



# Health Walk Route Guides

## Take a step towards an Active Life!

Becoming more active, means you are more likely to live longer and enjoy more healthy years of life!

It is recommended that you do 30 minutes of moderate\* physical activity on most days of the week.

This may seem like a lot but walking is an easy and free way of achieving your 30 minutes.

**\*Moderate:** It should leave you slightly out of breath, feeling warmer but still able to talk.

## 5 Reasons to do our Health Walks

1. It's accessible to ALL (regardless of age, income, location & ability.)
2. It's easy to incorporate into your daily life.
3. It's free and you don't need special equipment.
4. It's sociable if you walk with your friends.
5. It's a chance to learn more about your community.

## Choose a time to walk that fits your lifestyle

- Family walks at the weekend.
- Walk before work or during lunch.
- Walk after you've dropped the kids off at school.



## Take the opportunity to explore Perthshire

A range of Health Walks are available on the Live Active Website as PDF's and will be updated regularly.

There are a wide range of further walking opportunities within Perth and Kinross.

For more details visit [www.pkc.gov.uk/walking](http://www.pkc.gov.uk/walking)

If you would like to report an issue with a path, please call the Environment Service Hotline on 01738 475000



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## Where will your feet take you?

Route Guides for other Health Walks in Perthshire are available to download from our website

## Stride for Life Health Walks: *designed with your health and happiness in mind*



These **Route Guides** highlight a range of local routes, enabling you to include walking easily into your daily routine.

Remember to set yourself realistic targets when starting to walk; even an aim of walking once a week is enough to get you started. However, we would recommend that you build this up gradually over time, so that you are confident at walking a few times a week.

Arranging times to go walking with friends or family could be a good encouragement for all and a great new way to socialise.

### What does my *Health Walks Pack* include?

#### The starter pack includes:

- a water proof map wallet: ready for all Scottish weather conditions.
- a route guide with 2 walks in your area of Perthshire.
- some tips to get you started and support information.

#### Each route guide will give you:

- the approximate distance of the walk in miles.
- the approximate walking time at a slow to moderate pace (this will vary for individuals. You will get faster as you walk more).
- some interesting local facts and information about the route.

### How accessible are the walks?

- The walks are varied in length, but generally they are less than 2 miles, this is approximately 1 hour of walking time.
- All routes have been assessed to ensure that the surfaces are accessible by nearly everyone, including wheelchairs and buggies.
- Most of the routes are local to Perthshire and we also include information about reaching the walk starting point.
- You can easily lengthen or shorten the routes to suit your walking needs.
- Some walks may be on busy streets but where possible this will not be the case. Others may be in quiet areas.

### Are you ready to walk?



Walking is one of the safest and accessible activities for ALL.

However, it is always important to make sure you are prepared for walking outdoors.

#### We advise that you:

- Wear shoes that you find comfortable for walking on pavements and rougher surfaces. Flat shoes or trainers are ideal.
- Walk at a brisk pace for most of the walk. But remember to start off gently and finish gently so your body has the chance to adjust.
- Should still be able to hold a conversation. If you are breathless then you are overdoing it; you should feel warmer and be breathing a bit harder than normal.
- On warm days take some water with you.
- Wear clothing appropriate for the weather.
- Go with a friend or member of your family, if you are worried about walking on your own.
- Have fun and take this opportunity to explore and learn about your local area.



The partnership initiative **Stride for Life** was created to encourage people to enjoy health walks in the Perth and Kinross area.

For more information about **Stride for Life** or the work of the **Live Active** physical activity team visit the **Live Active** website.



[www.liveactive.co.uk](http://www.liveactive.co.uk)