

Organising your own walk - Useful websites

There are lots of useful websites to help you organise your own walk. Here are some we think you might find helpful.

- [National Trail](#)
- [Ramblers](#)
- [Walking Britain](#)
- [Visit Britain](#)
- [Walking World](#)
- [Yell](#)
- [The AA](#)
- [RAC](#)
- [Offas Dyke](#)
- [Hadrian Wall](#)
- [Coast 2 Coast](#)
- [River Thames Walks](#)



Useful tips

- Train for your walk. It is essential that you are physically prepared.
- Make sure you leave early enough so that you are not walking back home or to the next stop in the dark.
- Make sure you have all the provisions you will



need for the day and some extra food in case of emergencies.

- Buy good solid walking boots that fit and wear them in for a few months before you start your walk. It's best to get ones with good ankle support. Avoid very heavy boots as these will weigh you down and make walking harder. Specific walking socks are also a good idea.
- Wear loose, comfortable clothing. The best way to keep warm is to wear layers as these provide better insulation. So wear a t-shirt, a micro fleece and then a jacket on top.
- Prepare for the weather. Take sunblock, even when it's cloudy you can still burn.
- Keep hydrated. Remember to stop and eat. Often if you are dehydrated or walking in hot weather you will not feel hungry. However food is essential to keep your energy levels up so have a good breakfast and lunch and take some snacks with you.
- Always follow the [Highway Code](#); stick to paths where possible and always walk towards oncoming traffic etc. You will find more information on the [Highway Code website](#). Follow the [Countryside Code](#); close any gates behind you, keep dogs on a leash when necessary etc. Remember to put all rubbish in a bin or take it with you.

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Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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