

# Introduction



# Enjoy walking?



Every day, thousands of people across Wales are benefiting from regular walks.

- Maybe for company, to keep fit, to get back to health following illness, to lose weight, or just because they enjoy being out in the fresh air
- One mile or many – around town or out in the country
- A gentle stroll or striding out energetically; with a friend, or as part of a group
- Heading somewhere different or following a circular route
- Everyone can benefit from what the outdoors has to offer, from fresh air to great scenery and exploring new places.



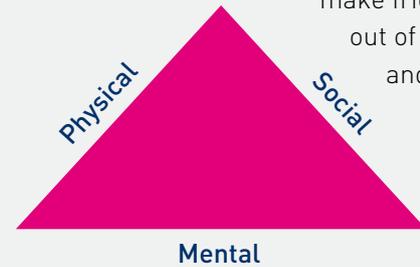
# Why Walk? Walking is great!



There are so many good reasons for choosing walking as a regular activity. A brisk walk should make you breathe a little faster, feel a little warmer yet feels comfortable and you are still able to talk! Ideally, just 30 minutes of brisk walking 5 times a week can make a difference to our health and well-being.

*i.e.* Can help you manage a healthy weight

*i.e.* You can meet new people and make friends – get out of the house and socialise

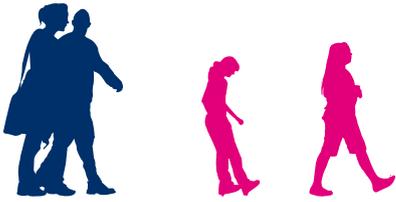


*i.e.* Being outdoors is a great way to de-stress and re-energise

## In addition

- It costs nothing!
- You can do it anywhere, any time and at your own pace
- No special kit required – just some comfortable shoes and the right clothes for the weather
- You don't have to be fit to start walking – start short and on the flat, build up the distance and inclines as you get fitter
- You'll discover new places on your doorstep and in the countryside
- Walking could lead onto finding other activities

# How to use the guide



Most people can enjoy walking and some people are more likely to keep walking if they do it with someone else. Many of the successful walking groups across Wales start informally with a group of friends getting together to go for a walk or have started from a local walking scheme. Some remain informal; others develop into formally constituted groups, with a bank account!

Our initial enthusiasm gets us out there walking, but this can sometimes disappear if we don't keep motivated. It's cold and raining. People haven't got the time to go for a walk. Weeks go by and one by one people might stop coming and the walking group may disappear.

**But not if you follow the advice and information in this guidance pack!**

Whatever you want to get out of walking, the information in this pack will help you, your friends and fellow walkers to develop your interest, maintain your motivation and to **Keep Walking.**



The information in this pack is aimed at people who lead/want to lead or co-ordinate a walking group. You may want to know how to develop your group further or help a community walk become a stand-alone group. Pick and mix information that is suitable to your group and situation.



The pack offers a series of fact sheets based on the experience of co-ordinators of successful walking groups - the sort of challenges they faced, good ideas that helped them, the information they had to go and find for themselves.

The fact sheets will signpost you to useful sources of information, both local and national.

**Enjoy walking  
– keep walking**

# “How to...Start walking - keep walking” Guidance pack



The factsheets included in the pack are:

## Factsheet 1 'Promoting your Walks':

- ↘ Encouraging other people to join you
- ↘ Setting up a walking group from within your community or community group
- ↘ Encouraging a specific group to get walking – weight loss, cardiac support group
- ↘ Think about any costs you may incur

## Factsheet 2 'Get Organised':

- ↘ Developing your informal group into something a bit more organised
- ↘ Deciding what records you want to keep
- ↘ Setting up a formally constituted group or club
- ↘ Checking out your responsibilities for walkers in your group
- ↘ Think about any costs you may incur

## Factsheet 3 'Share the Workload':

- ↘ Persuading others to take on some of the organisers tasks
- ↘ Finding out what skills your group members have to offer
- ↘ Keeping people motivated as 'volunteers'
- ↘ Showing volunteers how much their contribution is valued

## Factsheet 4 'Find the Funds':

- ↘ Developing your informal group into something a bit more organised
- ↘ Setting up a formally constituted group or club
- ↘ Think about any costs you may incur
- ↘ Some simple fund raising ideas to cover costs
- ↘ Identifying sources of funding for bigger projects

## Factsheet 5 'Ring the Changes':

- ↘ Develop some ideas to make your walks more interesting
- ↘ Build a bit of a challenge into your walks
- ↘ Make sure that your walks are safe and suitable for your group
- ↘ Find some new places to walk
- ↘ Link up with other walking groups
- ↘ Find out about other walking activities in your area