

[GoSmart](#)

[GoWalk](#)

[Why Walk?](#)

[Get Walking](#)

[Tell Us](#)

Why Walk?



Improve your health through gentle exercise

Walking will help you tone up and keep your body healthy. Experts recommend accumulating a total of 30 minutes of brisk walking on most, preferably all, days of the week.



"Walking helps me keep fit and strong".
Rachel S

De-stress

A short walk will release endorphins which help you relax after a hard day at work. Walking has been shown to improve self esteem and improve mood. Walking, particularly in pleasant surroundings, and with other people, offers many opportunities for relaxation.

Explore the beautiful countryside around you

Get out and about in Dumfries and explore the beautiful paths and countryside.



"My kids really enjoy being out in the open and exploring".
Rachel L

Save money and tackle CO2

Reduce your carbon footprint and help tackle local air pollution.

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