



Walking Scotland

Your national walking and wheeling charity

Big Walking Break

Schools

Let's step out together

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 more throughout the school day improves young people's physical, social and mental health. Young people return refreshed and ready to learn.



30 loops around the playground

Do a sponsored walking relay of 30 loops around the playground and raise £30 as a class for Walking Scotland.



'Wear something blue' day

Donate £1 to swap your uniform for something blue for the day.



Play your favourite tunes

Create a 30 minute playlist for your class as part of your walk.

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

