we now want to run a ***'Walking through Autumn'*** campaign during October and November supporting organisations and people to stay active in ways that work for them. The campaign encourages people to stay active despite shorter days and colder, wetter weather.

We'll be sharing tips such as checking the weather forecast, wearing appropriate footwear and clothing; and, if you're organising a walk, arranging to meet people in a sheltered place, including options for refreshments and toilets; and checking the route beforehand to check it's not slippery because of fallen leaves/mud/rain; and injecting a bit of fun into the season's walks by including some themes – eg using the Walk Notts Autumn Bingo Card, having a Sensory, Colour or Halloween Walk

And.....

Promoting local walking and wheeling opportunities as well as reminding people that integrating walking and wheeling into their everyday lives is not just about joining a walking group but can be doing things like walking/wheeling round the block, going to the shops, the nearest green space, to school or to or at work. And it can also be about integrating some walking/wheeling opportunities into indoor spaces like your home or shopping centres.

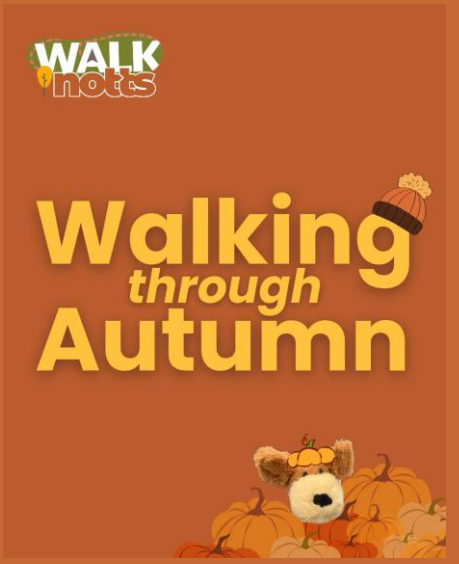
Please support the campaign by sharing some of the resources and opportunities on your social media channels and remember to tag us using

#walkingthroughautumn
#walknotts

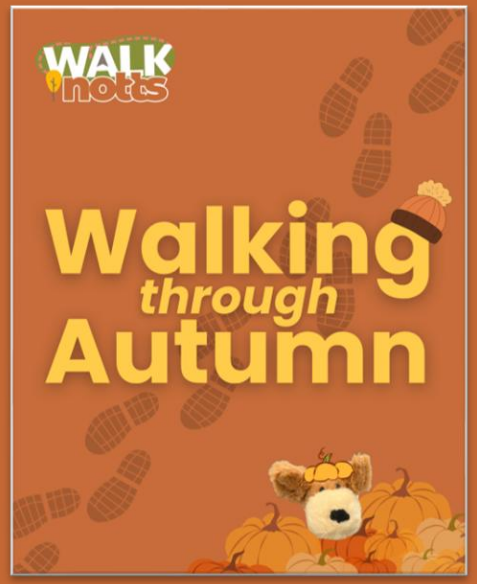
Introduction post

12 October
Autumn is a wonderful season to enjoy at your own pace, whether you're walking or wheeling. There is so much to see, hear, smell and experience, from colourful leaves and shiny conkers to acorns, squirrels, crisp mornings and bright blue skies. This autumn, we're embracing the season by getting outdoors, moving more and enjoying nature in ways that work for us. Over the coming weeks, we'll be sharing ideas, activities and resources to help you stay active and make the most of everything autumn has to offer. So wrap up warm, get outside and discover the sights, sounds and beauty of the season #walkingthroughautumn #walknotts

Motion Graphic



Static Graphic



Social Media Posts

14 October

Autumn has officially arrived, and with the weather changes there's so much to go out and explore.

At Walk Notts we love a walking Bingo card to keep walks fun and interactive. That's why we have created an Autumn walking bingo card for you to enjoy!

Why not go out on a solo walk and see how many you can tick off or challenge a friend or family member to get a full house first.

Either way you'll be out in the fresh air and moving your body.

#walkingthroughautumn
#walknotts



19 October

It's Green Libraries Week this week.

The libraries in Nottingham and Nottinghamshire are encouraging people to do some litterpicking.

Litterpicking is such a great way of keeping your local neighbourhood clean, getting some fresh air, making a positive difference all at a pace and distance that works for you.

You can go on your own or with others.

