

MAKE YOUR WAY

Photo Activities

Make Your Way is a project looking at **everyday, active travel journeys in and around where you live**. We want to find out what **YOU** know about the routes you use whilst **walking, cycling and wheeling, for practical journeys, leisure or exercise**.

Please use this Photo Activities kit next time you head out on a walk, cycle or scoot, by bringing a phone or camera. Use one of the maps at the end of this pack to fill any additional information. There are **two activities in this kit**:

1

**Take a Walk/
Take a Photo**



2

Make Your Tour!



Active travel

Active Travel means making journeys that do not involve motorised vehicles and instead rely on physically active means such as walking, running, cycling, scootering or skateboarding. By getting everyone to be a bit more active we can reduce pollution, improve people's physical and mental health and save money!

Exercise Target



Walking or cycling for just 15 minutes a day can help you to reach the recommended exercise target of 150 minutes per week.

Reduce Stress and Anxiety



Being physically active outdoors, connecting with nature, is also great for our mental health and sense of well-being.

Improve Your Health



Small amounts of walking and cycling can contribute to reducing your risk of stroke, diabetes, high blood pressure and forms of arthritis.

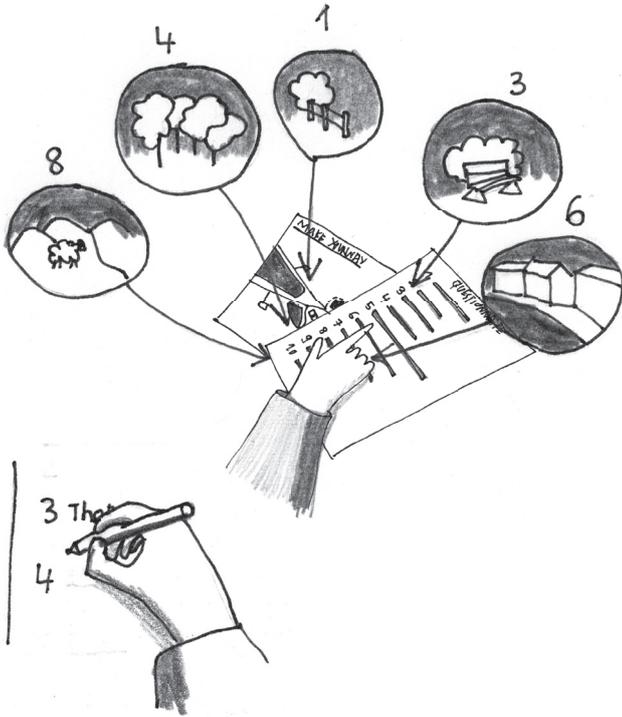
Reduce Carbon Emissions



Transport is the biggest emitter of greenhouse gasses in Scotland (37%). Using cars less can make a big difference towards reducing pollution.

1 Take a Walk/Take a Photo

1 - Read the questionnaire and think about your answers.

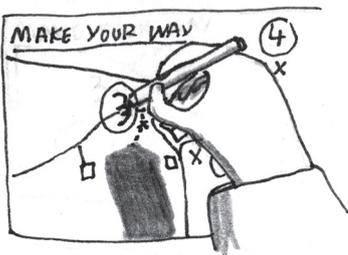


2 - When going out for a walk or cycle, take a photo that answers each of the questions.



To fill in this questionnaire you need to identify places around your community to answer each question. For each question complete the sentence depending on the place of your choice.

3 - You can mark the places on the map.



Indicate on the map where you've taken the pictures using the question number.

1 Take a Walk/Take a Photo

During your next walk, cycle or journey in you area **use your phone to capture pictures that answer or interpret the questions below.**

Please take to write a brief explanation of your photograph and why you took it.

