

Why not join the Ramblers for friendship and fresh air?

Walking is such an ordinary everyday activity, most people take it for granted. But in fact it's an excellent natural exercise that can help you stay healthy and live longer, control your weight, keep happy, enjoy time with friends and family, learn more about your local area and even look after the environment.

If you would like to walk more, the Ramblers is for you. With 500 local walking groups leading over 38,000 led walks every year, there's bound to be something near you. Our walks programs cater for all abilities, with many of them aimed specifically at beginners.

"Over the last few months I have lost over a stone and have no doubt that walking has helped me achieve my goals. I walk regularly at least four times a week - it's a very social activity with the added bonus of helping me to stay fit and healthy.

Now I'm always desperate to get out and every time I want to walk a little further and further. In short, walking is magic." Chrissie



Have you got a question?
Please contact us at marketing@ramblers.org.uk

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.



Special Facebook offer

50% discount when you join by Direct Debit

As a member you will benefit from:

- **Huge variety of Ramblers led walks**
With over 38,000 led walks each year across Britain, we have something for everyone.
- **Fantastic discretionary discounts**
You will receive a 10% discretionary discount at Cotswold Outdoor, our recommended retailer, plus a 20% discount voucher with your new member pack.
- **FREE walk magazine** (rrp: £3.60 per issue)
The UK's biggest walking magazine will be sent to you four times a year. It's packed with news, gear reviews, walking features and breathtaking photography.
- **Great walking holiday offers**
Save money on walking holidays with our recommended holiday partner, *HF Holidays*. Visit www.hfholidays.co.uk/ramblersoffers to view the latest offers.

Your membership will also help us to protect footpaths and walking spaces for everyone to enjoy.

www.ramblers.org.uk