Have a look at the flyer for details on how to get started: Walk Notts litter hero flyer.cdr or if you want to have a go at a taster session at Basford, Bulwell or Clifton libraries this week, click here for more details and to register: Green Libraries Week Oct 2026 | Nottingham City Libraries
#walkingthroughautumn
#walknotts



Social Media Posts

21 October	26 October
Halloween is just around the corner! Why not head out for a walk or wheel around your local area and see how many spooky house decorations you can spot? The community of Carlton did just that when they embarked on a Spooky Trail with their families walking/wheeling through the neighbourhood. Will you be exploring your neighbourhood this Halloween? #walkingthroughautumn #walknotts  	Reminder: Walking and wheeling in your everyday life doesn't have to be about joining a walking group or going on a long hike. It can start by be taking the stairs where you can, walking/wheeling to the shops, school or work; round the block or your neighbourhood, meeting up with friends and family and going to a local park; or walking/wheeling to the next bus or tram stop or getting off the bus/tram a stop earlier. Every little step counts. #walkingthroughautumn #walknotts 

Social Media Posts

28 October

Not quite ready to go outdoors or is the weather a bit rubbish?

Here's a few ways you can keep moving this Autumn from the comfort of your home:

- Marching during the ad breaks of your favourite tv show
- listening to an audio trail such as Colwick Woods The Colwick Woods Audio Guide – Excavate
- Watching a video on YouTube of a walk whilst marching along at home
- Take a walk or wheel around the place you call home or local community centre?

Whatever the weather, every step and every wheel counts. Getting active doesn't have to mean going far.

#walkingthroughautumn
#walknotts



2 November

How about doing a bit of walking and wheeling at work?

Host a walking meeting with your colleagues; or go out for a quick 10-minute saunter during your lunch break or between online meetings?

Have a look at this Movement Manifesto Movement Manifesto - Move Against Cancer Manifesto_2026_External Copy (2) (1) (1) (1).pdf for some more ideas this Autumn.

#walkingthroughautumn
#walknotts





Social Media Posts

4 November

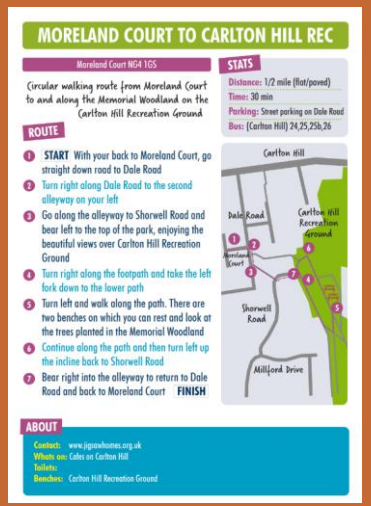
Wanting to go walking or wheeling but not sure who to go with or even where to go?

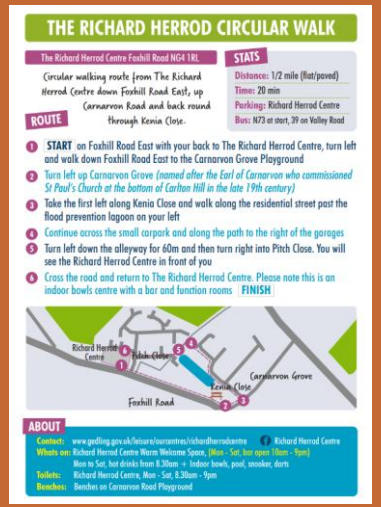
Check out the Walk Notts website: Home - Walk Notts or go to the Go Jauntly app for ideas and walking groups.

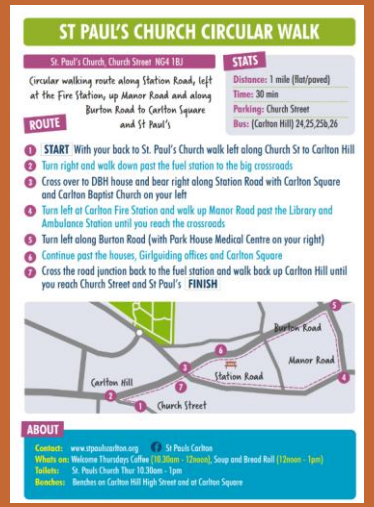
Live close or around Carlton? Take a loot at 6 short walking routes:

