

## **ADDITIONAL INFORMATION SUPPLIED IN SUPPORT OF THE SLOW WAYS MOTION.**

Each Slow Way route connects two neighbouring settlements; routes can be combined for longer journeys. As far as possible routes are direct, off-road, safe, accessible, easily navigable and pass through settlements with services and public transport hubs. The Slow Ways network – through its unique approach to plotting, mapping and recording routes – aims to make it easier for people to see, plan, enjoy and share walks between places.

Slow Ways will be used for both recreational and functional purposes, aiming to offer reasonably direct walking options backed by trusted route information. This will include walking to visit friends and family, travelling to meetings, going to shops, pilgrimages, charity fundraisers, or travelling to school or work.

The average Slow Way route in England and Wales is 12km while in Scotland it is closer to 20km. Hundreds of routes in urban areas are under 5km.

### **Health benefits**

- improving health and wellbeing by encouraging physical activity for short trips and longer journeys
- helping to mitigate the causes and effects of Covid-19, being part of recovery plans, and offering public transport alternatives
- creating opportunities for people to connect with friends, family and colleagues

### **Environmental benefits**

- reducing pollution and emissions through active travel options as an alternative to carbon-based transport
- contributing to the decarbonisation of local and national transport systems and helping to address the climate emergency
- connecting people to 'nearby nature', heritage, places and communities

### **Transport benefits**

- encouraging modal shift – supporting more people to walk more of the time, for more purposes
- providing safe, direct and enjoyable routes between neighbouring towns and cities
- linking active travel to public transport hubs
- promoting greater use of existing paths, trails, networks, and the connections between them

### **Economic benefits**

- saving people money by encouraging an inexpensive form of travels

- spreading economic activity by inspiring visits to, and stays in, more places

### **Community benefits**

- sharing a positive, empowering, rewarding and inclusive project at a time of national crisis and recovery
- offering a source of community engagement, focus, identity and pride
- boosting the equity of use of path networks
- increasing the use of currently under-used paths – thereby keeping them open and valued

### **References**

- **Ledbury Town Council** was the first to [officially support](#) Slow Ways. 20 July 2020 [Report](#), with Recommendation “that Ledbury Town Council promote the Slow Ways Project within Ledbury in the hope that groups and individuals will get involved with the project”.
- [The Clerk magazine](#) ‘for Local Council professionals’: ‘Creating a new national walking network’, November 2020, page 61.
- [BBC News](#), **16 Oct 2020** – Slow Ways “seeks to elevate the position of walking in our national conversation, to be seen not just as a worthy, healthy hobby but part of our national transport infrastructure” – and [ITV News](#), 16 Oct 2020.

### **Further Information**

Web – [slowways.uk](http://slowways.uk)    FAQ – [Frequently Asked Questions](#)    Newsletter  
– [slowways.uk](http://slowways.uk)  
Twitter – [@SlowWays](#), [#SlowWays](#)  
Contact – [hello@slowways.uk](mailto:hello@slowways.uk)