

Setting up a virtual walking challenge



Why start a virtual walk?

Taking part in a virtual walking challenge helps you keep fit while attending your virtual event, keeps you connected with other attendees and gives you a common goal to work towards.

You can also learn about Glasgow and Scotland, by reading about landmarks as you progress through the walk, and be inspired for a future visit!



About World Walking

World Walking is a local charity based near Glasgow, aiming to help people have fun while enjoying a healthier, active lifestyle.

You can use the free website and app to create a virtual walking group. Once you've created a group of fellow attendees, you can choose a virtual walking route, then each add steps taken during your own daily routine or around your neighbourhood to reach your virtual destination.

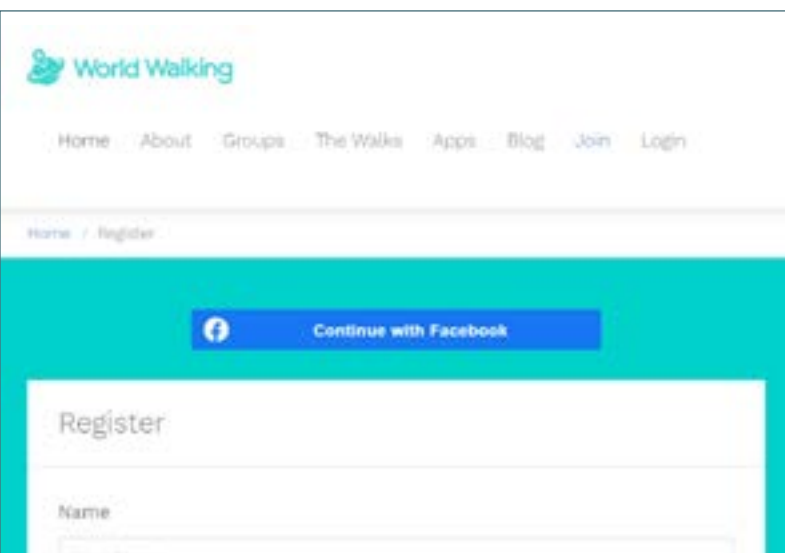


Create a World Walking account

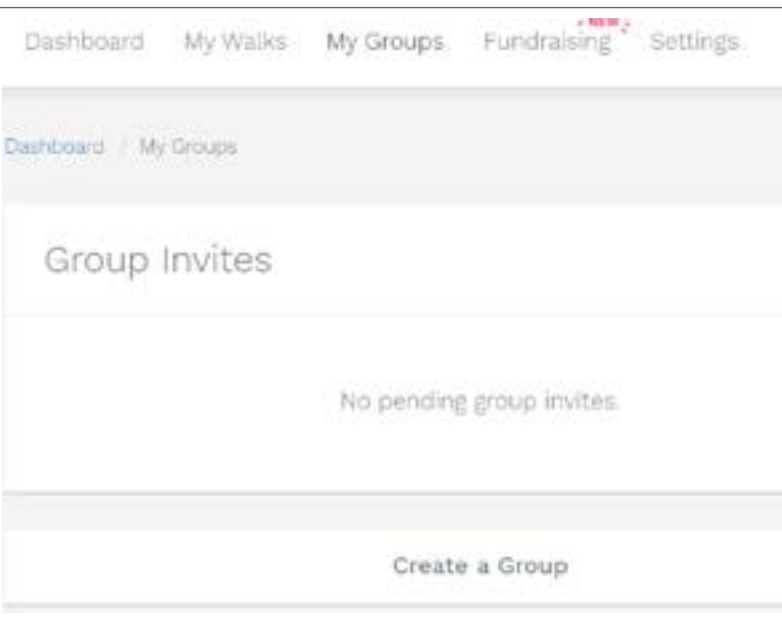
Join World Walking for free - create an account to start taking part in virtual walks.