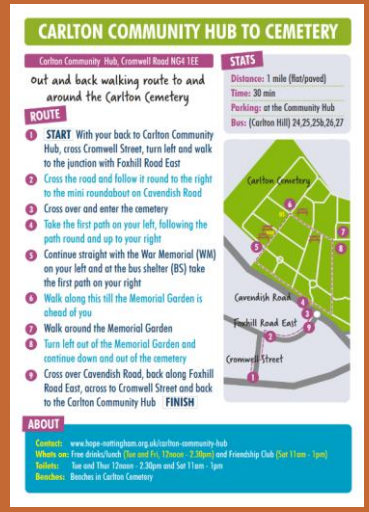
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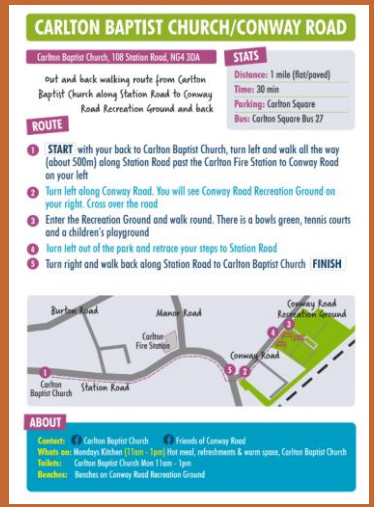


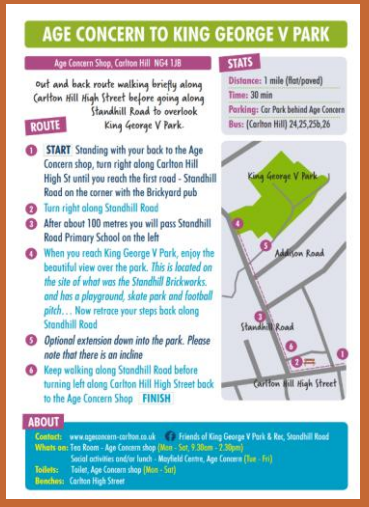












Social Media Posts

9 November

This week to get some extra steps in and enjoy the autumnal changes why not walk or wheel to school or work?

Make it a weekly habit and take notice of the changes as the season goes on - the falling leaves, the berries appearing on holly trees or the conkers on the ground.

Autumn brings so much to see, and with the days getting shorter, now is the perfect time to enjoy the colours, sights and sounds of the season while getting active.

Check out our Walk Notts website for routes and groups: Home - Walk Notts

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#walknotts



11 November

Autumn is such a lovely season for walking and wheeling and with shorter days and the possibility of rain, wind or colder temperatures, it's always a good idea to check the weather forecast before setting out. Make sure you wear suitable clothing and sturdy footwear to stay comfortable and safe.

If you're organising a group walk, consider meeting somewhere sheltered and choose a location with access to refreshments and toilets. It's also worth checking your route in advance, as fallen leaves and wet surfaces can become slippery.

Most importantly have fun!

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Image Library

October 12 Static Graphic: Walking.png (1080×1350)

October 12 Motion Graphic: walknotts.org.uk/wp-content/uploads/sites/6/2026/10/Walking.mp4

October 14: Walking through autumn bingo card.png (781×548)

October 19: Litterhero poster.png (489×690)

October 21 Image one: Picture1.jpg (111×148)

October 21 Image two: Picture2.jpg (183×138)

October 26: Autumn-leaves.jpg (1536×2048)

October 28: Colwick woods audio guide graphic

November 2 Image one: Netwalk.jpg (240×320)

November 2 Image two: butlers-hill-netwalk image

November 4 six image Carousel

November 9: Autumn Walk

November 11: Autumn-leaves.jpg (1536×2048)



Click the link to the asset and then right click to download!

Image Library

November 4 Short walks introduction graphic: 6 Short walks Carlton

November 4 Short Walk King George V Park: Age concern to King George V Park

November 4 Short Walk Carlton Hill Rec: Moreland court to Carlton Hill Rec

November 4 Short Walk Carlton Cemetery: Carlton community hub to carlton cemetery

November 4 Short Walk St Pauls Church Circular Walk: St Pauls Church Circular Walk

November 4 Short Walk The Richard Herrod Circular Walk: The Richard Herrod Circular Walk

November 4 Short Walk Carlton Baptist Church/Conway road: Carlton Baptist Church/Conway road

Let’s walk and wheel together this Autumn…

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