1. My favourite walk...

2. A piece of history...

3. That's the view...

4. A danger, a hazard when I walk or cycle...

5. I see you every day...

6. Meeting point...

7. The best place to...

8. When I walk or cycle, it lacks signage...

9. I pass here everyday

10. I use this path to get to...

11. I would cycle here, but...

12. This is hard to access when I walk...

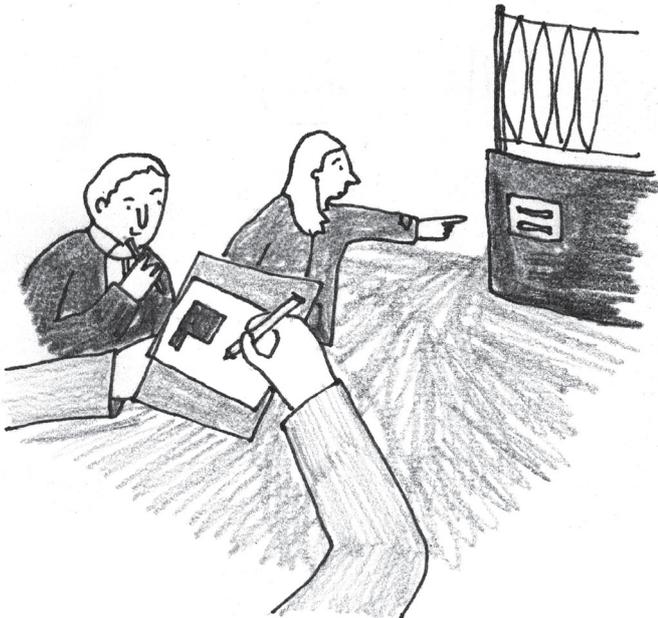
2 Make Your Tour!

1 - Decide the route you are going to make a tour of and draw the route on the map provided at the end of this pack



Prepare the waymarkers printed on the next pages by cutting them out and colouring them in if you want to - start, end, danger / hazard, point of interest and directions.

2 - Fill in your waymarkers with information and take them out on your tour to display.



You could attach them to walls, lamp posts and trees, for example, but please take care around other people's property.

3 - Take a photo of each of your waymarkers in position.



2 Make Your Tour!

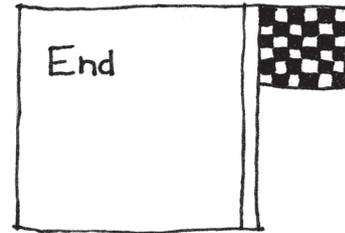
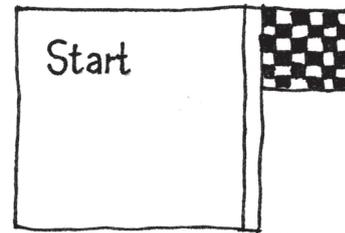
Can you guide us through your favourite walk or cycle? During your next walk or cycle **become an active travel guide!**

This is perfect for a **family activity** or if you're a **group of local enthusiasts** meeting for walks or cycles.

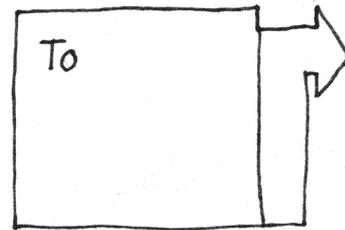
You can use your phone to take photos using your own waymarkers along your route. You can **show directions** and **what makes your route special**. You can also highlight **where things could be improved for safer and better journeys**.

Print and cut the number of waymarkers that you need to waymark your route. You can complete the waymarkers with road names, drawings and your comments. **Feel free to play with the tools** using sketches, stickers and when taking photos of it along your route!

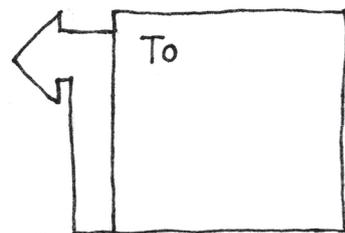
Start/End



Turn right to....



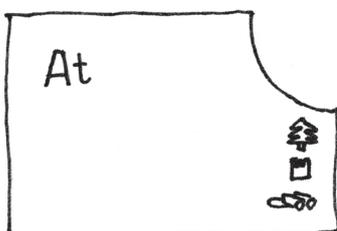
Turn left to....



