

South East

Walking Inspiration Pack



ramblers
at the heart of walking

#Walk Your Way

The Ramblers

The Ramblers open the way for everyone to enjoy the simple pleasures of walking and we step up to **protect the places we all love to wander**. We're the only charity dedicated to removing barriers so everyone can enjoy walking in green spaces, and to improving Britain's most popular and least-known walking places. We're committed to **campaigning to keep our countryside open to all** and to fighting for the things that matter most to walkers.

Walk Your Way

This summer, we're inviting everyone to Walk Your Way with us and experience the joy of walking in the great outdoors. Challenge yourself to reach new heights, to go that extra mile, to head out towards the open horizon. Open to everyone, wherever you are, walk your way with the Ramblers in the longest, brightest months of the year.

There's no one way to ramble.



**#Walk
Your
Way**

TOP TIPS

for summer walking



On hot sunny days, pack enough water to stay hydrated.



Sunglasses, a hat or bandanna can enhance your walking experience.



Avoid getting bitten by putting on bug spray before you set off.



Take a camera along, particularly for sunrise and sunset photos on long days.



Put on sun cream to prevent sunburn, and don't forget to reapply.



Pick a route that suits the weather, with hundreds to choose from on **Ramblers Routes**.



Wear light coloured, loose clothing to not overheat and bring a layer for the shade.



Pace yourself and remember to take breaks regularly in the heat.



Walking challenges

- Did you know that there are over 3,000 oast houses in **Kent**? Spot some on your walk.



- **Botley Hill** is the highest point in the North Downs totalling 885 feet. Can you find a route near you that clocks up the same elevation?



- There are over 125,000 sheep on the **South Downs Way**. How many can you spot?



DID YOU KNOW?

632
MILES
— OF —
NATIONAL
PARK

The South Downs National Park was officially confirmed in 2009. After decades of campaigning by the Ramblers and other organisations, Environment Secretary Hilary Benn signed the order to create a National Park stretching from Beachy Head in East Sussex to the edge of Winchester in Hampshire.



Our Ramblers community



**KIMBERLY
HACKETT**

Chiltern
Young
Walkers

For me, walking is not just about physical fitness – it is about mental health too. I think if you look after your physical and your mental wellbeing you are naturally healthier and happier.

You can walk at all times of the year too, even if it is pouring with rain, you do not have to be cooped up in the house. Going on a Ramblers group walk gets you out, meeting new people and helps me switch off from work.

Now I feel confident to go on a walk. You do not have to be a seasoned walker to go on a Ramblers group walk, because there are shorter and accessible walks, as well as longer ones. The fact that walking with a Ramblers group means you are being led by a trained walk leader who has recce-ed the route is really important to me.

Join the Ramblers. Find out more at www.ramblers.org.uk/join

A Ramblers route to try

The Seven Sisters, East Sussex - the ups and downs

DIFFICULTY

Moderate

WALKING TIME

4 hours

DISTANCE

8.2 miles

Description: Walk from East Dean to Seaford, East Sussex along the tops of precipitous white cliffs with sweeping sea views and a beautifully preserved smugglers' beach, on paths with springy turf underfoot. A walk at sunset during the summer is particularly rewarding, when dramatic shadows are cast on the cliffs, picking out the runnels and huge vertical towers.

Find the full route

www.ramblers.org.uk/sevensisters



Did you know the Ramblers has thousands of tried and tested routes like this one? Find out more at www.ramblers.org.uk

#Walk
Your
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Ways to get involved
Join our walking community



Wherever you are, whether you're in search of **calming nature** or **thrilling adventure**, you'll get even more out of your walks when you join the Ramblers. **Pull on your boots** and **find your feet** with the Ramblers: the **biggest and most vibrant community** of walkers in Britain.

Find out more and join today at

ramblers.org.uk/join

Ways to get involved
Join our walking community

Share your walking adventures on social media



tag us **@RamblersGB** on
Twitter and **Instagram**



and **@ramblers**
on **Facebook**

**#Walk
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