

Walk4Life.info – signing up and plotting a walk

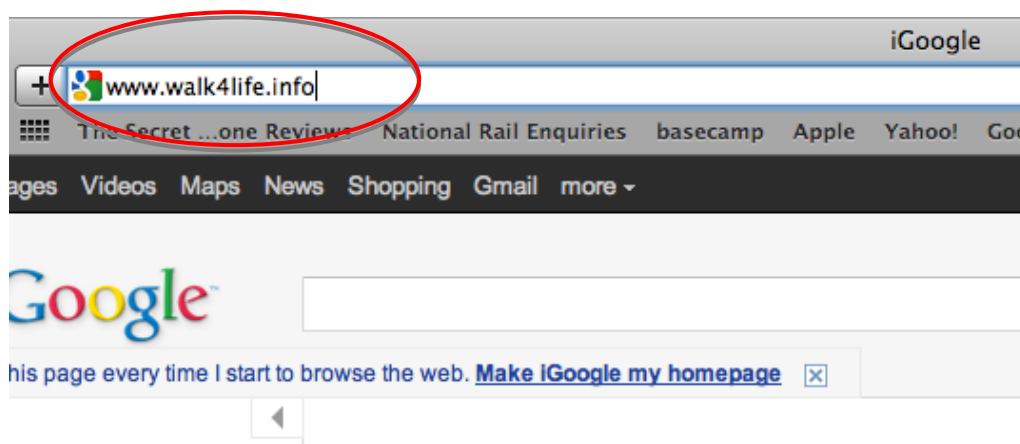
The www.walk4life.info website is designed to be used by everyone, no matter how experienced you are with computers. This guide will help you sign up to use the site, and show you how to go about adding your own walk.

1 Getting to the Walk4Life website

The website address is www.walk4life.info

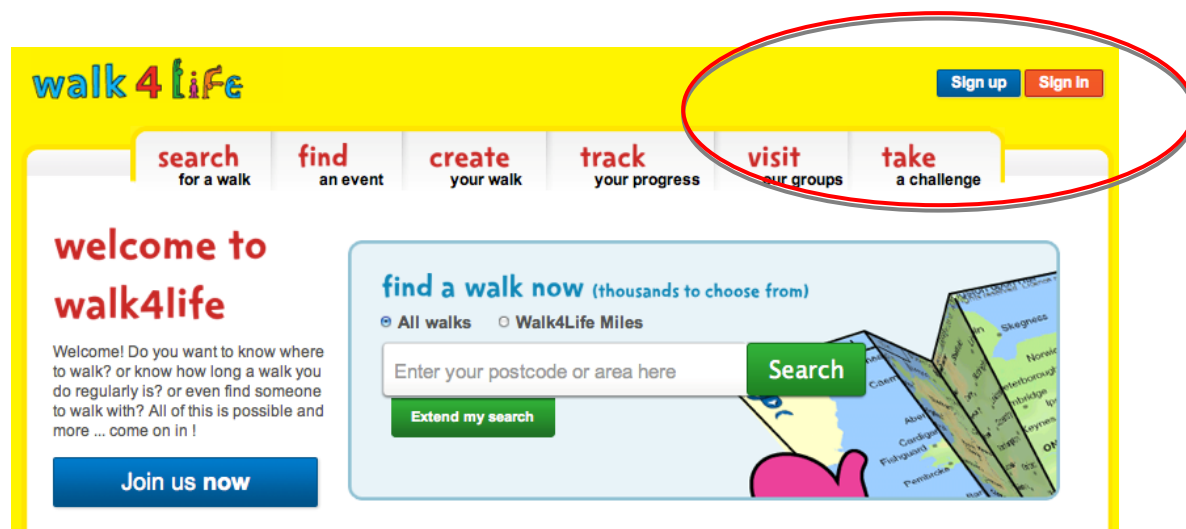
If you can't remember it every time you'll get there by searching for 'Walk4Life'.

Type the address into the address box at the top of the screen :



2 Signing in to www.walk4life.info

If you haven't already signed up to use the site click "sign up"



(Already a member? [Sign in here.](#))

Fields marked * are required.

Username: *
Spaces are not allowed; no punctuation except full stops, hyphens and underscores.

E-mail address: *
This is not made public and will only be used if you request a new password or agree to further contact.
Password: *

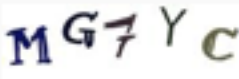
- Your username is unique to you. It will show on the site. It can be anything you like, but no spaces !
- Email address – if you don't have one, or don't want to supply one, then make one up.
- Password – you will need to remember this, we can send you a reminder but only if you supply an email address.

Once you have signed up, to re-enter the site in the future, you will need either your username, or your email address and then your password. If you need help contact us on websupport@walkengland.org.uk. It might be helpful to write them in here.

Now all you need to add is :

- Your postcode
- Answer a question about how active you are
- Your gender
- If you are happy for us to contact you
- And a security code like this one :

This question is for testing whether you are a human visitor and to prevent automated spam submissions.



