

Led Rides and Walks

Cascade Training Module



in partnership with



TRANSPORT
SCOTLAND
COMHDAHL ALBA

CONTENTS

3	Introduction
4	Led Rides and Walks
	Introduction to Led Rides and Walks
	Project Partners
5	Why Develop Led Rides and Walks
	Project Benefits
6	Participant Access to Led Rides and Walks
	How is the Project Staffed and Facilitated
	Project Promotion
7	Key Stages
	Project Monitoring and Evaluation
	Lessons Learned and Project Reflections
	Resources

INTRODUCTION

FORTH ENVIRONMENT LINK

A local organisation with a national impact

Forth Environment Link is a Scottish environmental charity based in the Forth Valley, working across the climate action agenda to deliver outcomes which support and promote healthy people and a healthy planet with equality for all.

As an organisation, rooted in the communities we work with, we are passionate about what we do and about making our places and community spaces better to live, work and play in.

Our Strategic Objectives

To deliver our ambition, we will focus on four main areas and our charitable activities will support:-

Active Travel More day to day journeys on foot or by bike.	Food & Growing More local food to be grown and eaten in our communities.	Volunteering Provide meaningful volunteering opportunities for all.	Reuse & Repair Helping to increase the lifespan of our everyday items.
--	--	---	--

Our Vision

To enable and support communities to live healthy and sustainable lives in a way that reduces the impact on our planet.

Our Mission

- We will put healthy people and a healthy planet at the heart of our work.
- We are community led - our projects, partnerships and priorities are shaped by and developed for the communities within which we work.
- We value the planet and each other. This underpins everything we do.
- We are enabling - what we do is practical, easy to understand and accessible to everyone.
- We are collaborative - we like to work in partnership because we believe we are stronger together.
- We love new ideas; innovation is at the heart of our work and is what pushes forward new ideas that inspire change.
- We are passionate about what we do and it shows in our work and in our team's activities.

Disclaimer

Forth Environment Link Cascade Training Pack© is the copyright of Forth Environment Link 2019. All the information it contains is believed to be correct at the time of going to press. Forth Environment Link cannot be held responsible for any damage or harm caused as a result of following any of the suggestions contained within this pack. Please get in touch if you wish to use these materials, or reproduce these materials. Written materials in this pack may be reproduced free of charge or at a cost which will be determined by the nature of the request. Any reproduction whether free or at cost is subject to material being produced accurately and not used in a misleading context. Such reproduction must identify the source of the material and the copyright status acknowledged (Forth Environment Link Cascade Training Pack©, copyright Forth Environment Link 2019). Use of the Forth Environment Link logos is restricted and may not be used by other individuals or organisations without formal permission from us via info@forthenvironmentlink.org

LED RIDES AND WALKS



Led rides and walks are aimed at individuals who are in the contemplation, preparation and action stage of behaviour change and allows them to move onto the maintenance stage. This is possible as the project removes barriers to active travel.

Introduction to Led Rides and Walks

Since 2014 Stirling Active Travel Hub has organised a series of led rides called 'Meanders', these rides are between 5 and 10 miles and are led by Hub staff or volunteers who are cycle ride leader trained. Stirling Active Travel Hub also runs weekly led walks around Stirling. These were initially introduced in 2017 when the Hub moved focus from cycling to active travel as a whole. The Hub recognised that many people want to become more active in everyday life but would not consider cycling for a variety of reasons. Both the rides and walks are organised in blocks on different days of the week at different times to appeal to a varied audience. In addition to the weekly rides and walks the Hub also runs one off themed rides throughout the year such as a Christmas themed ride or a night ride when the clocks go back..

Project Partners

⚙️ Active Stirling



Why Develop Led Rides and Walks?

- ⚙️ Encourage new or returning cyclists to get out on their bikes, help them build confidence, skills, fitness, friendships and local route knowledge.
- ⚙️ Creating a ride or walk series allowed routine and room for group progression.
- ⚙️ They are a valuable tool for engagement in community, school, and employer programmes.
- ⚙️ Participants can progress from attending the rides to volunteering as a cycle ride leader, with all the training provided.
- ⚙️ The project supports outcomes and objectives of The Active Travel Framework (2019)
 - ⚙️ Increase the number of people choosing walking, cycling, and wheeling in Scotland
 - ⚙️ Delivery of walking, cycling, and wheeling is promoted and supported by a range of partners
 - ⚙️ Walking, cycling, and wheeling is available to all
 - ⚙️ Better health and safer travel
 - ⚙️ Cut carbon emissions

Project Benefits

The rides and walks benefit anyone who wants to attend, with the emphasis on the fun and sociable side as much as the actual event. People from all walks of life have attended, including cycle commuters, retirees, students, and families. The first group of people attending the cycling Meanders eventually grew in confidence enough that they wanted a bigger challenge and formed their own ride group affectionately called the Unofficial Meanders. This group still meets every Thursday morning with up to 30 people attending.

