## Choose how you move

## Fun things to spot on a Summer walk from your doorstep!



A Butterfly



**Blackberries** 



A chaffinch



Bright green Lime leaves



Apples swelling on a tree



A bumblebee

Summerson on Unsplash



Swallows or House Martins



The smell of rain on hot pavement



A Poppy

## ...walk, look and discover



www.herefordmove.org

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