

YOUR GUIDE TO LEADING A WALK!

PICK YOUR STORY

What is your walk going to be about?

Plan a walk that tours places of historical interest, and share some background at each stop.

Lead a tour to your favorite restaurant or bar, great chance to support a local business.

Lead a walk through a park to take us on a hike and help others explore some hidden gems.

PLAN A ROUTE

Make a map of the route for yourself and pre-walk it.

Because not every pedestrian walks, kindly make your walk/event as accessible as possible.

Tip: A good starting location is accessible by multiple modes of transportation – TriMet, bike, walking, car

Tip: Have some stopping points. It's great to take a break if it's a long walk also gives everyone a chance to share info and chat.

SPREAD THE WORD

After you have added your walk to the calendar, go ahead and promote it. Invite your friends, neighbors, family, everyone. Share on social media.

NEED SOME IDEAS?

- Parks, green spaces, and the great outdoors: The Portland metro region has a wide variety of parks and places to hike or walk. Help others explore your favorite green.
- Drinking and eating: From a coffee crawl to a sushi stroll, food-filled walks can add deliciousness to walking fun.
- Hidden gems: Know a place off the beaten track? Perhaps you know the best public staircase in Portland or a cool sculpture in Forest Grove.
- Local history: Do you know the history of your neighborhood or want an excuse to learn more? Plan a walk that tours places of historical interest, and give a little talk at each stop.
- Hobby: What do you love to do? Teach people to geocache, organize a poetry walk, or lead a photo/walk excursion.
- Activism: Lead a walkability audit or a crosswalk action. Host a tour of recent successes and walking needs. Describe the goals or needs of your community to others, and invite them to join your efforts.