



National Walking Month

1st - 31st May

Walks in Angus



National Walking Month is celebrated in May, encouraging people to walk more for health, fitness, and enjoyment, with various initiatives and challenges organised to promote walking throughout the month.

The Benefits of Walking:

- Improved physical and mental health
- Reduced stress and blood pressure
- Improved sleep and mood
- Weight management
- Opportunity to connect with nature

Get involved and explore your local area by joining one of the Angus Health Walks on offer. The walks cater for all ages and also include Buggy walks, Cancer friendly walks and Dementia friendly walks. Find out more information on the **[Paths for All Website](#)**.

Healthy Steps Angus



Angus provides regular, short, free, low level walks led by trained staff or volunteers. These walks are suitable for those who are currently inactive, living with long term conditions or in recovery from illness, injury or at risk of isolation.

Healthy Steps Angus is the new initiative funded by ANGUSalive in partnership with [Paths for All](#), [GOGA Tayside](#) and [Angus Council](#). The role will help co-ordinate, develop and sustain current Health Walk programmes.

The programme will include walks across ANGUSalive sites, such as sports centres, country parks and Angus Archives located out at Restenneth in Forfar.

Healthy Steps provide regular, short, free, low level walks led by trained staff or volunteers. These walks are suitable for those who are currently inactive, living with long term conditions or in recovery from illness, injury or at risk of isolation or just want to come and participate in fun physical activity, connect with nature and make new friends!

Walks in Angus

There are lots of walks taking place all over Angus as part of the Health Steps Angus Project – there's something to suit everyone!

You'll find a list of walks [here](#) and you can also follow the [Healthy Steps Angus Facebook](#) page.



Angus Voice currently run two walking groups in Angus but have links with others for people to grow from, or to add another into their schedule. Their walks are gentle, and not a health walk as such. They take the walk at their member's pace and decide where to go and for how long etc, on the day, by the people in attendance – and its usually followed by a cuppa somewhere, or along the way.

The walks are peer led, promote positive mental health, preventative action, physical health, and nature prescribing, allowing their members to come and go as they please, with no strict sign up etc. If you fancy a walk then come along, but you don't need to every week if it doesn't fit into your schedule.

If there's a cancellation of a walking group, which is rare and usually only due to adverse weather conditions, this is publicised on their Facebook page, (or they contact regular attendees directly). Generally though, they would still meet up for a cuppa and a chat, even if they can't walk.

The Arbroath group meets every Monday, 1pm outside Wetherspoons, Market Place, Arbroath and the Forfar group runs every Thursday, 1pm from the Myre Car Park, just by the Guide Hall, Forfar.

For more info, email: sapphire@angusvoice.co.uk or call Colin on 07808 080025.