



Get Ready for Bristol Walk Fest

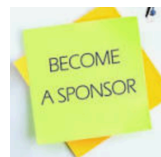
Welcome to our brand new Bristol Walk Fest newsletter, where we'll be sharing all the latest news about Bristol Walk Fest, as well as updates from the world of walking.

About Bristol Walk Fest



Latest news

[Lucy Heard](#) talks about what it means to be a longtime supporter of Bristol Walk Fest, providing walks every year.



Sponsor us!

For the longevity of BWF, we're always looking for financial support. Options can be seen [here](#), or email to find out more.

What is Bristol Walk Fest?

Year after year, Bristol Walk Fest draws together a plethora of walking providers and local organisations who lead walks and walking related activities during the whole month of May, to coincide with Living Streets' [National Walking Month](#).

Our festival encourages people to come together, walk to enhance their health and wellbeing and celebrate the huge diversity of walks our city has to offer: last year 83 providers lead 739 walks, with approximately 3,300 people taking part!

Everyone is welcome to take part as we'll have a huge range of walks for all ages, abilities and interests. **Our programme will be published and distributed at the start of April**, so keep an eye out for that in your local library or community centre. You can also check on our website in April for information about all walks and walk providers.

About BWF

Highlighted Walk



Two Million March

[Go Jauntly](#) have launched a new walking challenge, which is available for free!

Step to it this year and complete two million steps: it's about 5,500 steps per day. Let's go!

Join in here

Good News Story

Ambulance call handler walks 35 miles for charity

Nico Attwell, 23, from Street in Somerset took on a 35 mile walk to raise money for an NHS staff charity.

Nico set off from his house to the Bristol Emergency Operations Centre in Bradley Stoke to raise money for The Ambulance Staff Charity after losing three colleagues to suicide in recent months.

He set off at 03:00 on Wednesday 7th January and hoped to reach his destination by about 18:30. He has already raised more than £4,000 for the charity on his fundraising page.

[Read the full article here](#)

Did You Know?

In 2023, the average person in England*:

- Made 263 walking trips
- Walked 225 miles
- Spent about 80 minutes per week travelling by walking
- Made 29% of all their trips by walking

*According to the Department for Transport's National Travel and Active Lives Surveys

[See the full data here](#)

"All truly great thoughts are conceived by walking"

- Friedrich Nietzsche, philosopher

We also have a newsletter for **walk providers**. If you're interested in leading a walk, [take a look at our website](#) to find out more and sign up to the newsletter.

Bristol Walk Fest

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