

Introduction

Putting on a walk that's suitable for families with young children is not difficult, but there are a few key points that walk organisers and walk leaders need to bear in mind when planning the route. Following these simple rules should ensure that your walk is a success!

Policy

- Check the Safeguarding Children and Vulnerable Adults Policy, Procedure, Guidelines, Code of Conduct and Consent form.

Distance

- Full walk should be no longer than 3-5 miles (5-8km)
- "Figure of 8" walks are ideal as they provide an option to leave at the half way point
- Although not essential, it can be good to have facilities at start point – toilets or café

Terrain

- Terrain should be varied if possible, to keep children interested (e.g. for countryside walks, some open field and some woodland is ideal. For urban walking, canal towpaths or local parkland make a nice change from busy streets)
- Anywhere things can be collected (e.g. leaves, sticks, rocks)
- Unusual buildings or structures (castles or bridges) make interesting diversions for children
- Avoid lengthy, steep terrain, but some scrambling can be fun
- Long, flat paths which disappear into the distance can be daunting for a child - try to keep the route surprising
- Well-defined or well-used paths are best for buggies/strollers, anything too overgrown or rough could lead to problems (also be aware of little arms and legs and stinging nettles!)

Speed

- Although at times they seem to have endless energy, children walk more slowly than adults (shorter legs!) so don't rush ahead
- Have someone be a back marker to make sure no one gets left behind
- Be flexible about stopping along the way as children will want to pick things up and investigate anything "interesting"

Checklist for what to take on the day

- Ramblers activity sheets for the children, hats and badges (can be supplied by central office)
- Feedback forms – remember to let us know how many people attended your walk and how many children came along

Title: Putting on walks for Children



ramblers
at the heart of walking

Reference: LED007

- Don't forget to congratulate the children on completing the walk and please remember to sign their walk certificates
- For further detail – click on [walking with children](#)

