

Walk the Beat



Suggested Self-Guided Walks



#WalktoBeatPTSD
@policecareuk

Your route.
Your beat.
Your support.



Choose your route. Set your distance. Walk your beat.

Whether you walk solo, with family, friends or colleagues, these routes are designed to be **accessible** and **symbolic**, to feel part of a national challenge to raise awareness and funds to help the one in five police who are suffering from mental ill-health. Simply take a stroll around your local area to boost your mood or walk in solidarity by starting your walk from your local police station and **help us to beat PTSD in UK policing**.

Suggested distances

5 miles

10 miles

16 miles (27 km symbolic of **27 June PTSD Awareness Day**)

Or set your own distance and make every step count.

Suggested locations

A local park, canal or river path loop

A coastal promenade

As part of your daily commute to work

Start or end your walk at any police station or force boundary across the UK.

Please plan your walk responsibly, stay safe, and ensure you follow all local guidelines. You are responsible for your own safety and participation.

REMEMBER: Your route should feel achievable and allow reflection and conversation around the impact of Post-Traumatic Stress Disorder in the policing community while raising funds to support those who need our help.

Check our [Risk Assessment Guide](#) for more tips.

**WALK
THE BEAT**

Route ideas in England

Liverpool – Waterfront Walk

- 📍 Albert Dock → Otterspool Promenade
- 👟 Distance: 6 miles return (or partial)
- 🛡️ Flat, coastal route

A symbolic walk along the Mersey, popular for fundraising photos and group participation.

Manchester – Bridgewater Canal Walk

- 📍 Castlefield to Sale (or shorter out-and-back)
- 👟 Distance: 4–8 miles
- 🛡️ Traffic-free, waterside route

A peaceful canal path offering an easy, scenic walk ideal for conversation and reflection.

Birmingham – Cannon Hill Park Loop

- 📍 Cannon Hill Park, Moseley
- 👟 Distance: 3–6 miles (multiple loops)
- 🛡️ Accessible paths, family-friendly

A green city escape that's perfect for group or a family walk.

London – The Royal Parks Walk

- 📍 Hyde Park → Green Park → St James's Park
- 👟 Distance: 5–10 miles (flexible loop)
- 🛡️ Flat, paved, accessible

Walk through the heart of the capital, passing key landmarks while reflecting on public service and duty. A popular route for teams, corporate walkers and police supporters.



Route ideas in Scotland



Glasgow – River Clyde Walkway

- 📍 Glasgow Green → Kelvingrove (sections optional)
- 👟 Distance: 4–7 miles
- 🛡️ Urban riverside path

A strong city-based route focused on connection and community.

Edinburgh – Arthur's Seat Circuit

- 📍 Holyrood Park loop (excluding summit if preferred)
- 👟 Distance: 4-7 miles
- 🛡️ Mix of paved and natural paths

A symbolic walk along the Mersey, popular for photos and group participation.

Route ideas in Wales

Cardiff – Cardiff Bay Trail

📍 Mermaid Quay → Cardiff Barrage

🏃 Distance: 4-6 miles

🛡️ Flat, accessible, coastal

A scenic, open route ideal for group fundraising and family participation.

Swansea – Marina & Beach Walk

📍 Swansea Marina → Mumbles (partial or full)

🏃 Distance: 3-8 miles


🛡️ Promenade paths available

A calming walk that connects the seas, nature, wellbeing and recovery.



Route ideas in Northern Ireland

Belfast – Lagan Towpath

 Stranmillis → Titanic Quarter


 Distance: 4–6 miles

 Flat, traffic free path


A peaceful river walk symbolising resilience and reflection.



Derry/Londonderry – City Walls & Peace Bridge

 Historic city wall circuit + river crossing

 Distance: 2–4 miles

 Compact, historic route

A route connecting history, service and community.


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Let's beat PTSD together!



Alternative 5k route ideas

Greater Manchester Police HQ

 Start: Central Park, Newton Heath


 Route type: River loop

- Exit HQ → towards Central Park
- Loop through park paths
- Extend through adjacent residential streets
- Return via Oldham Road loop

 Mix of green space + urban walking

Merseyside Police HQ (Liverpool)


 Start: Merseyside Police HQ, Liverpool

 Route type: Urban + waterfront loop

- Exit HQ → towards Albert Dock
- Loop around waterfront and dock paths
- Head back via city centre streets
- Return to HQ


 Mix of urban + waterfront walking

West Midlands Police HQ (Birmingham)

 Start: Lloyd House

 Route type: River loop

- Walk toward Birmingham Canal
- Follow towpath loop
- Pass Brindleyplace
- Return via Broad Street

 A great route for canal-side walking

South Wales Police HQ (Bridgend)

 Start: South Wales Police HQ, Bridgend

 Route type: Urban + green loop

- Exit HQ → towards nearby green spaces
- Loop through local residential streets
- Circle business park perimeter paths
- Return to HQ


 Mix of suburban + light green space walking

Metropolitan Police (New Scotland Yard – London)

 Start: Victoria Embankment

 Route type: River loop

- Start at New Scotland Yard
- Walk east along Victoria Embankment
- Cross at Waterloo Bridge
- Return west via South Bank
- Cross back at Westminster Bridge
- Finish at station

 Flat, scenic, pedestrian-friendly

Police Scotland HQ (Tulliallan Castle)

 Start: Tulliallan Castle main entrance / Car Park

 Route type: Estate/ coastal loop

- Exit HQ → through castle grounds
- Follow paths into Tulliallan Woods
- Head south to join coastal path (Firth of Forth)
- Follow shoreline west → loop back via estate road

 Mix of woodland + coastal walking

Why your support matters?

- 1 in 5 of police suffer from PTSD, but only a few receive psychological treatment.
- Many sufferers, especially in frontline roles don't seek help due to stigma, job culture, and fear of career impact.
- Untreated PTSD often leads to depression, substance abuse and relationship breakdown which can follow into retirement.
- Extensive waiting list for mental health public services is causing delayed treatment for those who need immediate help.
- We provide free and confidential support for serving and veteran police officers and staff, volunteers and their families who have suffered harm as a result of policing.
- We are independent of the police service. We are funded entirely by donations and fundraising.

Physical injuries may heal, but psychological trauma can linger long after the uniform comes off.



Let's beat PTSD together!



Don't forget to set up your JustGiving page and get friends and family to donate.



How your donation can make a difference:

- £25 Will provide one hour of a clinician's time.
- £50 Pays for a clinical assessment to a police officer or their partner.
- £100 Funds a session of trauma focused therapy.

Every penny you raise will go towards treatment for the policing family, so no one suffering is left without adequate support to restore their lives.



www.justgiving.com/campaign/walkthebeat26



Spread the word

Like, share and repost our PTSD Awareness campaign on socials with friends, colleagues and family to help us raise awareness of what we are here to do.

#WalktoBeatPTSD Let's beat PTSD together!

@policecareuk



Have you got a great idea for Walk the Beat?

Let us know by emailing fundraising@policecare.org.uk



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