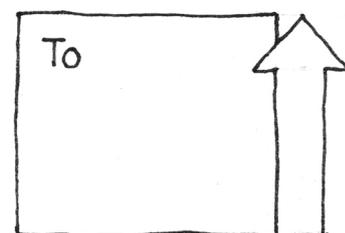
Danger/Hazard



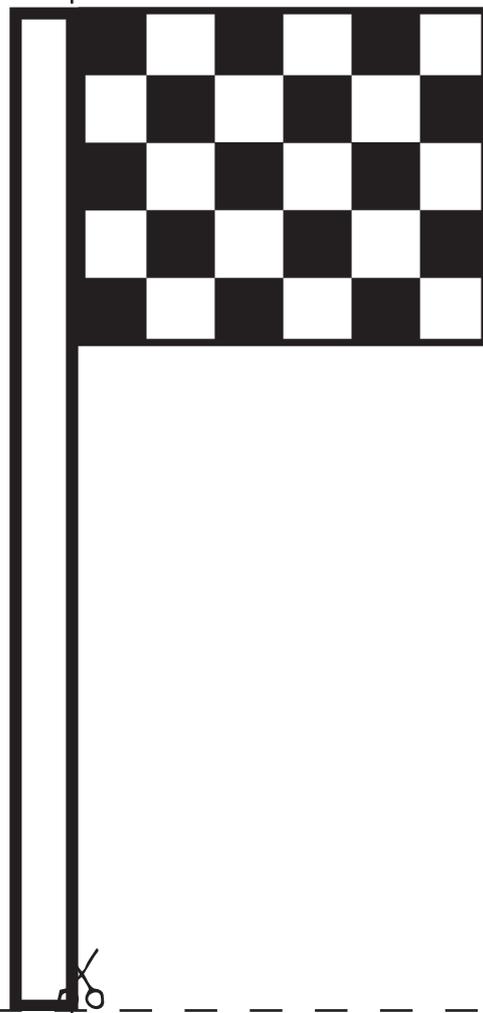
Point of interest, heritage, story, look here, listen to, did you know...



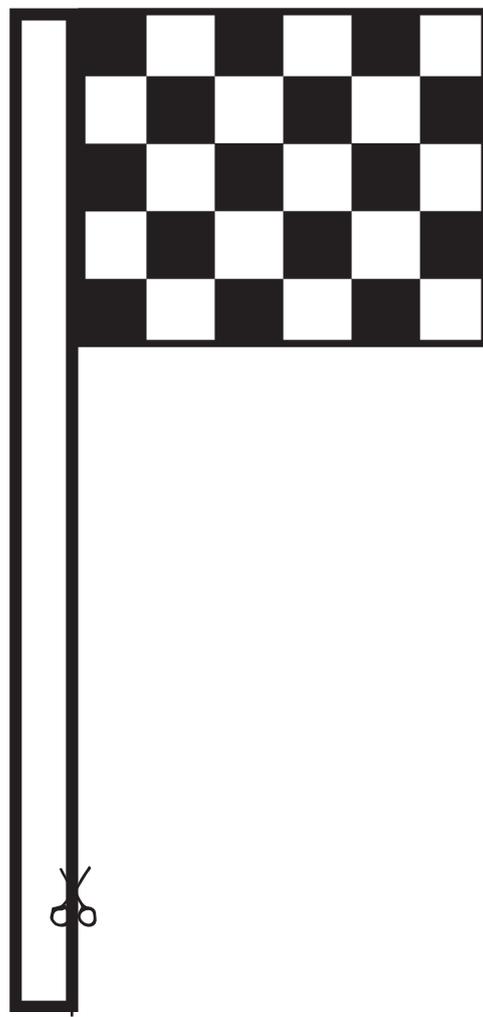
Go straight to...



