

iWalk Cornwall

Around 25 million calories (energy equivalent of over 3 tonnes of body fat) are burned every year doing the iWalk Cornwall walks by people who are doing it to have a nice day out, not to do “exercise”.

iWalk Cornwall is designed for normal people rather than super-fit outdoor enthusiasts. The app guides you around a walk using GPS and clear directions so you don't have to relive your school geography lessons or worry about getting lost.

It is developed in Cornwall and built **for** Cornwall so it doesn't need a phone signal to do a walk. Each walk is also packed with local information about the heritage and natural history.

There is a choice of over 250 circular walks all over Cornwall, each graded by steepness and length. We're continually adding new walks too.

You can get started with an hour's stroll and work up to more demanding walks of around 3 hours. The app includes a “shorter/easier” walks section where the walks are ranked with the easiest first to make it straightforward to get started and then build up.

You just pay for what you use - there's no subscription or ongoing financial commitment and the app itself is free to download. Each GPS-guided walk is only £1.99 and that includes free updates so you can do each walk as many times as you like, using the latest directions each time.

Search the App Store or Google Play for “iwalk cornwall”.

“I may have told you how useful your walks have been to me. But I will put it in writing for you. By cutting out bread and potatoes and walking every day I have lost 50kg (8 stone). My BMI is now 28 and I feel fitter now than I did 30 years ago. Many thanks once again for opening up North Cornwall for me.”