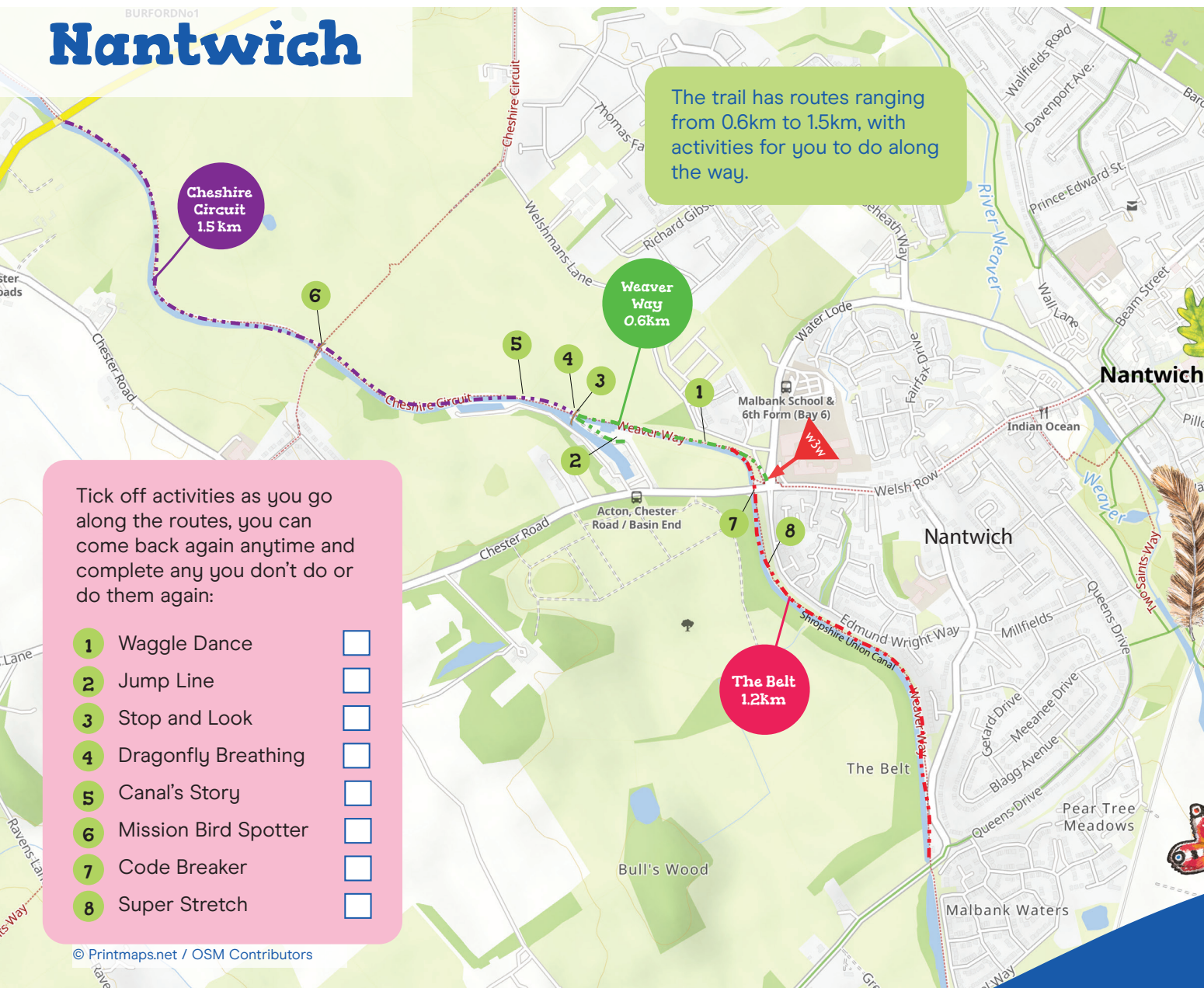


Nantwich

BURFORDN01



The trail has routes ranging from 0.6km to 1.5km, with activities for you to do along the way.

Tick off activities as you go along the routes, you can come back again anytime and complete any you don't do or do them again:

- 1 Waggle Dance
- 2 Jump Line
- 3 Stop and Look
- 4 Dragonfly Breathing
- 5 Canal's Story
- 6 Mission Bird Spotter
- 7 Code Breaker
- 8 Super Stretch

© Printmaps.net / OSM Contributors

Let's Go Outdoors!

Family Wellbeing Trail

Location: Nantwich

What3words: fallen.filled.unicorns

Hello, Explorers!

We're the Canal & River Trust, and we care for over 2000 miles of canals and rivers across England and Wales.

Spending time moving by the water makes us happier and healthier — so Let's Go Outdoors! and explore our Nantwich wellbeing trail together.

Share your moments:
@canalrivertrust

Explore fun activities:
canalrivertrust.org.uk/explorers



Remember to stay **SAFE** near water and **Stay Away From the Edge**. Be sensible, never enter the water and in an emergency, call 999 immediately.

We would love to hear your feedback on this activity. Please fill in our quick survey.



Working with Happy Confident Kids, this project is made possible by Sport England to enable families to move and connect with nature along our wonderful waterways.



