

Paths For All through its Walking For Health project is a leading delivery agent for the Physical Activity Strategy. The role of Walking For Health is to develop walking schemes in community settings as well as in workplaces. Through the projects we aim to increase the awareness of the benefits of being physically active as well as encourage more people to become active and stay active through walking.



Paths For All have supported over 200 community based schemes and over 200 workplaces to develop walks. We have approximately 20,000 people participating in the community programme alone and an additional large number participating in the workplace programme. In addition Paths For All have trained 8000 volunteers in delivering walks contributing a significant number of volunteer hours.