

Starting a Walking Group

Do you enjoy walking but would like to walk with others to help boost motivation, share goals, or meet new people? Starting a walking group is a fun, affordable way of being regularly active with your friends, neighbours or like-minded people.

There are a few things to consider before you get started:

Who? Who may be interested? e.g. neighbours, friends, work colleagues, school connections, retirees, people in a certain geographical area?	Where? Where will you walk? Will you start at the same place each time or go to different locations? Transport, car parking and cost issues need to be considered.
What? What distance and/or time will be planned? What kind of terrain i.e. hills or flat? Do you have access to parks? Will you start easy and build up difficulty over time?	When? What day of the week? What time? How often? Once a week, once a fortnight or once a month? Will you run throughout the year or in line with term time?

How do I find people to join?

Often the best method is 'word of mouth'. Consider approaching work colleagues, people in your neighbourhood, or perhaps people who share a similar schedule to yourself like parents who have time after dropping children at school.

A good size group is around 4-8 people. This size allows for not everyone being able to attend every walk and also helps share the group responsibilities such as planning and leading the walks.

[Use the Active Canterbury Walking Group Planner](#) to map out what you would like to do and people to approach.

How can I promote my walking group?

[Adding your group's details to the CINCH database](#) is a good way to let people know about your group. CINCH (www.cinch.org.nz) is a FREE community directory and an easy way to help people find out about your group and make contact.

[Christchurch City Council also produces a free Walking Group booklet](#) where you can list your group's information and contact details (www.ccc.govt.nz).

Where can I get more help?

For more ideas or advice check out the walking resources on the Active Canterbury website or call 0800 ACTIVE (228 483).