



Walking Scotland

Your national walking and wheeling charity

Big Walking Break

Walking Network

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

As Walking Network members, you help people across Scotland to be physically active, get outside and connect with their community.



Plan an additional walk

Come together and plan an additional Health Walk as part of the Big Walking Break.



Tell your friends and family

Encourage your friends and family to join their local Health Walk.



Organise a coffee morning

Get together with your participants for a post-walk coffee morning.

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



Paths for All Partnership (known as Walking Scotland) is a Scottish charity, SC025535, regulated by the Scottish Charity Regulator (OSCR) and registered as a company limited by guarantee, 168554.