

## Making your business walk friendly

Improving workplace facilities can empower you and your workforce to make smarter travel choices and can be a key element of establishing a modern, environmentally conscious workplace culture.

Below we have provided you with ideas to increase the levels of walking to work and on business, by making your workplace walk friendly.

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- pedometers
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- torch

## Walking for business travel

A walking friendly employer is not just one where there are facilities such as lockers, but where there is a real culture of walking, which encourages standing and moving in and around the office more.

Consider the measures below to encourage your staff to travel actively for at least part of their journey to work or on business:

- Purchasing an annual bus or train ticket for communal staff use for staff making regular business trips to the same destination, could enable staff to walk more, or buy 'pool tickets' so any member of staff can take the ticket for meetings, training, or whenever necessary.

- Purchasing laptop rucksacks or lightweight tablets could enable staff to walk more as part of their business travel and save money on taxi fares.
- Many organisations offer a cycling mileage rate for staff who use their bikes during work time, why not introduce something similar for walking to encourage sustainable and active travel.
- Alternatively, you could consider introducing a flat mileage rate of, for example, 40p per mile, claimable for walking, cycling and driving journeys.

## Route mapping

Mapping some circular routes that people can walk from your office at lunchtime can help staff reach their target of [150 minutes of moderate intensity activity a week](#) for exercise and to improve their mental health. You can include a few different options that vary in length and duration for faster and slower walking speeds.

You can map these walks using online journey planners such as: [Map My Walk](#), [Walkingrun.net](#) or [Google maps](#).

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\*Support offered will depend on availability of funding, COVID-19 restrictions and engagement and commitment of your workplace.

When following our toolkits, please check the [government guidance for safer travel](#).

This page was last updated March 2021.

## URLs

- Walk score website: [walkscore.com](https://www.walkscore.com)
- DCC 'Report a problem' online portal: <https://new.devon.gov.uk/roadsandtransport/report-a-problem/>
- NHS – Physical activity guidelines for adults – <https://www.nhs.uk/live-well/exercise/>

- Map my walk website: <http://www.mapmywalk.com/>
- Walk Jog Run website: <http://www.walkjogrun.net/>
- Google Maps website: <https://maps.google.co.uk/>
- Feet First Guide to Walking Meetings: <http://www.feetfirst.org/walk-and-maps/walking-meetings>
- TedTalk on walking meetings: [http://www.ted.com/talks/nilofer\\_merchant\\_got\\_a\\_meeting\\_take\\_a\\_walk](http://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk)
- Standapp website: <http://standapp.biz/>
- Information on Little Nudge: <https://getbritainstanding.org/littlenudge.php>
- Promoting walking toolkit: <http://www.traveldevontoolkit.info/promoting-walking/>

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