



Walking Scotland

Your national walking and wheeling charity

Big Walking Break

Workplaces

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 help colleagues build more connections.

Walking is good for organisations. It helps employees stay healthy and supports workplaces to achieve their environmental targets.



Try a walking meeting

Take a 30 minute meeting over a short walk. Ideal for checking in and 1 to 1 discussions.



Organise a coffee morning

Get together with your colleagues for a post-walk coffee morning and raise funds for Walking Scotland.



Host a walking quiz

Test your colleagues' walking knowledge with a fun quiz that doubles as a fundraiser.

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

