

NORTH WEST GRAMPIAN

February 2021 – Newsletter 1

NEW FACEBOOK GROUP

We have recently launched our new Facebook Group to build a community of walkers in the north of Scotland and encourage members to post photos and tales of their walking adventures.

Join the [Facebook Group](#) to share in others' activities, exchange news, tips and good practice.



Covering the north of Scotland

WELCOME

This is the first in what we hope will become a regular series of newsletters, reaching out to our membership, especially those that don't have access to our social media pages.

The Lost Year

2020 was a difficult year for many, especially those whose main social interaction was with others on LDWA social walks or whose main activity and form of exercise was walking in the outdoors. Covid restrictions on exercise, socializing and travel made much of 2020 extremely challenging. Getting back to some sort of normality is going to present different challenges. To understand how our members feel about group walking as restrictions ease we plan to carry out a survey to see how we can best encourage and support people to come out on social walks again safely.

The immediate future

Q: I want to walk in different places before group walks start up again, but not by myself. How do I find someone to walk with?

A: For those of you who use social media, we now have an active Facebook Group, so just post a request in the group suggesting an area, approximate distance and possible days that you would like to walk. As more people join the group you will find more walking buddies.

Q: When will group walks start up again?

A: The LDWA National Executive Committee meets every Monday (more often if government announcements are made) to assess whether restrictions have eased sufficiently for groups to start arranging and advertising walks again. Each group will then communicate with their members.

How about challenging yourself to the [LDWA 100 mile event](#) 29th – 31st May 2021 Completing over 50 miles will qualify for the 2022 event.

NW GRAMPIAN'S ANNUAL GENERAL MEETING – WEDNESDAY 17TH MARCH, 7PM – 8PM

The AGM will be held using Zoom this year as restrictions do not allow us to hold a face-to-face meeting. Everyone can join this either by telephone, using a browser on your phone, tablet or computer or by using the Zoom App. Formal invitations with details will be sent out soon. Nominations/volunteers are sought for the position of +Chair and Treasurer and for ordinary committee members. Please contact julie.cribb99@gmail.com for details if you are interested.



Showcasing our area in the Virtual Challenge

Contact Us

NW Grampian Local Group

chair.nwgrampian@ldwa.org.uk

<https://www.ldwa.org.uk/NorthWestGrampian>:

Facebook Group: [NW Grampian LDWA](#)

Facebook Page:

<https://www.facebook.com/NWgrampianLDWA43>

for news and information about the group and events.

The new [Moray Ways website](#) has lots of walks to enjoy in Moray. This is a new resource, and the Moray Way Association would welcome feedback

NEW WALKS AND WALK LEADERS?

During lockdown some people have been discovering some amazing paths, trails and countryside right outside their back doors. Smaller walks can often build into longer ones by doing loops, figures of eight and linking routes. Why not post some of your walks in the Facebook Group and consider offering these as social walks when we can arrange these again?

If you would consider leading a walk in the future we have some very experienced walk leaders who will be happy to advise and help you plan and organise a walk.

LDWA VIRTUAL CHALLENGES

The virtual challenges began in May 2020 when it was realised that the 100 mile event had to be cancelled. These gave individuals motivation to get out each day and tot up 100 miles of walking during the month. Themes included Trig Point bagging, the Olympics, Long Distance Paths, Advent and the current challenge features the Lake District. Each day's post gives a snippet of information about the theme and encourages people to post comments and photos from their daily walk. Over time this has built quite a community nationwide. We have volunteered to showcase our own area for the March 2021 challenge so head over to the [Facebook Group](#) to join in.

Don't forget to sign up for the LDWA National [AGM](#) on Sunday 7th March at 10am

WANT TO WALK BUT NOT IN UNCHARTED TERRITORY

The IT Team at LDWA have added a great feature into the local group websites – the [Historic Walks Database](#). Walks that groups have planned and led over the past few years where the gpx files are available have been uploaded to the website for anyone to download and follow. You can access the walks from any local group.

ANYTIME CHALLENGES

With the restrictions around organising challenge events due to be in place for a while to come, LDWA has developed guidelines and support for offering challenge events as Anytime Challenges. Groups can offer their events for solo (or bubble) walking over a period of time,



e.g. a calendar month, and LDWA members can download the gpx file and route description and walk the event at a time and date of their choosing. Certificates and other rewards can be offered for those who submit evidence of their walk. We at NWG are considering routes to offer as Anytime Challenges. Watch the Facebook Page for more information.