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Introducing People to Walking

MARGARET METCALF (MEMBER SINCE 2008)

*Membership secretary and Get Walking ambassador,
Manchester and Salford Ramblers*

Mags, as Margaret is known among the Manchester and Salford Ramblers, has introduced hundreds of people to walking from an incredible array of backgrounds. She's led walks for parents and toddlers, adults with learning disabilities, schools, people with mental health problems, drugs or alcohol issues, and more. By working with groups such as these, Mags not only helps people discover their local countryside but has a real impact on their mental and physical well-being. Her great love of walking and the outdoors is clearly infectious, and she has a fantastic talent for showing people the benefits it offers to them as an individual.

"Last April, I organised the Ramblers' 75th anniversary walk to Kinder Scout," says Mags. "More than 80 people came, many of whom hadn't done a walk like that before, so it was great to see them taking on the challenge and enjoying themselves."

Members of her group say Mags displays seemingly boundless energy; always coming up with new ways of making walks informative, fun and varied – from pointing out the flora and fauna to even starting impromptu sing-alongs.

"I've thoroughly enjoyed the volunteering and encouraging people to walk more," she says. "There's nothing quite like sitting in the pouring rain eating a picnic with a new walking group!"



☞ It's great encouraging people to walk more and seeing them take on a challenge ☞