Start



End



**Danger/
Hazard**



**Danger/
Hazard**



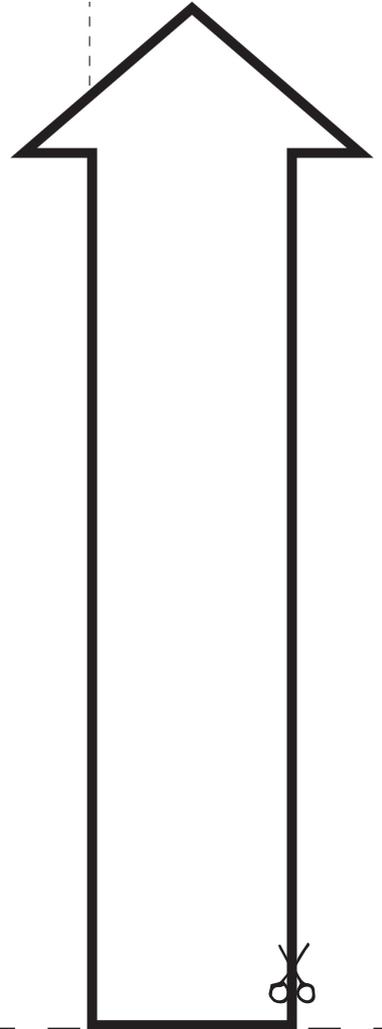
At



