

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:

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| Who? Who may be interested? 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 or time will be planned? What kind of terrain – 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 to 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 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.

[Age Concern Canterbury also has a list of appropriate walking groups on their website.](#)

You could also add your walking group to Meetup.

Check out the walking resources on the Active Canterbury website for more ideas or advice.