

# YOUR PARK

## 100KM CHALLENGE

Get your team active in the community



# Get ACTIVE AND TAKE ON THE 100KM CHALLENGE



It's Your Park's 5th birthday! We're Reimagining Parks that everybody can access and benefit from .

We need 20 companies to help us raise awareness of parks' health benefits, celebrate and improve local parks for nature and health. Each company will cover 100km.

You and your colleagues can walk, run, roll, scoot, skip (or anything you fancy!) **100km in a park near your office.**

You can complete all 100km on your own for a bigger challenge, or if you want it to be "a walk in the park", **split the distance** between your team - the choice is yours.

If each company raised £500, we would raise £10,000 for people and parks. The funds could support habitat creation and maintenance including on our College Green site, help champion biodiversity by planting wildflowers and will help more people access nature for their health and wellbeing.



# Who WE ARE



Your Park Bristol and Bath is an independent charity which enables everybody to benefit from parks because they are vital to our health, wellbeing and quality of life.

Today, we're working in over 40 parks.

With 2500+ hectares of green space across two cities we bring together individuals, groups, charities and companies, to help communities get the most out of nature on their doorsteps.





## CELEBRATING FIVE YEARS OF IMPACT

**55** parks  
transformed  
for people and nature

**609** with  
in park **1208**  
sessions people

**265** mental  
health  
sessions

**162**  
groups  
supported

**45** Team with  
Days **1558**  
volunteers

**30094** supporting  
**3944**  
interactions people

**£1.2** million  
raised for  
people and parks



# Contact us



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 [yourpark.org.uk/local-nature-champions](http://yourpark.org.uk/local-nature-champions)

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