

Why walk?

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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.

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Latest tweets from @healthywalks

- ▶ Were you out walking this weekend? 🐾🐾 If you didn't get the chance, why not join a short group walk this week?... <https://t.co/sgDxTQ9ZbK> — 5 hours 5 min ago
- ▶ People start walking for different reasons, and experience all kinds of physical, mental and social benefits as a result... <https://t.co/4UQ5DD4Spk> — 4 days 4 hours ago
- ▶ RT @RamblerGB: Margot and her son Thomas, joined the Stepping Out Carers' Walks in Kent. Read about how attending these sociable... <https://t.co/lAT7t9YSmO> — 5 days 2 hours ago

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