In order to lead walks you will need to possess a variety of different characteristics, skills and qualities. The following list highlights what are particularly valuable. If these qualities apply to you, then you may be suitable to train as a Walk Leader with us.

- Strong “people skills” with a degree of patience
- Sociable and reliable
- Respected and trusted
- Able to empathise with walkers and with an awareness of their range of capabilities
- An awareness of not just the physical, but the social and environmental reasons for walking
- An understanding of how to pace a walk to benefit all
- A reasonable level of fitness

We are looking for people who:

- Are committed
- Are available for training – one full day
- Can be available to assist on, or lead, walks on a regular basis
- Are easily contactable and who can keep up regular communication with the scheme coordinator

There are a number of ways in which volunteers can lead, with a degree of flexibility if necessary. This can be discussed during the initial meeting or contact Julie to find out more.

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