

# offer you the joys of walking!

Many people have recently found a new love of walking. They've discovered how great it is for health and wellbeing, both physical and mental. If you'd like to get into walking and live in North Yorkshire, then we are here to help!

## What is a Wellbeing Walk?

Ramblers Wellbeing Walks North Yorkshire are co-ordinated by North Yorkshire Sport and part of the Ramblers national network. **All Ramblers walks are:**

- **Social group walks led by trained walk leaders**
- **Over easy terrain and between 30 – 90 minutes**
- **Free, regular, and usually accessible by walking or public transport**
- **Suitable for beginners!**

## What are the benefits of Wellbeing Walks?

- **Walking makes you feel good**
- **keeps your heart 'Strong'**
- **Helps to reduce blood pressure**
- **Gives you energy**
- **Reduces stress**
- **Free exercise**

## Where do Ramblers North Yorkshire Walks Take Place?

Walks are organised by walking groups across the district areas of Craven, Hambleton, Richmondshire, Harrogate and Scarborough with hopes to expand across the county.

For more information about Ramblers Wellbeing Walks in North Yorkshire, [click here](#) or contact Lucy Psarias at [lucy@northyorkshiresport.co.uk](mailto:lucy@northyorkshiresport.co.uk)

