

A Walk on the Wildside

Why not take a wild walk? Getting outdoors is a great thing to do.

- Walking improves your concentration and helps you do better at school.
- A wild walk helps your muscles, reduces stress, stops you getting high blood pressure.
- You can explore wild areas!
- You can get great ideas for school projects.
- You might get great ideas for stories.
- You might be able to climb trees or build dens.
- Who knows what you might see?
- You'll learn a lot about the environment you live in.



Walking Calendar What you see depends upon when you walk.

January: You'll probably see the trees with tight buds. Bulbs, such as snowdrops might be coming up through the soil.

February: As you walk, listen for the birds. They will have started to sing to claim their territory for the new breeding

season. Badger cubs are being born underground.

March: You might be lucky enough to see hares at their 'boxing matches'. These are really courtship dances. Hares can run at up to 40 mph!

April: In April, you might see carpets of bluebells in the woods.



May: More of the wildflowers will be coming into bloom in May. You might also see some of our summer birds back, like swifts and swallows and house martins. (Why not put up special boxes for them?) *Badger cubs are just coming above ground with the sows.*

June: You could have a trip to the coast to see the colonies of sea birds on the cliffs and stacks. There should be plenty of activity amongst the farmland birds too. Loads to see!



July: Wildflowers should be doing well on natural grassland. Poppies should be looking good in arable fields. The summer months are also a good time to see owls. The chicks are still dependent on the parents for food. The adults



have to do lots of hunting to keep up!

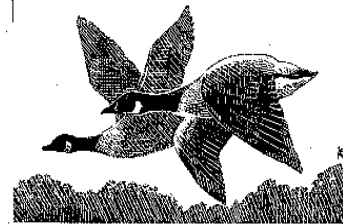
If you are out and about, why not try our **First Across the Line?**

August: You might like to visit the moors, to see the landscape turning a beautiful purple colour as the heather blooms.



September: Watch the skies in September for flocks of swifts, swallows and house martins gathering to start the long migration back to

Africa. You might also see lots of geese coming to us from the Arctic for the winter. We lose some and we gain some!



October: Look out for squirrels and jays feeding on the ripe acorns and other nuts. Listen for the deer barking, as they look for mates in the uplands.



November: It is the end of autumn and the woodlands are looking at their best! Leaves have changed to wonderful colours and fungi are growing everywhere.



December: December sees the berries really appearing on trees like holly. Look out for the birds that have stayed with us during the winter. Robins are still singing at this time of year. © Durham County Badger Group 2012 (Some photos from DWT)