What code is in the image?: *
Enter the characters shown in the image.

For help email websupport@walkengland.org.uk

Then click “create new account” and you’re done.

You can make changes later in your profile area.

3 Creating a walk

Drawing routes onto a computer map is probably something you haven't done before so we have created a short video tutorial to explain how to do it. If you need a reminder at any time the video is a good place to look.

First click on the tab “create your walk.”

Next, enter a postcode or a place name for roughly where your walk will start. This gets the map to nearly the right place.

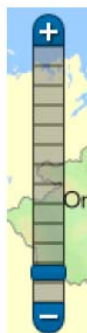


3a Navigating and moving around the map

The map controls are on the left of the map. You have a move tool, a zoom tool and editing / drawing tools. Notice if you hover over them for a while, a caption tells you what the buttons do.



Move tool



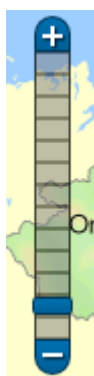
Zoom tool



Map drawing / editing tool



To move around the map use the “hand” tool which is the top one on the row of map tools. Press and hold down the left mouse button to drag the map around. Or you can use these map keys if you prefer, or the cursor keys (arrow keys) on the keyboard.



To zoom in and out either use the zoom tool which is like steps on a ladder, or you can zoom by pressing the plus button on your keyboard to zoom in and the minus button on your keyboard to zoom out.

To zoom in to a specific area, double click the left-mouse button on the place you are interested in.

3b Creating your walk



To accurately draw your route, you need to zoom in so you can clearly see where to start

To begin drawing your walk, click on the “draw walk” tool which looks like a pencil with a + symbol. It is the third button down of the map tools.

Click with the mouse to add the first point. Move along and click to add a new point every time the path changes direction. Carry on adding new points to draw the line of your walk.

Notice how, as you go along, the distance of your walk is being calculated on the left-hand side of the map:



If you need to scroll the map around or zoom in and out while you are in the middle of plotting the route, then use the + and – keys on the keyboard to zoom in and out, and the cursor keys (arrow keys) to move the map up, down, left and right.

Once you have finished drawing your walk, double-click your left mouse button to complete it.



If your walk is circular – it starts and finishes at the same point – you can use the “close loop” tool to join the first and last points together.

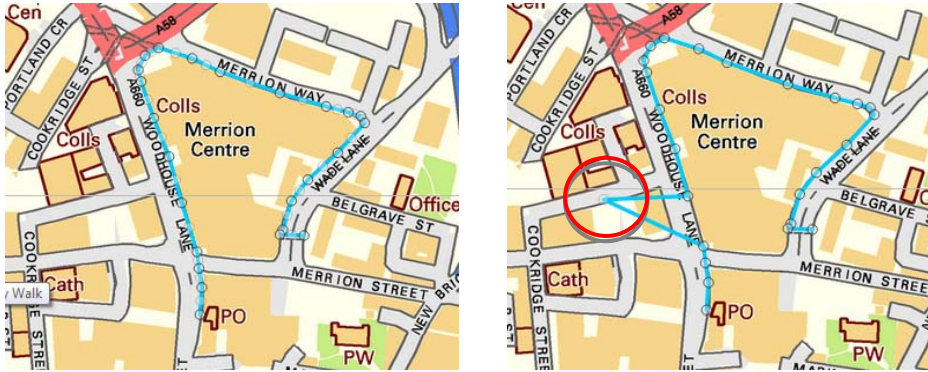
3c Modifying your walk



If you make a mistake and want to un-do a point, then simply press the “remove last point” tool. This looks like a pencil with a minus symbol next to it. It is the fourth one down in the list of map tools.



To make adjustments to a finished walk, click the “modify walk” tool, this is the second one down in the list of map tools. You’ll notice your line now displays all the points you added. You can move these around. To delete a point completely, hover your mouse over a point, and hit the “delete” key on your keyboard.



Once you have finished modifying your walk, click the “hand” icon to bring you out of modifying mode.



At any point if you want to scrap what you have drawn and start again, then press the “clear map” button which looks like a cross. It is the penultimate one in the list of map tools.

If at any point you need some tips or reminders, you can press the “map help” button, in the bottom left-hand corner.



3d Saving and finishing

Walk Name: *

Once you are happy with your walk, then you can give it a name.

Walk Tags:

Enter keywords, e.g. riverside, etc

You can add key words to describe your walk in the “tags” box. For example, “river, lake, hills, woods”. Put a comma between each word.

Attach new image:

 No file chosen

You can also add photos if you wish, or you can add them later.

This walk is just for me.

Most of the walks people add will be public, which means that other people using the site can see them. If you want to keep a walk just for you, then make sure the “this walk is just for me” button is ticked.

Save

Once you are happy with your walk, click the “save” button to add it to the Walk4Life website.

4 How to find your walks again

Simply look in the top right-hand corner of the screen when you are logged in and press the purple button “my profile”

My Profile View my groups Sign out