



Thanks to the WildWays Walking Tours team for their top tips, find out more about guided walking tours here: <http://wildwaysuk.com>

Need some motivation? Check out the ideas below for some inspiration

- Don't do it alone
 - Walk a friends dogs for them, or be sociable and all go out together
 - Find your local walking group - you'll meet new people and get to explore new places without the need of knowing how to use a map!
- Discover new places and go exploring
 - Visit your local nature reserve
 - Find a big park or stately home and go exploring. Are there any stately homes, parks or garden near-by that you've never visited. Now's your chance.
- Every little helps
 - Get off the bus a stop (or two) earlier than you normally would
 - Get an app to track your progress
 - Go for a walk on your lunch break and get away from your desk

Training for a walking challenge? Here's some tips to get you started

- Take things gradually. Like any physical exercise, get comfortable with your level of fitness before taking things up a notch.
- You can start by setting yourself longer challenges eg. 4,000 steps, 10,000 steps, 30minutes, 1 hour, 2 hours.....
- Be prepared for the British weather! As the saying goes "there's no such thing as bad weather, just bad clothing". A pair of wellies are great for keeping your feet dry and provide an excuse to jump in the puddles!
- You don't need a lot of kit to go out walking, but the longer you're out, you may want to consider taking these out with you:
 - Comfy shoes - this will depending on where you're walking, just make sure that they're comfortable and they're not going to cause you any blisters.
 - Fleece or warm layer - some days can feel colder than they look
 - Snacks and fluids (preferable water)
 - Map or mobile app - make sure your phone is fully charged before you set off.
 - Small rucksack to put everything in

So you want to take things a step further? (no pun intended)

Check out WildWays, we specialise in bespoke guided walking tours of the beautiful Peak District. We offer a monthly Open Walk where anyone can come along, as well as a variety of privately guided walks that are designed to suit all abilities and goals:

Charity Walks
Challenge Walks
Trek Training