



# A walk in the park?

Why your dog's walking routine matters



# A day in the life

Have you felt more cut off, hermit-like throughout the pandemic? Anxious to stretch your legs & see something other than the four walls of your home? It's easy to forget that whilst we (normally) have many choices of things to do when we're bored, our dogs rely entirely on us to provide stimulation or entertainment.





# A walk's purpose

Ask yourself, why do you walk your dog? So he can toilet outside, for exercise? Your canine companion is a wonderfully complex animal. Getting out on a walk is one of his few chances to use his innate behaviours which would be a nuisance in the home.



**Digging**



**Chasing**



**Hunting**



**Foraging**



# Using his brain

**Giving your dog opportunities on walks to use his canine brain gives mental enrichment, and exhausts him the same way you or I feel mentally tired after a maths quiz. He will get the most out of walks where he can engage his senses.**

## Vision

Can he see far into the distance?

## Hearing

Listening to the natural noises of wildlife or other dogs

## Nose

Does he have the opportunity to stop and thoroughly sniff scents on his walks? Are there plants to sniff and investigate?

## Social Skills

If he likes other dogs, does he get the opportunity to meet and freely interact with them often or daily?

## Touch

Different textures under his paws; sand, grass





# Smell ya later

Scent is particularly important; dogs use their nose to gain information about the environment, similarly to how we use our eyes. By smelling another's urine, your dog can establish the sex, neuter status, age, even size of another dog, not to mention how long ago they passed by. It's akin to us reading a CV.





# A day at the zoo

Treat your daily walk like a visit to the zoo.  
Take your time & allow him to explore





## **Relax, Max.**

**Walks should be an opportunity to be present, and enjoy time with your dog.**

**An enriching walk should be full of enjoyable experiences, allowing him to 'be a dog' and engage with his environment. If your dog struggles with his behaviour on walks, such as pulling on the lead, reactivity, or 'freezing', speak to a behaviourist for support.**

[www.Pets-Explained.co.uk](http://www.Pets-Explained.co.uk)