

Meet Clare Allen....

How long have you been a walk leader?

I've been a walk leader 2-3 years

What inspired you to become a walk leader and advocate for outdoor activities?

I became a walk leader because I really enjoy walking with others and walking groups are only possible if people volunteer to lead walks.

Can you share a memorable experience from one of your guided walks?

The most memorable thing to happen on a walk was that my partner asked me if I'd like to go out with him. The rest is history, as they say.

Are there specific locations or types of walks you prefer leading, and why?

I love to lead brisk walks that get the heart going and the lungs full of lovely fresh air.

How do you tailor your walks to accommodate participants with different fitness levels?

I make sure everyone is happy with the speed and check on them regularly, but the faster walkers tend to walk with me and my back marker walks with the slower walkers.

How many walks are you planning on leading during the May Walking Festival?

I'm leading three walks this festival.