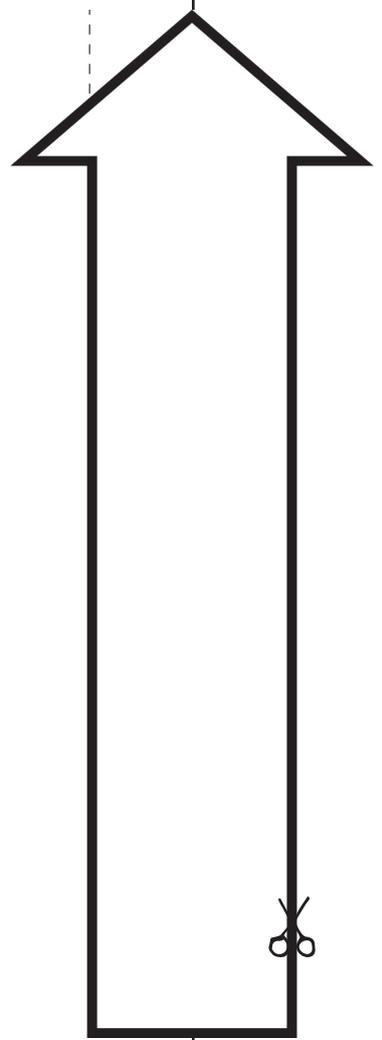
At

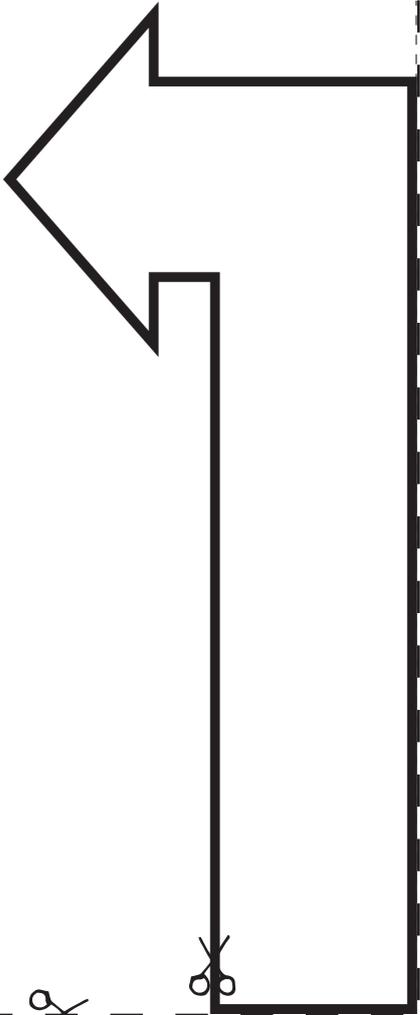


To

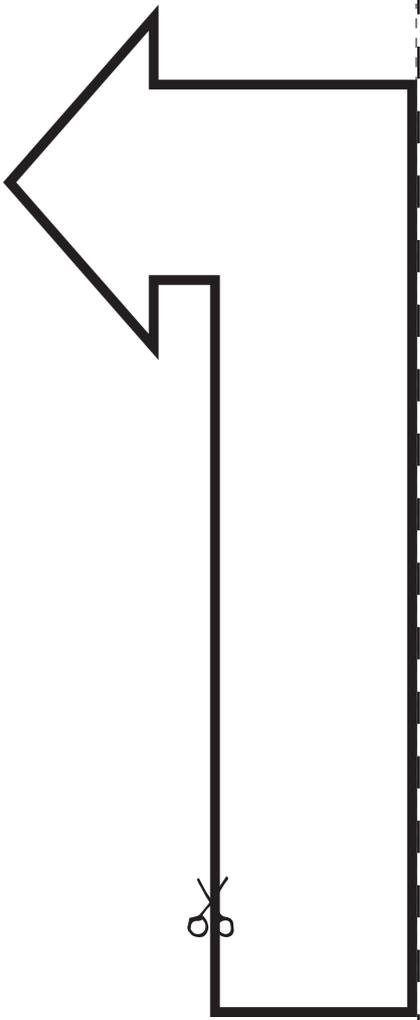


