

# MULTIPLY

## Free Guided Nature Walks!

Join biologist Nick from Project: WILD for a **FREE** nature walk through our local areas to discover more about the amazing plants and animals that call them home!

Feel the benefits of being out in the fresh air, stretching our legs with a gentle walk whilst learning about our incredible wildlife and patterns that exist in nature all around us.

There will be two walks a day, starting at **9:30am and later at 1:30pm.**

The sessions will be 3 hours long, including approximately 2 hours of activities.

Hot drinks and refreshments will be available after the walk.

Join us in Selby on the **6th October** at Community House, YO8 4QQ  
Or York on the **27th September** (start location TBC)

Please contact [lindsay@upforyorkshire.org.uk](mailto:lindsay@upforyorkshire.org.uk) to register your interest

All ages welcome to attend provided they are eligible, children must be accompanied by an eligible parent or guardian. To be eligible, you must be 19+ and NOT have a GCSE A-C grade in Maths.

These nature walks are provided as part of Up For Yorkshires Multiply Provision to develop peoples maths and wellbeing.