Get started here:

<https://worldwalking.org/register>



Set up a group



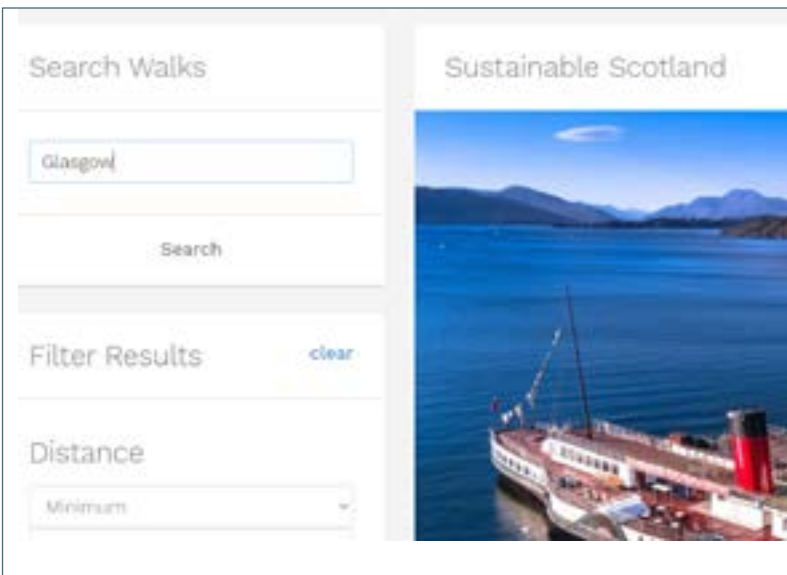
Once registered and logged in, you will now have your own 'dashboard'. Here you can log steps, view your walks and groups.

To create a group, click on 'My Groups' and 'Create New Group'.

Maybe your group name will relate to your conference, or anything you like! Within 'Groups' on your dashboard, you can add members by inviting them by entering their email addresses.



Start a walk for your group

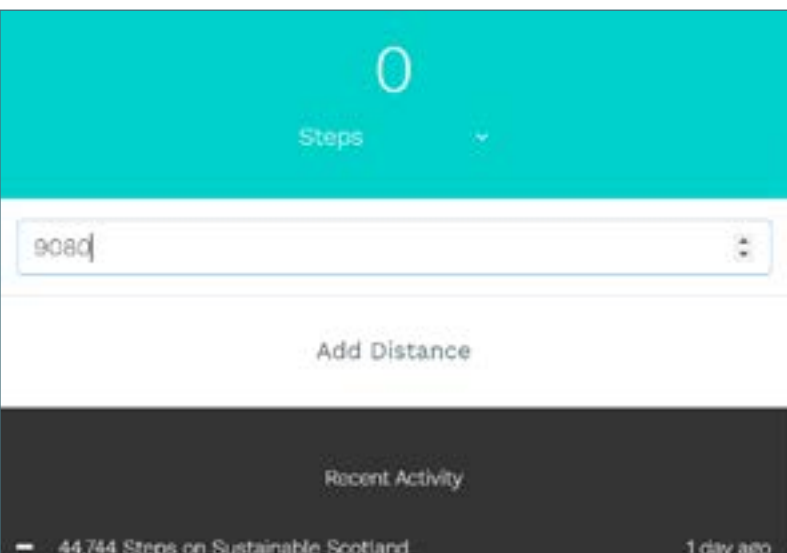


Now you have a group, you are ready to select a walk! Under the 'My Walks' tab, you can find the option to 'Start New Walk'.

You can search under 'Glasgow' or 'Scotland' to find a walk you like. Click the walk and 'start walk'. Make sure you select the option for walking this with your group, unless you are doing a solo walk. Now everyone can join the walk from their own dashboard.



Input your steps



Add your daily / weekly steps by visiting your dashboard and adding steps at any time. You can then 'spend' your steps on your current group walk.

You will be able to track your group's progress, view milestones you are virtually passing through, use the chat function to chat to your group and even upload photos.





Get the app

If you prefer to use a smartphone app, World Walking have an app to track your steps and keep you notified on all the activity from your group.

Download the app here:
<https://worldwalking.org/apps>



Share

Why not take some photos while you're out walking and use #VirtualGlasgow and your conference hashtag to share your progress with fellow delegates? You might also wish to encourage other delegates to set up a team and walk the same route, for a bit of friendly competition!



Support

If you need further help on setting up a walk, uploading your steps or managing a group, you can find more information here:
<https://worldwalking.org/help>