To



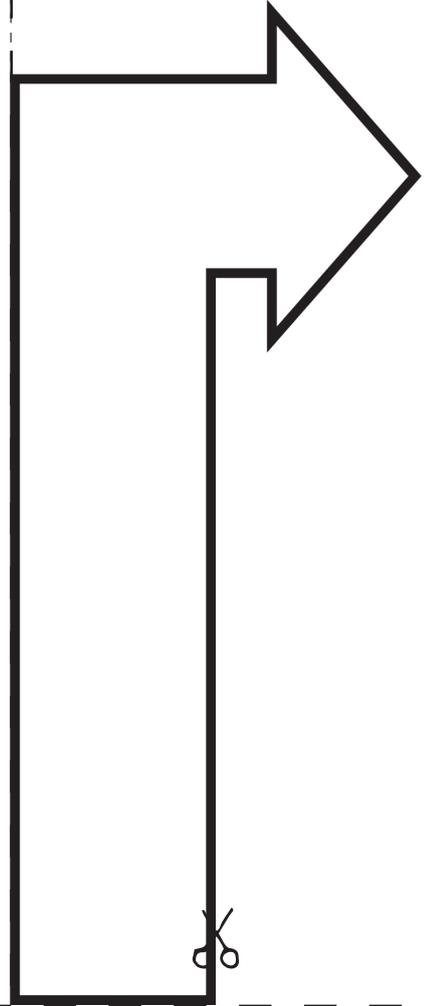


To

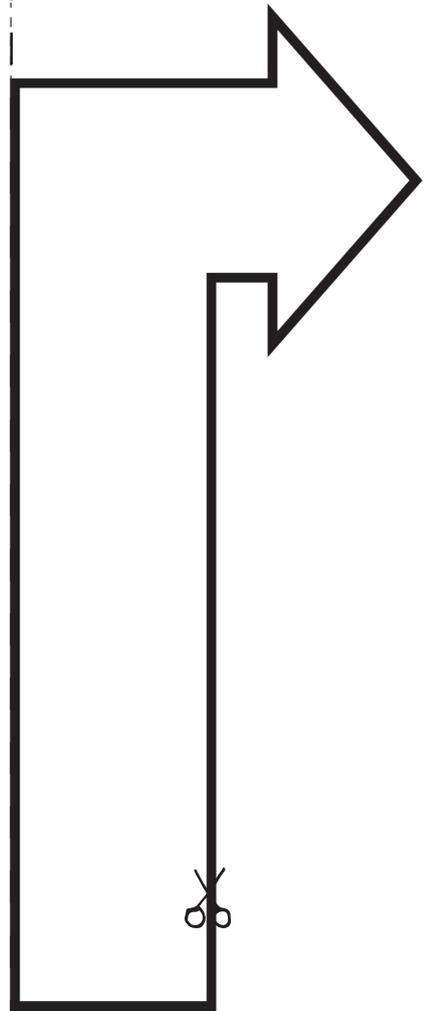


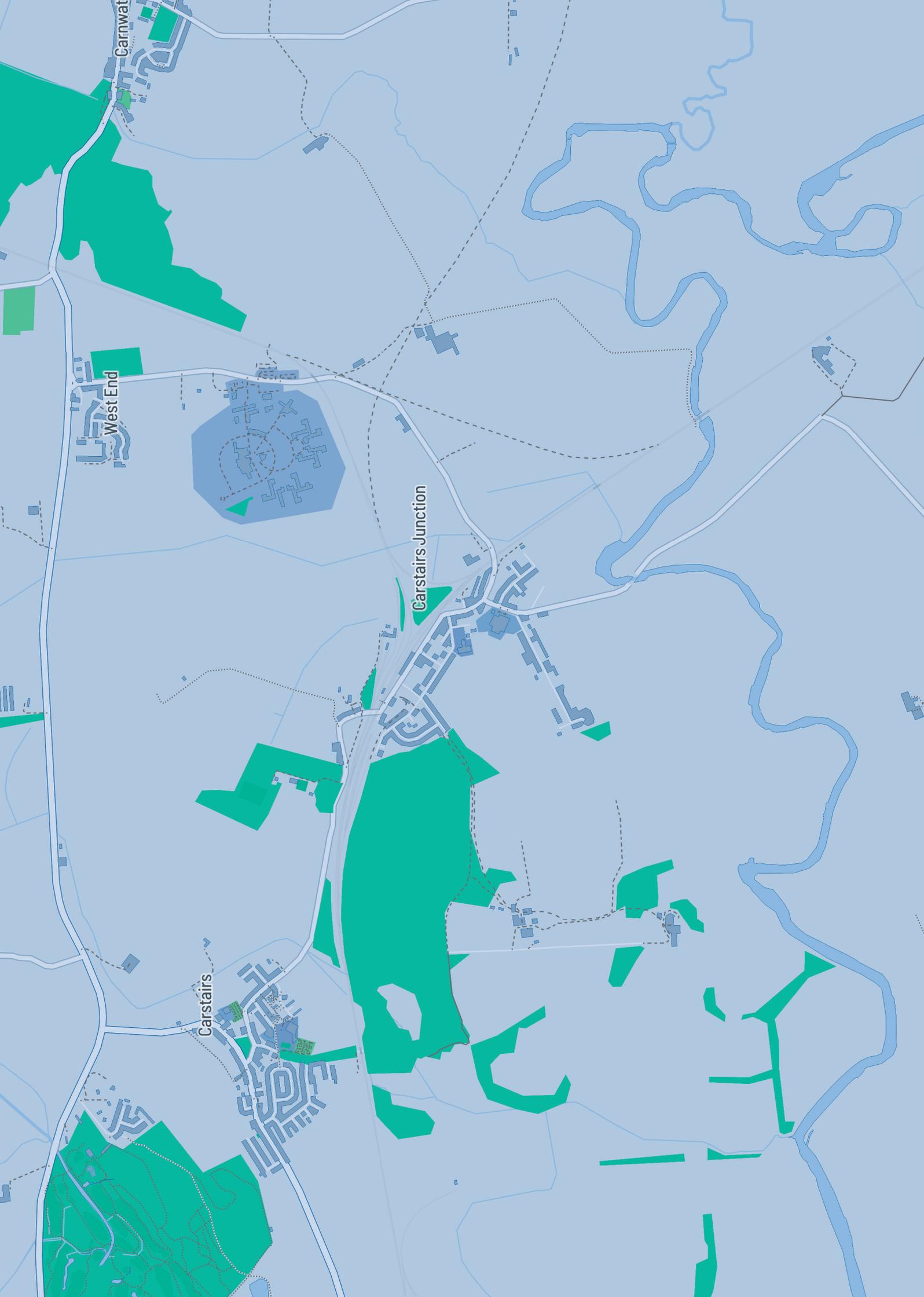
