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Walking Forwards. Issue 7, September 2008

Hello,

We've got a jam-packed issue this month! There are the usual news items and also requests for you to help us.

Please send any comments to newsletter@ramblers.org.uk and let us know what you think!

- **Walkers' diary**
- **Help us secure coastal access!**
- **Prizes and Paths**
- **Achieving a Lasting Physical Legacy from Glasgow's Commonwealth Games 2014**
- **Use Your Paths Week – 20 to 28 September 2008**
- **The Met Office would like to hear your views...**
- **The Ramblers needs you!**
- **Free prize draw to win a Fuji camera**
- **Walking fact**

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ABOUT US

We are Britain's biggest walking charity. We've been working for over 70 years to promote walking and to improve conditions for everyone who walks in England, Scotland and Wales.

www.ramblers.org.uk

JOIN THE RAMBLERS

We rely almost entirely upon the generosity of our members and supporters in order to carry out our work.

www.ramblers.org.uk/join

VOLUNTEER FOR THE RAMBLERS

We have opportunities to suit everyone, whether you want to be indoors or outside in the open air, back a big campaign or help out locally.

www.ramblers.org.uk/volunteer

DONATE TO THE RAMBLERS

As a registered charity we receive no money from the government to carry out our work. Help support our charitable aims by making a donation.

www.ramblers.org.uk/donate

Do not reply to this email, please send your comments to newsletter@ramblers.org.uk

WALKING FORWARDS

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WALKING EVENTS IN SEPTEMBER 2008

30 August - 7 September: Pendle Walking Festival. 70 guided walks in some of Lancashire's most beautiful countryside.
Free programme tel: 01282 - 661981 or web www.pendle.gov.uk

1-7 September: St Cuthberts Outdoor Activity Festival. A This programme of themed guided walks and outdoor activities celebrates the Feast of the Translation of St. Cuthbert's relics to Durham Cathedral, which took place on 4th September 1104. Several of the walks are quite long and generally over rough ground, but are very rewarding and manageable by anyone who is reasonable active. Children under 16 must be accompanied by a parent or guardian. All participants are requested to wear appropriate footwear and clothing, and bring packed lunches. No dogs are allowed. The times and distances shown are approximate and the activities may be altered or cancelled due to weather conditions. The walks are free but booking is required for the walks and for shuttle transport (where provided). For more details visit:
<http://www.goldenageofnorthumbria.com/cuthbert.html> Tel: 01289 330218 Email: timetoexplore@btinternet.com

6 September: Buggy-friendly walk, Sutton Park near Birmingham. A gentle stroll through ancient woods and heathland, on mostly buggy friendly footpaths. Contrary to the usual club rules, you are more than welcome to bring children along on this walk. Playground/pub stop at end of walk. Start Time: 10:00am Grid Ref: SP113962. Follow the A5127 south from Lichfield to Sutton Coldfield. At first set of crossroad traffic lights approaching the town centre, turn right (signposted Sutton Park) into Anchorage Road. At the end of the road turn right onto Upper Clifton Road, then take the third exit at the next island onto Park Road and bear left through Sutton Park town gate. We'll meet on the first car park on the left after the second cattle grid. Also easily reachable from Sutton Coldfield railway station via a short 5 minute walk. For more information contact the walk leader: Dave 01213 085506 or 07917300826

13 September: Thistle Challenge Sponsored Walk. The Thistle Challenge is different from other sponsored walks in that every participant or group can decide which charity or good cause they would like to fund raise for. In the past years they have had people fundraising for local youth clubs, hospital units, homeless charities, cancer research, support groups and many more. It is taking place on the 13th September this year and the walk will take place in Glenmore, in the beautiful Cairngorms. The walk will be a 16 km circular forest walk. For more information on the walk, log on to www.thistlechallenge.org

13 - 28 September: South Pennines "Walk and Ride" festival. A 16 day festival in this wonderful area of wild high moors & narrow valleys straddling the Yorkshire/Lancashire border. Access the events by using the superb network of bus & rail services in the area. Sponsored by West Yorkshire METRO. Free programme tel: 01274 - 433536 or web www.pennineprospects.co.uk

26 September - 5 October: Richmond Walking and Book festival. One of the country's favourite Walking Festivals is back for its fourth year. Each day people can choose from a series of guided walks designed to suit all abilities and interests. For the experienced walker the walks range from 13 to 6 miles in Swaledale and Wensleydale including the Swaledale Chain a series of 6 circular walks that make their way down the dale from the source of the Swale. There are walks on land rarely walked, others that link with the Wensleydale Railway, or take you to Lovely Seat! For people who prefer a shorter walk there are a wide variety of walks in and around the town. A number look at Richmond's interesting past – it's Norman Castle, Georgian buildings, its links to horse racing, the Wynd's and Lanes, a sound walk and some intriguing views and glimpses. There is a full programme of events when not walking including talks from writers, actors and poets, literary lunches, slide shows, films - contributors include Brian Patten, Blake



Morrison, Mark Denton, Neil Hanson, Judith O'Reilly - and there's music from Rory Motion, Djangology and many more. Enjoyed because of the friendliness of the organisers and the townsfolk – a number of walkers are returning for the fourth time – so why not get Richmond into your walking diary? See www.richmondwalking.com for more details. You even have the opportunity to test pilot new Altberg walking boots.

