



**Thank you for signing up
for the 600 Minute Challenge!**

In case you are in need of some inspiration about what kinds of activities to incorporate into your 600 minutes, especially during the current restrictions, we have shared some ideas below that might help you on your way!

We'll also post ideas and updates on RLS600 social media during February

Please always check your local Covid guidelines for rules on local travel and restrictions

Sport England 'Join the Movement' Campaign

Sport England has recently launched a campaign which provides tips, advice and guidance on how to keep or get active in and around your home. You can check out a whole list of ideas (most of which are FREE) here: <https://www.sportengland.org/jointhemovement>

Cycle Rides

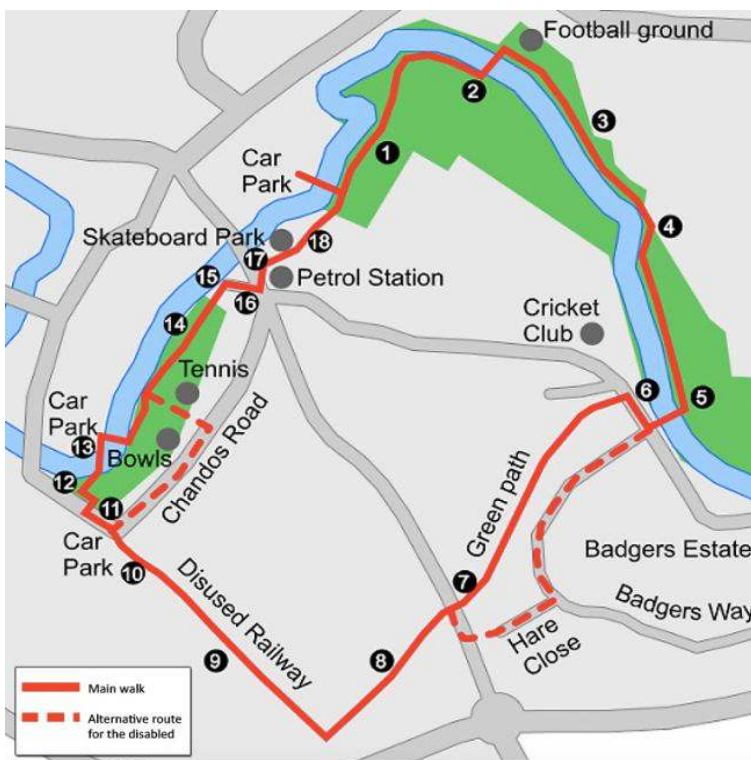
There is a six-mile (approx.) cycleway between Buckingham and Winslow, now extended to reach the Buckingham Swan Pool and Royal Latin School and Buckingham School, which can be used for walking or cycling.

Family walks around Buckingham

Get up early on a crisp morning, get out on a walk with your household or a friend. Listen to the birds and watch the sun rise as you make new discoveries in your local area.

Try the 4km circular walk in and around Buckingham, exploring its parks (see map on the next page).

For more details, visit <http://www.buckinghamoldgaol.org.uk/downloads/BuckinghamCircularWalk.pdf>



Spy Mission themed Treasure Trails

Why not explore Buckingham on a self-guided family-friendly Spy Mission themed Treasure Trail, or there are other local treasure trails in Brackley, Winslow, Stoke Bruerne, Aylesbury or Banbury (depending on where you live - check local Covid travel and activity restrictions). These are just a few of the local places that have an existing treasure trail route to follow. Solve the clues set on existing buildings, permanent features and monuments to crack the code and complete the mission. In Buckingham, the Trail starts at Cornwalls Meadow car park and begins with a riverside walk before leading you to St Peter and St Paul's Church. The route continues to Chandos Park and then explores the town before finishing close to your start point. For more information, and to download a treasure map (or order a paper version) at £6.99, visit:

<https://www.treasuretrails.co.uk/things-to-do/buckinghamshire/buckingham>

Another interesting walk, of approximately 6km goes from Buckingham, to Stowe Corinthian Arch and back. You leave Buckingham by turning up Stowe Avenue. After the lodge houses on either side of the road, the footpath bears right, and there is a path lined with horse chestnut trees all the way to Corinthian Arch. Return to Buckingham by same route.

Stowe Gardens and Waddesdon Manor (both National Trust-owned) have lovely family walks - charge for entry to gardens for non-members.

For more ideas on walks in north Bucks, go to http://www.walkinginbucks.co.uk/milton_keynes.php, where you can download maps and details for free.

Geo-caching

Looking for something to do as a family, using smart phones, in the outdoors? Geo-caching is like a digital treasure hunt. There are many caches (treasure) hidden in your local area, whether it's Buckingham, Milton Keynes or further afield. You will need a sense of adventure, a smart phone, and to download the free geo cache app to your phone. For further details see www.geocaching.com