WALKTOBER 2026

Let's get moving this Walktober!

Get moving for our wellbeing, our community and our planet

Top Tips, More Trips

Calling all pupils, staff, parents and carers!
We would like you to inspire others to give active and sustainable travel a go.

Whether it is a regular journey or one you have recently tried for the first time, you could encourage someone else to try a new way of travelling.

Share your top tips and help others discover the benefits of active and sustainable travel, from staying healthy and connecting with others to observing and interacting with the world around us.



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What is an active and sustainable journey?

An active and sustainable journey is a way of travelling that is physically active - like walking, wheeling, scooting or cycling - and has a lower impact on our environment. This can also include catching the bus, taking the train, lift sharing and using Park and Stride.

What should I include in my Top Tips, More Trips entry?

- How you travelled – walking, wheeling, cycling, scooting, by bus or train or using Park and Stride.
- The purpose of the journey – for example, travelling to or from school or work, a local walking or wheeling trip during the school or working day, a school or work trip taken by bus or train or a journey made in your own time.
- Your top tips for others – what information or advice could encourage someone else to try a similar active or sustainable journey.

How can I present my Top Tips, More Trips entry?

- Produce a poster
- Write a news article
- Record a podcast
- Create some artwork such as a drawing or photo collage
- Make a slide presentation
- Write a poem or rap
- Annotate or draw a map
- Make a video report

Use your own ideas and be as creative as you like!

You may like to use our editable form, which is available at: **myjourneyhampshire.com/walktober**.
Please remember to add your name and school to any additional pages you use.
Please do not use any images which include identifiable people.



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Top Tips ideas

Think to yourself - what helpful information can I share about my journey that could encourage someone else to try an active and sustainable journey like mine?

Share your most useful and practical top tips based on your own experience. Below are some ideas to get you started.

- Choosing a route
- Checking bike or scooter storage options
- Arranging to travel with friends or family
- Travelling independently
- Being prepared for different weather conditions
- Using Park and Stride
- Getting around by bus, train or ferry
- Noticing nature and the world around you
- Trying a new journey for the first time

Top Tips, More Trips competitions

The school is encouraging the whole school community to take part in **Top Tips, More Trips**.

There are amazing prizes available for pupils and the winning school.

Pupil competition: all eligible entries submitted by pupils will be entered into the competition.

School competition: all eligible entries from pupils, staff, parents and carers will count towards your school's total. The school with the highest number of eligible entries, relative to school size, will be crowned the Walktober 2026 winner.

You can enter online or your school may have a Walktober collection point. Submit your entry by **Friday 13 November 2026**. Winners will be notified by the end of term.

For online entries visit **myjourneyhampshire.com/walktober** and complete the appropriate entry form. You will be able to upload your **Top Tips, More Trips** entry, but please note files must be less than 10MB. If you need to submit a file larger than this, it will need to be sent as a link. Instructions for this are on the website.

Competitions are fully funded by the UK Government. For terms and conditions, visit: **myjourneyhampshire.com/hantstermsandconditions**

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