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HELP US SECURE COASTAL ACCESS!

Things are really heating up in our campaign for coastal access, with the new legislation needed to set up a route around the entire coast of England, the Marine and Coastal Access Bill, set to be included in the Queen's Speech this December.

It is vitally important that we keep coastal access high up on the political agenda over the coming months, both locally and nationally. One of the best ways of doing this, particularly if you live in a coastal constituency, is to write to your MP including an example of an existing problem with access in your area and asking how the new proposals will address it.

Every letter sent will be a vital contribution to our campaign.

We have a model letter and more information (including what to do if you'd like to help but don't live on the coast!) on our website at:

<http://www.ramblers.org.uk/freedom/coastalaccess/WritetoyourMP.html>

If you don't know of an access problem in your area but would like to help please write to us at freedom@ramblers.org.uk and we will send you one

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PRIZES AND PATHS

We love paths for many different reasons; some will enjoy the views, others will like the tranquillity, and for others it is the challenge that excites them. The Ramblers would like to know which of these are the most important to you. As a charity we strive to deliver the maximum public benefit in all our work and to do this we need to find out what walkers in Britain really want. This survey will help us do that. Please take a moment to complete this short survey and you could win a prize which includes a pair of trail shoes!

Follow this link to access the survey.

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COMMONWEALTH GAMES 2014

The Commonwealth Games are coming to Glasgow in 2014. Ramblers Scotland is



working with the Games Team to use the Games to raise awareness of the value of exercise, especially walking.

A plan is being prepared which includes the creation of a network of Bronze, Silver and Gold Commonwealth Games paths around Scotland. People will sign up to Bronze, Silver and Gold walking targets in time for 2014. Glasgow will become the walking capital of the UK, with a path network linking Games venues and major tourist attractions. These initiatives will involve a wide range of national and local organisations, as well as schools, businesses and volunteers, using the Games as a catalyst to inspire people to get active. A lasting legacy for Scotland will be an improved path infrastructure with significant economic benefits, improved quality of life and more active travel. Increased physical activity levels will mean a healthier population, while involving volunteers will provide Scotland with a valuable new skills base.

WANTED: WINTER WALKS PHOTOS OLD AND NEW

Each Autumn, the press office begins promoting the Ramblers' Festival of Winter Walks. This year is the 20th anniversary, and we're crying out for really strong images to front the campaign. Do you have:

- Any photos from Festival of Winter Walks past?
- Any spectacular snowy walking photos?



The photos should have people, preferably women or children, in the foreground.

If so, send to ruth.somerville@ramblers.org.uk by 31st October, and you could win a £20 book voucher. If you'd like us to return posted photos to you, please include an SAE.

USE YOUR PATHS WEEK 20-28 SEPTEMBER

The theme for this year is 'Working Together'. The Ramblers is asking walkers to forge alliances with local community groups, like parish councils, the Scouts, Guides, WIs & Rotary Clubs, to help convince councils of the vital role local footpaths play in connecting people to each other and nature.

To get involved please email week@useyourpaths.info. For more info on Use Your Paths Week 2008, visit www.useyourpaths.info.

THE MET OFFICE WOULD LIKE TO HEAR YOUR VIEWS...

Please see the [website](#) for more details.

THE RAMBLERS NEEDS YOU!

The Ramblers are keen to hear your views about the methods we use to generate funds for our charitable aims, with particular focus on legacy fundraising. We will be holding meetings in the next few days in Edinburgh and Sheffield, on the 5th and 8th September respectively. We still have spaces available at 10.30am and 4.30pm in Edinburgh or 10.30am and 1.30pm in Sheffield. Each meeting should last up to 2 hours. As a thank you for attending we will provide refreshments and a small gift to show our gratitude. If you're interested in attending either meeting, please feel free to just turn up on the day, or call Lucy Courtney, Fundraising officer, on 0207 339 8569 for further information.

Edinburgh – 5th September 2008 Sheffield – 8th September 2008

Shandwick Room,
St. George's West Church,
58 Shadwick Place,
Edinburgh,
EH2 4RT

Sheffield Town Trust Room,
Sheffield Cathedral,
Church Street,
Sheffield,
S1 1HA

FREE PRIZE DRAW TO WIN A FUJI CAMERA

Simply provide UIA with your contact details before the end of December 2008 and you will be entered into a free prize draw to win a 6 megapixel Fuji camera.



The camera's features include; Solid Build, Built in Memory, Fujinon Zoom Lens, 2.4. Inch LCD Screer, 512 XD Memory Card and 6.3 Million Pixel Super.

This offer is exclusively available to Ramblers' Association members. What's more you will also be entered into a draw to win your mortgage or rent paid for a year. Visit www.ramblersinsurance.co.uk for full details and your chance to win. Terms and conditions apply. Alternatively Call 0800 013 0064

WALKING FACT:

A single car parking space will cost an employee around £500 a year... walking is free!

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