



Immediate release

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Ramblers step out at 50+ Show

Britain's Walking Charity will be stepping out at the 50+ Show this July and is inviting you to put your best foot forward and join them.

The Ramblers organises 28,000 led walks a year, across the length and breadth of the country, amid spectacular scenery whether in city, countryside or coast. Not only is walking good for your health but research suggests that people who walk together, talk more and get to know each other better – making walking in a group the perfect way to get out in the fresh air, get healthier and make new friends.

As Julia Bradbury, Ramblers President, said: “You might think the Ramblers is about ‘marching-n-mackintoshes’, but today Ramblers is about getting people of all ages and stages involved in walking; Exploring our cities and rural landscapes on foot.”

“When you join the Ramblers, you get 75 years of expertise on the best walks in Britain and you’ll be safeguarding Britain’s walks for the future, too.”

So, if you’re looking for fresh air, fun and friendship, join staff and volunteers at the Ramblers stall on 15-16 July at Olympia Grand Hall in London and take those first steps to a new you. If you can’t wait until then to get your boots on, go to www.ramblers.org.uk/walksfinder to find a walk near you.

ENDS

For more information call the Ramblers press office 0207 339 8531 or 07584 848083 (out of hours) press@ramblers.org.uk, www.ramblers.org.uk

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Notes to editors:

- The Ramblers is at the heart of walking in Britain. Everyone walks, so the Ramblers is for everyone.
- It is Britain’s walking charity. It works to make it easy for everyone to walk, whether in countryside, cities, hills, coasts and on or off the beaten track.
- It is a grass roots network of over 12,000 volunteers who work tirelessly for a walking Britain. For over 75 years it has helped build and protect Britain’s 130,000 mile long path network, it runs over 28,000 walks a year, and campaigns for better walking routes and more walking opportunities