



Walking Scotland

Walking Network

Let's walk & keep active

Why group walks matter

Walking with others can help us feel more confident, connected and motivated to be active.

- 31% say having someone to talk to would encourage them to walk or wheel more.*
- Walking together helps you meet people and feel more connected to your community.**
- Short, slower-paced walks make it easier for people of all abilities to improve their physical and mental wellbeing.

*Scottish Walking and Wheeling Survey

**Walking increases the opportunities for engaging with other people and there is a strong association between the walkability of an area and its sense of community (Pedestrian Pound).

3 things you can do



Encourage someone to join a group walk

Tell a friend, neighbour or colleague about a local group walk in your area.



Support your local walk

Check in with a local Health Walk group and see how you can help.



Start a Health Walk in your area

Join the Walking Network to get access to training, funding and resources to help you set up your own walking group.



About Walking Scotland

We're your national walking and wheeling charity. Our Walking Network supports and trains individuals, groups and organisations to provide short, free, accessible Health Walks. These walks help people across Scotland to be physically active, get outside and connect with their community.

Find out more

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