The different lengths of ride allows anyone to join, with the shorter rides of up to 5 miles enabling participants to build confidence and stamina before progressing to the longer 10-mile rides. Once a participant feels they want to progress from the 10-mile rides they are directed to the local Sustrans volunteer led rides of around 15-20 miles.

The led walks introduced 'walk 4 miles in 4 weeks', a series of walks starting at one mile and increasing one mile a week for four weeks. These walks are supplemented by themed led walks including history walks, nature walks in partnership with the Forestry Commission and activities such as Nordic Walking.

Led rides and walks are also beneficial as part of other Hub projects including our employer engagement work, community work and school's work. They allow employees, community members and school staff and pupils the opportunity to discover the cycling and walking paths in their immediate area that are useful to them.

Participant Access to Led Rides and Walks

Both activities usually start and finish at the Hub, though they can also be part of an activity in one of our other project areas. The ride routes are designed to increase the participants' familiarity with areas of Stirling and always include a café stop. The rides usually run in blocks of 6-8 weeks 2 or 3 times a year, typically in Spring, Summer and Autumn.

How is the Project Staffed and Facilitated?

Led walks and rides are staffed by Hub staff and volunteers, normally two staff/volunteers per ride and 1 per walk. The funding for this project is covered by the Hub's core funding from Transport Scotland. The main initial costs are:

- ⚙️ Cycle ride leader course - £75 per person or £400 to organise a bespoke course for a group.
- ⚙️ Outdoor first aid course - between £135-£200 per course
- ⚙️ Paths for All's Walk Leader course - free to attend
- ⚙️ Staff time
- ⚙️ Promotional printing costs

Project Promotion

The led rides and walks are promoted through the Hub's social media channels, posters, flyers and partners. They are also promoted at events held for other projects and occasionally directly promoted to a certain group as part of an engagement programme. For example, as part of an employer engagement programme with Forth Valley College a series of led rides were planned and promoted leaving from Forth Valley College's Alloa Campus.

The Hub has worked closely with Active Stirling for the booking of the rides, this allows them to be part of Active Stirling's physical referral programme, giving individuals who have been referred to Active Stirling access to the Hub's rides.



Key Stages

- ⚙ Staff must complete Cycle Ride Leader course or Walk Leader course or equivalent and have a valid Outdoor First Aid qualification
- ⚙ Ride Leaders should be confident cyclists
- ⚙ All leaders should be familiar with the routes they will be leading
- ⚙ All the routes need risk assessed by the Ride/Walk Leader
- ⚙ For led rides the staff to participant ratio is 1:8. We always have a competent ride assistant in addition to this, who can be a volunteer
- ⚙ Ride Leaders will benefit from being a Cycle Trainer as well as this can help in coaching participants during the ride
- ⚙ All Leaders must carry a first aid kit and Ride Leaders must carry a basic tool set including multi tool, puncture repair kit and spare innertube

Project Monitoring and Evaluation

The number of participants for both the led rides and walks is recorded and case studies are collected from regular attendees. This allows for a fuller understanding of the opinions of the attendees and the effect the activities have on their health and wellbeing. This also allow the Hub to monitor what days and times are most suitable for the sessions.

Lessons Learned and Project Reflections

- ⚙ Before starting either led rides or walks, research what is already happening in your area to make sure you are not duplicating existing activity. You could offer a complementary service to what is already on offer (e.g. shorter or longer distances so you can act as feeder groups).
- ⚙ Think about the progression pathways for the participants before starting the programme, have options ready or signpost to other projects if possible.
- ⚙ Longer blocks of rides may work better, a 12-week programme rather than 6-8 week would allow more promotion and better establish a routine with the attendees. This also give more scope to improve participant confidence.
- ⚙ Offering rides at different times of day, evenings and weekends would allow for a wider audience to be reached, however staffing must be taken into consideration.
- ⚙ The booking system needs to be organised. The Hub uses an online booking systems which allows flexibility and is accessible to most. Individuals can also phone the Hub to book on if they are struggling to do so online.

Resources

[See Resources tab for details](#)

- ⚙ [Led Walks Risk Assessment](#)
- ⚙ [Led Rides Risk Assessment](#)
- ⚙ [Post Led Ride Survey](#)



ACTIVE TRAVEL HUB

For Falkirk enquiries contact

 01324 230125

 athfalkirk@fortheenvironmentlink.org

 [falkirkactivetravelhub](https://www.facebook.com/falkirkactivetravelhub)

 [@FalkirkATH](https://twitter.com/FalkirkATH)

For Stirling enquiries contact

 01786 474160

 stirlingath@fortheenvironmentlink.org

 [stirlingactivetravelhub](https://www.facebook.com/stirlingactivetravelhub)

 [@StirlingATH](https://twitter.com/StirlingATH)