

Photography competition – Humans of the Walk

Scottish walking charity Paths for All is running a portrait photography competition this May and invites you to enter by sharing images and stories that capture what walking means to you.

The competition is called Humans of the Walk and is part of the charity's mission to promote everyday walking.

Those who take part are in with the chance of winning a Nikon B500 Coolpix camera.

To enter the competition, you should post a portrait photo celebrating walking in some way, on Twitter or Instagram, using the hashtag #HumansOfTheWalk.

The competition is running until 31st May 2019 during National Walking Month and you can enter more than once



Karine and Sarah Mather

Two of the photography subjects, married couple Karine and Sarah Mather, have shared their story about how [getting outdoors has helped Karine](#) with her Multiple Sclerosis diagnosis.

Ian Findlay, Chief Officer at Paths for All, said: “Edinburgh has a number of great walking routes – whether it’s residential streets or local paths and green spaces – and we’re keen for the community to celebrate how they make a part of their daily routines.

“We want the photos to be a true reflection of everyday walking – walking that builds friendships, gives you headspace and gets you feeling fitter and out enjoying nature.

“Walking can help prevent ill health, build communities and create a happier, healthier, greener Scotland and we know that people can demonstrate just that with their Humans of the Walk photos.

“We want to revolutionise the way people use their cities, and stop our spaces from being dominated by cars. Scotland’s towns and cities should be a backdrop for people walking, scooting, cycling or simply spending time enjoying cleaner, quieter, calmer streets.

“Paths for All is looking forward to seeing them all and wish everyone who enters the competition the best of luck.

Paths for All’s aim is to significantly increase the number of people who choose to walk in Scotland, whether it’s walking for leisure or walking to work, school or to the shops.

Everyday walking refers to walking that’s regular, easy and local that can be part of daily routines and family life. It’s walking that’s relevant and accessible to us all.

The charity works to create more opportunities and better environments not just for walking, but also for cycling and other activities to help make Scotland a more active, more prosperous and greener country.

Paths for All’s focus is clear: it wants to get Scotland walking: everyone, every day, everywhere.

For more information on Humans of the Walk and the competition, please visit:
<https://www.pathsforall.org.uk/humans>