



Train Walk for older children and adults

If your group has more older children or adults in it, you may want to tailor your Train Walk to suit them. We've got lots of ideas for your Train Walk to help you create more of a challenge for older children and still raise funds for the National Autistic Society. We hope they are helpful. If you have any more suggestions, do let us know by emailing us at trainwalk@nas.org.uk.

Country walks

Disused railway walks

There are lots of wonderful walks around the country along the old tracks and aged viaducts giving a window into the industrial history of Great Britain. Pick a walk to take, choosing a distance that gives you a bit of a challenge and ask your friends and families to sponsor you.



> **Route ideas** can be found at:

- www.railwayramblers.org.uk
- www.walking-routes.co.uk
- www.northrailwalks.org.uk
- www.subbrit.org.uk

> **Fundraising ideas ...**

- Get sponsored to walk the route (sponsorship form available from www.trainwalk.org.uk)



Station to station walks

Choose a two countryside stations. Catch the train to one and walk to the other, then catch the train back again. Again, choose a distance that gives you a bit of a challenge and ask your friends and families to sponsor you.

> **Route ideas** can be found at:

- www.walkingworld.com
- www.transpeakwalks.co.uk
- www.walkit.com
- www.eskvalleyrailway.co.uk

> **Fundraising ideas ...**

- Get sponsored to walk the route (sponsorship form available from www.trainwalk.org.uk)
- Finish your walk in a local pub and ask the landlord if you can take a collection.



Accept difference. Not indifference.



Treasure Hunt or scavenger hunt

Give your Train Walk a competitive edge and introduce a treasure hunt or scavenger hunt. Hide clues along the route, or give each participant a list of items they have to collect along the way.

> Route ideas

- Pick any area to suit your plans

> Fundraising ideas

- Charge individuals or teams to take part and have a prize.

Town and city walks

City metro walks

Whether it's the Newcastle Metro, Sheffield Tram or the Midland Metro, walking the pathways close to a city train or tram route (of course, avoiding the actual train or tram lines!) could be a different twist to your Train Walk. Make sure you plan your route before hand and take the proper precautions at road crossings, especially if you have a big group or small children with you.

> Route ideas

- Visit your local transport websites for information about routes, you could always catch the train or tram home again at the end of the day

> Fundraising ideas

- Pick a distance that is a bit of a challenge and ask for sponsors (sponsor forms available from www.trainwalk.org.uk).
- Visit shops and pubs along the way and spend a little while collecting at each (email us for resources for collecting at trainwalk.org.uk, and don't forget to get the appropriate licences or to ask permission from the owner)



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London Underground routes

Whether it's 26 miles from Morden to Barnet along the path of the Northern Line or the 2 miles from Waterloo to Bank on the Waterloo and City line, each of the London Underground lines gives a different view of London. You could even do a bit of research and add a bit of history to your walk for your participants.

> Route ideas

- Get out a London Underground map and choose a line that gives you a suitable challenge!

> Fundraising ideas

- Get sponsored to walk the length of the line within a certain amount of time. Invite your sponsors to join you at the end of the walk and celebrate your achievement!
- Collect in pubs, shops and supermarkets along the way – make sure you ask permission or get the appropriate licences.



Treasure or scavenger hunt

Choose a route from one station to another and set your walkers the task of collecting items or photos of items along the way. You could even do this via smartphone and get each team to upload their photos to twitter or a website along the way.

> Route ideas

- Choose a route from one station to another

> Fundraising ideas

- Charge individuals or teams to join and have a prize for the winning team
- Finish your event in the pub and collect from other patrons (make sure you check with the landlord first)



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