



Walking Scotland

Your national walking and wheeling charity

Big Walking Break

Let's step out together How **you** can get involved

On Wednesday 30 September at 10.30am, step out for a 30 minute break and see how walking and wheeling can change your world.

Walking and wheeling can help us improve our physical, mental and social health. They create stronger and more connected communities and reduce congestion and air pollution.



Fundraise for Walking Scotland

Choose a route and rally your supporters. Ask family and friends to sponsor your walking break.



Organise a bake off

Take your support a step further and bake something delicious to raise funds.



Take a screen break

Use 30 minutes to take a break from your computer and phone screens and visit your favourite local path.

About Walking Scotland

We're your national walking and wheeling charity. We're making walking and wheeling part of people's everyday lives, for the short journeys and for the big reasons.

Sign up to take part

