

# GM Walking Resources Index

**GM Walking Voice** - A web of individuals and organisations that are sharing stories and evidence of what is working. Receive monthly newsletters and information about walking in GM. You can find out more about what the Voice does and how to join [here](#).

**GM Way Campaign** - [The Campaign](#) materials and resources are aimed at the general public and aim to inspire and motivate through a range of personal walking stories. There's a toolkit that explains the campaign, social media graphics and posters to advertise 'your' walks and links to the cases story videos.

**GM Daily Mile Toolkit** - [The GM Daily Mile Toolkit](#) has a range of resources to help encourage people to take more daily short walks more in their community or workplace.

**Go Jauntly App** - New Greater Manchester walking routes are available for FREE on the [Go Jauntly App](#) and can be downloaded in advance so that they are available in offline mode (saving your mobile data costs). Many are step-free and so will appeal to wheelchair users and to families with pushchairs.

**Love Exploring App** - [Love Exploring](#) provides a range of discovery games and guided tours that are fun to do and free to use.

**Informal walking** - #GMWalkingChamps There are a number of resources to help support individuals to become a walking champion in their community or workplace including:

## [Informal walking workshops](#)

A short session help build confidence to help others to walk more. These can delivered virtually.

## [Champions videos](#) · to help inspire others

· Cascade training workshops - Train-the-trainer sessions for those who are interested in learning how to deliver the walking workshops

**GM Walking Grants** - [The GM Walking Grants](#) have been allocated to a wide range of organisations to provide resource for community groups and voluntary organisations to increase walking in their community. TFGM currently have Cycle & Stride grants available, to help people and groups become more active.

**GM Walking Festival** - Find out the [latest information](#) about plans for the next Walking Festival, and how you can take part



@GMWalks

#GMWalking

#GMDailyMile

#GMWalkingChamps

#GMWalkFest

#TheGMWay

Greater Manchester  
**Walking**