



# The WDC Great MIGRATION



Walk with us!

## How to find a walk, route or trail

Well-known, waymarked trails are perfect for your Great Migration as you can do as little or as much as you want - check out The Cotswold Way, South West Coast Path, Pedders Way, West Highland Way, Pennine Way, Thames Path, or South Downs Way for starters. The websites below will also help you find walks for an hour, a day or a longer period if you want to really 'go for it'! If you can't find one, get in touch at [events@whales.org](mailto:events@whales.org) and we'll be happy to help.

[theoutdoorguide.co.uk](http://theoutdoorguide.co.uk)

Passionate walker Julia Bradbury and sister Gina's website 'The Outdoor Guide' features Walks by Location, Accessible Walks and Britain's 100 Favourite Walks and much more useful information.

[nationalparks.uk/visiting/outdoor-activities/walking/family-walks](http://nationalparks.uk/visiting/outdoor-activities/walking/family-walks)

[walksaroundbritain.co.uk/walkingwithchildren](http://walksaroundbritain.co.uk/walkingwithchildren)

Both of the above offer fun, family-friendly walks - the first in scenic National Parks around the country and the second also has great advice for walking with children and fun ideas and activities for engaging and entertaining them en route.

[walkingbritain.co.uk](http://walkingbritain.co.uk)

Lots of useful information for walkers and links to walks in England, Wales and Scotland, ranging from easy circular ones to challenging mountain hikes. All routes are free to download and print, and many have GPX files.

[walkingroutes.co.uk](http://walkingroutes.co.uk)

1000s of walking routes, hiking trails, route maps, GPS and GPX routes. Dog walks, riverside and canal walks, railway walks, city and circular walks to choose from to name but a few.

[nationaltrail.co.uk](http://nationaltrail.co.uk)

National Trails pass through some of the most stunning and diverse landscapes in Britain and offer something for everyone, from short strolls to a 630-mile adventure.

[ramblers.org.uk/go-walking/routes-and-places-to-walk](http://ramblers.org.uk/go-walking/routes-and-places-to-walk)

Everything you need to know about rambling and suggestions for walks of all distances and difficulty.

[bwf.ivv.org.uk](http://bwf.ivv.org.uk)

British Walkers Federation members have access to short, medium and long-distance walks and trails.

## Keeping Safe

We want everyone to be safe whilst taking part in the WDC Great Migration. Please ensure you choose a route that is suitable for you and others walking with you. A large-scale OS map is advisable if walking a route for the first time.

Check that everyone has suitable footwear and clothing, and prepared for whatever the weather might do on the day.

Most of the websites listed overleaf have useful, informative sections on clothing (eg. wearing layers) and what to take with you – plenty of water, a basic First Aid kit etc. It's better to be safe than sorry, even on the shortest walk!

## Ways to theme your walk

You may want to have a theme or include fun activities to do en route - some suggestions below, but let us know what you will be doing!

**Fancy dress:** Go wild and wacky, or dress in blue like a blue whale?

**Wellies and Woollies:** Children could decorate wellies and bobble hats with whale pictures and, from time to time en route, wave their flippers (arms), breach (jump in the air) and dive for krill (sweets).

**Sing Songs:** our playlist (overleaf) has some brilliant walking-themed songs to get your pod singing along together like humpback whales. There are plenty more out there - and ones with 'steps' in the title too!

## BUSINESSES, COMPANIES AND STAFF FUNDRAISING

The WDC Great Migration is excellent for team-building and getting your staff outside, in the fresh air, having a break from sitting at a desk and as part of your Corporate Social Responsibility programme.

If your company or business has more than one branch or office, why not create a route that lets you visit some or all? Take photos en route and post on your social media pages (and don't forget to tag in @whalesorg). With permission, we may like to feature your fundraising in our magazine or on our website, and we'll add your team photo to our Great Migration gallery. If you're walking after work or at a weekend and are a super-sociable bunch, you might incorporate a couple of pubs (or more) into your Great Migration. We can give you a collecting jar to rattle in the pub too!

Do you work in a shop, restaurant or cafe? Create a route around the town, or between branches if you are part of a chain. Walk in branded clothing or items from your shop – a great free way to advertise your products – again, take photos and post on social media as you walk.

Don't forget to contact the local press! If they can't come along, make sure you take a group photo outside your premises and tell them what you did, why you did it and how much you raised.

## WALKING SONGS TO KEEP YOU STEPPING OUT!

We're not suggesting you have ear-buds in all the time, but now and again you may want to vary the pace, and kids will enjoy walking/marching/striding out in time to music too. Our playlist of walking-themed songs below will help you get started but there are lots more out there - and many more with 'steps' or 'marching' in the title too!

- |   |                           |
|---|---------------------------|
| 1. Walk of Life                         | Dire Straits              |
| 2. I'm Gonna be (I will walk 500 miles) | The Proclaimers           |
| 3. Walk this way                        | Aerosmith/Run DMC         |
| 4. Walk on by                           | Dionne Warwick            |
| 5. Walk out in the rain                 | Eric Clapton              |
| 6. Walking on sunshine                  | Katrina and the Waves     |
| 7. I walk the line                      | Johnny Cash               |
| 8. These boots are made for walking     | Nancy Sinatra             |
| 9. Walk like an Egyptian                | The Bangles               |
| 10. Walking on air                      | Katy Perry                |
| 11. The long and winding road           | The Beatles               |
| 12. I go walking after midnight         | Patsy Kline               |
| 13. Walk on                             | U2                        |
| 14. Walk on the wild side               | Lou Reed                  |
| 15. Walks like Rihanna                  | The Wanted                |
| 16. Walking in my shoes                 | Depeche Mode              |
| 17. Walk all over you                   | AC/DC                     |
| 18. You'll never walk alone             | Gerry & The Pacemakers    |
| 19. Walk tall                           | Paul Simon & Ziggy Marley |
| 20. Walk away                           | Kelly Clarkson            |