



Supporting you to get active and stay active

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Why walk?

- ▶ Walk with us
- ▶ Walking Works
- ▶ Healthy bodies
- ▶ Healthy minds
- ▶ Meet new people
- ▶ Preventing illness
- ▶ Walking with health conditions
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Meet new people



"I've made lots of lovely new friends. As well as spending time together on health walks, we've also walked further afield... even spending a few days in the Lake District walking in the hills and camping in an old barn!"

Jean, Walker

Walking can be great for your social life - and knowing you have the support of people around you is a great way to start and keep going. You'll make friends, encourage each other, develop a network of supportive fellow walkers and discover new walks in and around your area. Watch the video above to find out more about why people keep on coming back to their walking group.

Search for a walk near you using the WalkFinder to the right of this page >>

A little encouragement can go a long way, so why not get motivated by joining a [health walk near you](#)? Health walks take place across the country and they're for people who - like you - would rather have some company than walk alone.

share this page:



Find a local health walk scheme today...

Search within 5 miles

of Enter a postcode or placename

search >>



Latest tweets from @healthywalks

- ▶ Gwenda's incredible story can help us shine #ALightOnCancer <https://t.co/DsSPtEBRC9> <https://t.co/MjRVgdqUB6> — 1 hour 18 min ago
- ▶ "As @RamblerGB point out, walking is probably the best single way of promoting both physical and mental health" <https://t.co/UTV7enTyOD> — 1 day 1 hour ago
- ▶ Know someone who could benefit from an active, social, outdoor activity? We've got just the thing... #SelfCareWeek... <https://t.co/vRbfK2oXip> — 1 day 2 hours ago

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