For immediate release

**Ramblers Wellbeing Walks North Yorkshire**

**offer you the joys of walking!**

**Join the national Ramblers Wellbeing Walks network**

**Newcomers to walking welcome!**

Many people have recently found a new love of walking especially following the Covid-19 pandemic lockdowns. They’ve discovering how great it is for your health and your physical and mental wellbeing. If you’d like to get into walking and live in the North Yorkshire area, then Ramblers Wellbeing Walks North Yorkshire are here to help!

Ramblers Wellbeing Walks North Yorkshire (co-ordinated by North Yorkshire Sport) are part of the Ramblers national network. They support group walks throughout the county led by trained volunteer walk leaders. All walks are specially designed to be short (30-90 minutes) and over easy ground, so they are ideal if you’ve never walked very much before. They’re a great way to meet new people, walk in good company, and to give your health and wellbeing a boost. Maybe you need some support to experience the joys of walking? Everyone is welcome, so why not give it a try?

Walks have been organised across the North Yorkshire County region (previously as Walking for Health) within many towns and villages across the District areas.

You can find out more by accessing the following webpage: <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-north-yorkshire>

Further information about Ramblers Wellbeing Walks in North Yorkshire can be provided by Lucy Psarias at North Yorkshire Sport, please contact her at lucy@northyorkshiresport.co.uk

Even a small amount of walking will give your health and wellbeing a significant boost if you are currently not active as many have found out. Before the pandemic lockdowns, people may not have been out walking much, but joining Ramblers Wellbeing Walks North Yorkshire has given them new purpose. They have enjoyed meeting new people from their area while exercising.

The Ramblers Wellbeing Walks network draws on years of experience. The Ramblers is Britain’s largest walking community – it was founded in 1935 and is dedicated to inspiring everyone to enjoy open skies, fresh air and the feeling of freedom that comes from walking outdoors.  We’ve been organising health walks since 2012 though the walking for health organisation goes back to 1996.

 “The feeling after a Strollers’ walk is great. You just feel so much better. Through several joint surgeries, I have been able to get up and go afterwards with great support from others around me. It is good physically and for my mental health. I enjoy the chatter with the exercise. I would urge others to give it a go.”

Walk Leader from Hambleton Strollers

 “A warm welcome and lots of inspiration and support awaits you as you start your walking adventures! You’ll be in the good company of our experienced Ramblers Wellbeing Walks leaders and like-minded walkers. Heading out together along tried-and-tested routes means enjoying, safely, the pleasures of walking together.”

Lucy Psarias, Active Communities Officer at North Yorkshire Sport

**Journalists with media enquiries about the Ramblers and its work: please contact** **press@ramblers.org.uk**