



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

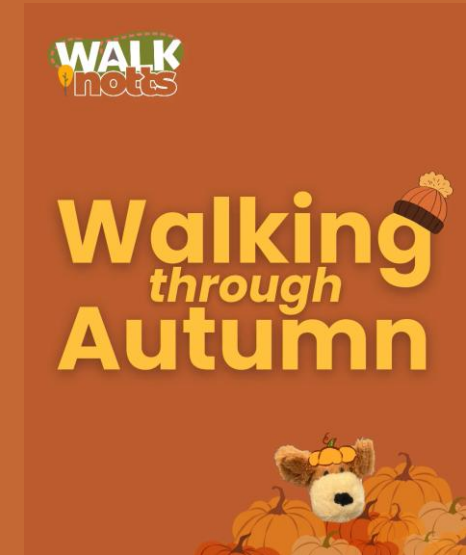
Autumn is a wonderful season to enjoy at your own pace, whether you're walking or wheeling. There is so much to see, hear, smell and experience, from colourful leaves and shiny conkers to acorns, squirrels, crisp mornings and bright blue skies.

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.

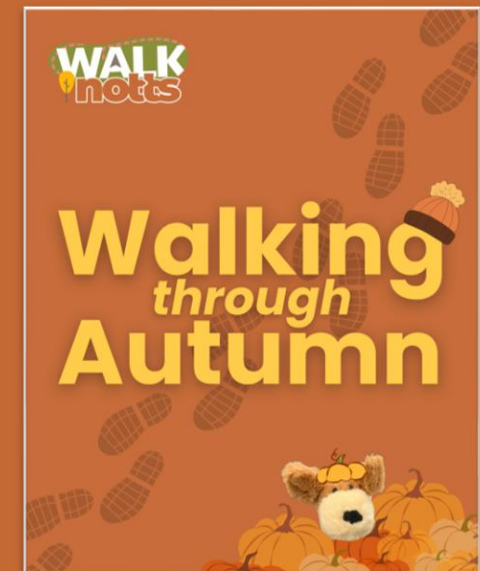
So wrap up warm, get outside and discover the sights, sounds and beauty of the season

#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.

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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.pdf](#) 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
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Social Media Posts

21 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?

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26 October

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.

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Social Media Posts

28 October

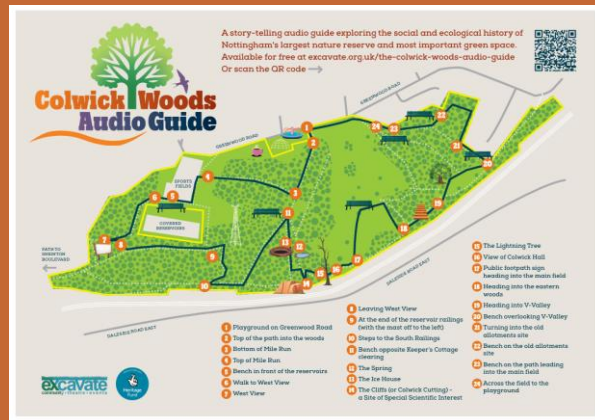
Not quite ready to go outdoors or is the weather a bit rubbish?

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.

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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.

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Social Media Posts

4 November

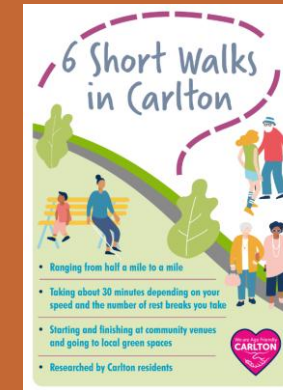
Wanting to go walking or wheeling but not sure who to go with or even where to go?

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 look at 6 short walking routes:

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MORELAND COURT TO CARLTON HILL REC

Moreland Court NG4 1DS

STATS
Distance: 1/2 mile (flat/paved)
Time: 30 min
Parking: Street parking on Dale Road
Bus: (Carlton Hill) 24,25,25b,26

ROUTE

- START** With your back to Moreland Court, go straight down road to Dale Road
- Turn right along Dale Road to the second alleyway on your left
- Go along the alleyway to Shorwell Road and bear left to the top of the park, enjoying the beautiful views over Carlton Hill Recreation Ground
- Turn right along the footpath and take the left fork down to the lower path
- Turn left and walk along the path. There are two benches on which you can rest and look at the trees planted in the Memorial Woodland
- Continue along the path and then turn left up the incline back to Shorwell Road
- Bear right into the alleyway to return to Dale Road and back to Moreland Court **FINISH**

ABOUT
Contact: www.gipsiesnotts.org.uk
Where you can: Cafes on Carlton Hill
Toilets: Carlton Hill Recreation Ground
Benches: Carlton Hill Recreation Ground

THE RICHARD HERROD CIRCULAR WALK

The Richard Herrod Centre Foxhill Road NG4 1BL

STATS
Distance: 1/2 mile (flat/paved)
Time: 20 min
Parking: Richard Herrod Centre
Bus: N73 at east, 39 on Valley Road

ROUTE

- START** on Foxhill Road East with your back to The Richard Herrod Centre, turn left and walk down Foxhill Road East to the Carnarvon Grove Playground
- Turn left up Carnarvon Grove (named after the Earl of Carnarvon who commissioned St Paul's Church at the bottom of Carlton Hill in the late 19th century)
- Take the first left along Kenia Close and walk along the residential street past the flood prevention lagoon on your left
- Continue across the small carpark and along the path to the right of the garages
- Turn left down the alleyway for 60m and then turn right into Pinch Close. You will see the Richard Herrod Centre in front of you
- Cross the road and return to The Richard Herrod Centre. Please note this is an indoor bowls centre with a bar and function rooms **FINISH**

