

A Step Change for Scotland

TRAVEL

Encourage walking for short journeys and as a key part of multi-mode trips

AIR QUALITY

More people walking and cycling will help reduce air pollution.
It's not far, leave the car

EDUCATION

Implement safer routes to nurseries, schools, colleges and universities to encourage daily walking

BUILT ENVIRONMENT

Design our towns and cities to be walkable, safe, attractive, and sustainable

WALKING FOR HEALTH

Offer free community walking programmes supported by trained volunteers

GREEN INFRASTRUCTURE

Enable easier access to parks, greenspaces and wider countryside for everyone

LOCAL ECONOMIES

Supporting economic activities, including tourism, through improved walking opportunities

WORKPLACE

Promote walking as an important part of the working day

PATH NETWORKS

Provide good quality, maintained multi-use path networks in and around communities

HEALTH & SOCIAL CARE

Promote the benefits of walking for mental and physical wellbeing

EVERYONE, EVERYWHERE

Walking is free, fun, healthy and for everyday journeys

Let's Get Scotland Walking

Everyone can help make Scotland a 'walking friendly' country
#stepchangescot www.stepchangescot.scot



healthier
scotland
SCOTTISH GOVERNMENT