

[www.livingstreets.org.uk/rateyourwalk](http://www.livingstreets.org.uk/rateyourwalk)



NATIONAL  
WALKING  
MONTH

**#TRY20  
THIS MAY**

Take extra steps during National Walking Month and help create a walking nation. Rate your walk – there's a city break up for grabs for one lucky winner.

Cymerwch gamau ychwanegol yn ystod Mis Cerdded Cenedlaethol a helpwch i greu cenedl sy'n cerdded. Barnwch eich taith – mae 'na wyliau byr mewn dinas i un enillydd Iwcus.

**#20CAM  
YM MAI**

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MIS  
CERDDED  
CENEDLAETHOL