The Happy Habits Challenge How to Guide: Family Walking Club

It’s a well-known fact that a happy body leads to a happier person. This summer, why not take on a habit that will get you fit and allow you to appreciate what UK has to offer, as well as helping you to socialise. Taking up a walking happy habit could even help children around the world, some as young as three, who have to walk for miles every day in search of clean drinking water.

Planning a charity walk
As with most fundraising events, planning is key to the success of a charity walk. We have created a rough guide to creating your very own walking club!

Who?
We recommend putting together a walking club just for your family, including the young ones, or expanding it to include your neighbours and friends. If there are lots of children attending, we advise that you encourage parent and guardians to attend too. The size of your walking club is completely up to you, you don’t need a parade of people to get started, even two are enough!

What?
The first things to decide are:
How often will you meet?
What are the format, name, route and length of your walks?
You’re in charge of how complex or simple you want to make it; we advise that you organise self-guided walks using an existing.

Need any help with your Happy Habit fundraising? We’re here to support you, just contact us at events@actionaid.org or on 020 3122 0661.
Where?
You can organise walks in and around your local parks, or go as far afield as you wish! Walking doesn’t always have to be outdoors, you’d be surprised how much distance you cover when exploring museums and galleries. Gallery/Museum walks can include quizzes and treasure trails too.

Theme it! You can have different themes to your walks such as a:

**Historical walk**
- **The Roman Empire’s Northern Frontier, including Hadrian’s Wall** - Northumberland
- **Medieval Monasteries, dissolved by Henry VIII in the 16th Century** - Yorkshire
- **Battle of Hastings** - East Sussex
- **Prehistoric Stone Circle and Bronze-Age Burial Mounds** – Avebury, Wiltshire

**Literary walk**
- **William Blake** – Central London
- **Jane Austen** – Chawton, Hampshire
- **A A Milne** - Ashdown Forest, Sussex
- **The Brontes** – Haworth, West Yorkshire

**Nature walk**
- **Round the Lizard**, Cornwall. Include pretty coves; interesting geology and plant life; and the Lizard lighthouse, built in 175 AD.
- **The South Downs**, West Sussex. This walk captures the essence of the downland landscape, from peaceful dry valleys to lofty scarp tracks with far-reaching views, windmills, the South Downs Way and Ditchling Beacon (814 ft).

How do I turn it into a fundraiser?
Your ActionAid family walking club can have some great fundraising elements:
- Sponsored Geocaching, the free real-world outdoor treasure hunt
- Organise a healthy summer picnic, where people donate to join
- Sponsored walk (suggested £1/mile)
- Donations in the form of members fees (we suggest £5 per adult, £2 per child)

Find local parks online at: [www.gov.uk/find-your-local-park](http://www.gov.uk/find-your-local-park).
Try out the best routes from: [www.walkingbritain.co.uk/destination/](http://www.walkingbritain.co.uk/destination/) and [www.go4awalk.com/](http://www.go4awalk.com/)

Top Tips
1. Don’t be afraid to drive a fair distance for the best walking experiences!
2. Invest in good walking shoes and water/windproof clothing
3. Send out the route map and details well in advance to members of the club
4. Remember to take all litter home if bins aren’t available

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