ABOUT
Contact: www.gaeling.gov.uk/leisure/recreation/schools/herrodcentre Richard Herrod Centre
Where you can: Richard Herrod Centre Warps Machine Sports (Mon - Sat 10.00-12.00pm - 1pm)
Where you can: Hot drinks from 10.30am - indoor bowls, pool, snooker, darts
Toilets: Richard Herrod Centre (Mon - Sat 8.30am - 5pm)
Benches: Benches on Carnarvon Road Playground

ST PAUL'S CHURCH CIRCULAR WALK

St. Paul's Church Church Street NG4 1BJ

STATS
Distance: 1 mile (flat/paved)
Time: 30 min
Parking: Church Street
Bus: (Carlton Hill) 24,25,25b,26

ROUTE

- START** With your back to St. Paul's Church walk left along Church St to Carlton Hill
- Turn right and walk down past the fuel station to the big crossroads
- Cross over to DBH house and bear right along Station Road with Carlton Square and Carlton Baptist Church on your left
- Turn left at Carlton Fire Station and walk up Manor Road past the Library and Ambulance Station until you reach the crossroads
- Turn left along Burton Road (with Park House Medical Centre on your right)
- Continue past the houses, Girlguiding offices and Carlton Square
- Cross the road junction back to the fuel station and walk back up Carlton Hill until you reach Church Street and St Paul's **FINISH**

ABOUT
Contact: www.stpaulschurch.org St Paul's Church
Where you can: Wakeup Thursdays Coffee (10.30am - 12.00pm), Soup and Bread Roll (12.00pm - 1pm)
Toilets: St Paul's Church (Thurs 10.30am - 1pm)
Benches: Benches on Carlton Hill High Street and out of Carlton Square

CARLTON COMMUNITY HUB TO CEMETERY

Carlton Community Hub, Cromwell Road NG4 1EE

STATS
Distance: 1 mile (flat/paved)
Time: 30 min
Parking: at the Community Hub
Bus: (Carlton Hill) 24,25,25b,26,27

ROUTE

- START** With your back to Carlton Community Hub, cross Cromwell Street, turn left and walk to the junction with Foxhill Road East
- Cross the road and follow it round to the right to the mini roundabout on Cavendish Road
- Cross over and enter the cemetery
- Take the first path on your left, following the path round and up to your right
- Continue straight with the War Memorial (WM) on your left and at the bus shelter (BS) take the first path on your right
- Walk along this till the Memorial Garden is ahead of you
- Walk around the Memorial Garden
- Turn left out of the Memorial Garden and continue down and out of the cemetery
- Cross over Cavendish Road, back along Foxhill Road East, across to Cromwell Street and back to the Carlton Community Hub **FINISH**

ABOUT
Contact: www.hope-carltonham.org.uk/carlton-community-hub
Where you can: Free drinks/food (Tue and Fri 17.00pm - 2.00pm) and Friendship Club (Sat 11.00am - 1pm)
Toilets: Bus and The 12.00pm - 2.00pm and Sat 11.00am - 1pm
Benches: Benches in Carlton Cemetery

CARLTON BAPTIST CHURCH/CONWAY ROAD

Carlton Baptist Church, 108 Station Road, NG4 3DA

STATS
Distance: 1 mile (flat/paved)
Time: 30 min
Parking: Carlton Square
Bus: Carlton Square Bus 27

ROUTE

- START** with your back to Carlton Baptist Church, turn left and walk all the way (about 500m) along Station Road past the Carlton Fire Station to Conway Road on your left
- Turn left along Conway Road. You will see Conway Road Recreation Ground on your right. Cross over the road
- Enter the Recreation Ground and walk round. There is a bowls green, tennis courts and a children's playground
- Turn left out of the park and retrace your steps to Station Road
- Turn right and walk back along Station Road to Carlton Baptist Church **FINISH**

ABOUT
Contact: 1 Carlton Baptist Church 2 Friends of Conway Road
Where you can: Warps Machine (Mon - Sat) Hot food, refreshments & warps sports, Carlton Baptist Church
Toilets: Carlton Baptist Church Mon 11am - 1pm
Benches: Benches on Conway Road Recreation Ground

AGE CONCERN TO KING GEORGE V PARK

Age Concern Shop, Carlton Hill NG4 1JB

STATS
Distance: 1 mile (flat/paved)
Time: 30 min
Parking: Car Park behind Age Concern
Bus: (Carlton Hill) 24,25,25b,26

ROUTE

- START** Standing with your back to the Age Concern shop, turn right along Carlton Hill High St until you reach the first road - Standhill Road on the corner with the Brickyard pub
- Turn right along Standhill Road
- After about 100 metres you will pass Standhill Road Primary School on the left
- When you reach King George V Park, enjoy the beautiful view over the park. This is located on the site of what was the Standhill Brickworks, and has a playground, skate park and football pitch... Now retrace your steps back along Standhill Road
- Optional extension down into the park. Please note that there is an incline
- Keep walking along Standhill Road before turning left along Carlton Hill High Street back to the Age Concern Shop **FINISH**

ABOUT
Contact: www.ageconcerns.org.uk Friends of King George V Park & Rec, Standhill Road
Where you can: Tea Room - Age Concern Shop (Mon - Sat 9.30am - 2.00pm)
Social activities and/or lunch - Moulfield Centre, Age Concern (Tue - Fri)
Toilets: Toilet, Age Concern shop (Mon - Sat)
Benches: Carlton High Street

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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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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Let's walk and wheel together this
Autumn...



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