



**Bernadette Kowey:** Walking activist and Regional Coordinator of the Way to Go travel to school project in British Columbia, Canada.

Notes from the podcast interview by Andrew Stuck: March 8, 2008 on <http://talkingwalking.net>

The **Way to Go** programme is supported by the Insurance Corporation of British Columbia and sponsored by the Autoplan Broker Road Safety Programme <http://www.waytogo.icbc.bc.ca/>

**International Walk to School Day** / Week <http://www.iwalktoschool.org/>

Bike Safe, Walk Smart DVD  
[http://www.roadsafety.ca/roadsafety\\_Bike\\_Safe\\_Walk\\_Smart.html](http://www.roadsafety.ca/roadsafety_Bike_Safe_Walk_Smart.html)

Insights from children about happiness, well-being and walking – Cathy O'Brien & Paul Tranter: [http://www.walk21.com/paper\\_search/results\\_detail.asp?Paper=89](http://www.walk21.com/paper_search/results_detail.asp?Paper=89)

**The Ministry of Walking:** <http://www.ministryofwalking.ca/>

**Walk21** – an international series of conferences on walking:  
<http://www.walk21.com/>

***Bernadette's favourite walks:***

Spanish Banks West – beaches in Vancouver:  
<http://www.city.vancouver.bc.ca/Parks/rec/beaches/spanishbank.htm>  
<http://www.city.vancouver.bc.ca/parks/rec/beaches/>

Kitsilano beach  
<http://www.city.vancouver.bc.ca/parks/rec/beaches/kitsb.htm>

Helliwell Park on Hornby Island <http://www.britishcolumbia.com/parks/?id=514>  
[http://www.env.gov.bc.ca/bcparks/projectgo/parks\\_pages/victoria/hornby\\_island.html](http://www.env.gov.bc.ca/bcparks/projectgo/parks_pages/victoria/hornby_island.html)