



# Walking Scotland

Walking Communities

## Let's walk & connect

### Why walking and wheeling matter for communities

Walking and wheeling help create healthier, happier, and better-connected communities.

- Walking or wheeling are simple ways to connect with others and feel part of your community.
- Walking for everyday journeys helps reduce traffic and pollution, creating cleaner, greener places to live.\*
- Nearly 1 in 3 households in Scotland don't have access to a car.\*\* Making it easier to walk and wheel helps people get where they need to go.

\*Road traffic accounts for c.66% of greenhouse gas emissions in Scotland; cars release the largest amount. Walking and wheeling are a good decision for the planet (**Transport Scotland**).

\*\*In 2023, 27% of households didn't have access to a car. This rises to 56% in lower income households (**Motor vehicles, traffic and driving | Transport Scotland**).

### 3 things you can do

Small changes in your community can make it easier for everyone to walk and wheel more for everyday journeys.



#### Notice and report issues

Report obstacles, blocked paths and uneven pavements to your local authority or community council.



#### Get involved in local walking

Bring a friend to a Health Walk near you, or train to become a walk leader and start your own group.



#### Make your street more walkable

Pick up litter, clear a path or join a local tidy-up for a welcoming environment that everyone can enjoy.



### About Walking Scotland

We're your national walking and wheeling charity. We work with communities across Scotland to create more opportunities for everyone to walk and wheel every day.

### Find out more

Get inspired at  
[walkingscotland.org.uk](https://www.walkingscotland.org.uk)