To

To



To



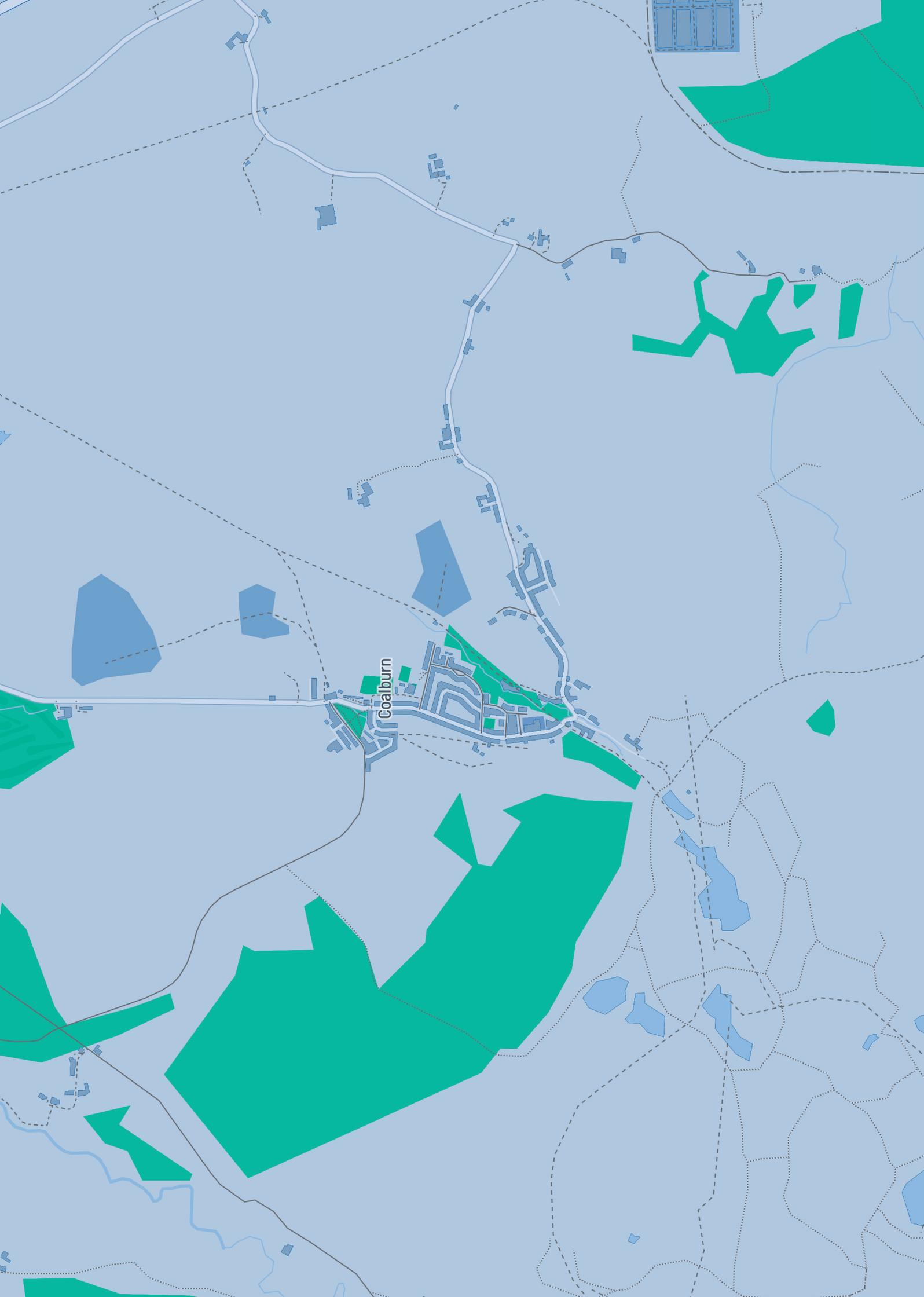


Carnwat

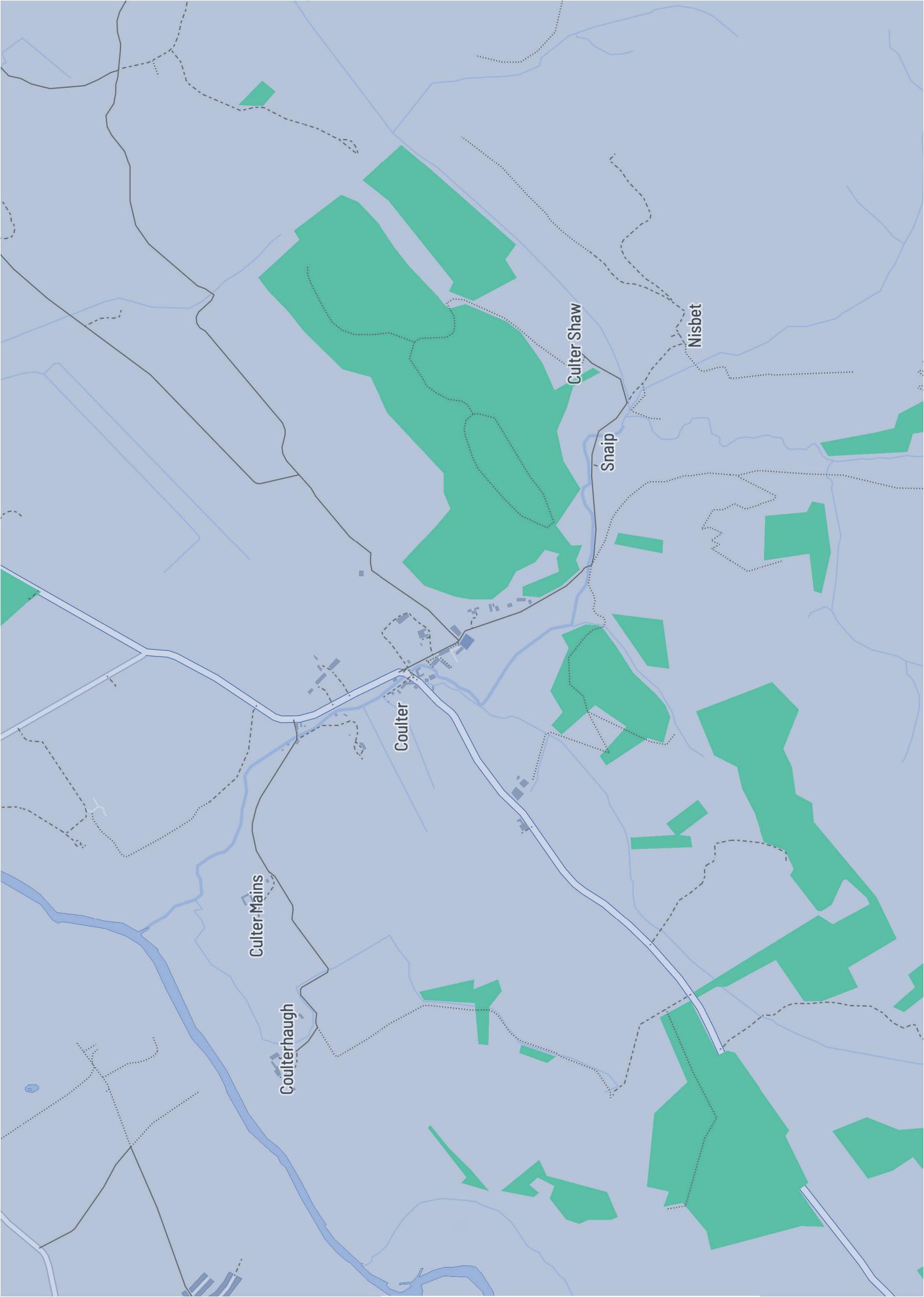
West End

Carstairs Junction

Carstairs



Coalburn



Culter Mains

Culterhaugh

Culter

Culter Shaw

Snaip

Nisbet