



YOUR SUMMER WALKING GUIDE

www.ramblers.org.uk

Make the most of the long days on a walk this summer

The days are getting longer and warmer, you've finally found the sun cream hiding at the back of the bathroom cupboard, so are you ready to hit the trails this summer?

A good walk, even a short one, can have amazing benefits; improving your mood and help to keep you healthier and happier. Whether it's the wind gusting through your hair on a clifftop coastal walk, strolling along your nearest sandy beach or hiking up a nearby hill, there are so many ways you can enjoy a walk this summer.

The Ramblers have long fought for our right to a walk all around our island. And no matter where we live, there's a

stretch of the British coast that is close to our heart. Follow the Ramblers Coast Path Countdown this summer, as we work to create routes right around Great Britain.

Help celebrate and support our work by becoming a member or donating to the Ramblers. Together, we can open the way to coastal walks, like never before.

So wherever you are in Britain, or whatever type of rambler you are, we've put together some tips to help you along the way.



WHY WE LOVE WALKING



Walking and access to nature is vital for our mental health. Walking can provide the perfect meditation to get away from the stresses and strains of everyday life and summer is the perfect time to do that!



Walking is a wonderful way to discover new parts of Britain, even those close to home. Our Ramblers Routes online library can help you find hidden gems and discover new places in your area.



Walking with a friend, family member or on a Ramblers group walk means you can enjoy some company, have a good natter and catch up with friends, old and new!

Are you ready to get outside?

We have thousands of routes for you to follow. Our online library puts over 3,500 tried-and-tested walking routes at your fingertips. It includes short urban strolls through to undulating coastal hikes and challenging hillside walks for more experienced walkers.



SEVEN OF OUR FAVOURITE SUMMER STROLLS

A short walk to Port Eynon Point, Gower

Distance: 2.8 miles

Walking time: 1 hour 20 minutes

Start: Port Eynon YHA

A lovely short walk through the woods and up to the hamlet of Overton before a magnificent return stretch along the coast via the wonderful viewpoint of Port Eynon Head.

For more information, visit:

www.ramblers.org.uk/gower

Fife Coastal Path – Buckhaven to Kirkcaldy

Distance: 6.6 miles

Walking time: 3 hours 30 minutes

Start: Buckhaven

A scenic linear route from Buckhaven to Ravensraig Park, Kirkcaldy, which has many points of historic interest.

For more information, visit:

www.ramblers.org.uk/fife

Mortehoe, South West Coast Path, Devon

Distance: 4.3 miles

Walking time: 2 hours

Start: Mortehoe car park

This short but moderately challenging circular walk begins in Mortehoe, then picks up the South West Coast path along the rugged Atlantic shore. The route offers

exhilarating coastal views and the chance to spot seals at Morte Point.

For more information, visit:

www.ramblers.org.uk/mortehoe

Great Yarmouth town walk

Distance: 4.1 miles

Walking time: 1 hour 15 minutes

Start: Nelson Museum, Great Yarmouth

Step back in time on this coastal pleasure walk through a historical heritage inextricably linked with Nelson in the delightful town of Great Yarmouth.

For more information, visit:

www.ramblers.org.uk/yarmouth

Thurlaston and Draycote Water, Warwickshire

Distance: 3.7 miles

Walking time: 2 hours

Start: Thurlaston

Thurlaston has managed to preserve its village identity despite its proximity to Rugby. The walk is largely on hard surfaces and takes you into quiet countryside and along the edge of Draycote Water, the largest area of open water in Warwickshire.

For more information, visit:

www.ramblers.org.uk/thurlaston

The Mersey Way, Liverpool

Distance: 2 miles

Walking time: 1 hour

Start: Coastal Reserve Car Park, Blackburne St, L19 8JR

A short walk to the banks of the Mersey, where you will see fine views over to Cheshire on a clear day and plenty of sea birds. If you do this late afternoon on a clear winter's day the sunsets can be terrific.

For more information, visit:

www.ramblers.org.uk/mersey-way

Whitby Coastal walk

Distance: 2.7 miles

Walking time: 1 hour 20 minutes

Start: Whitby Youth Hostel, East Cliff YO22 4JT

Follow in the footsteps of Bram Stoker's Dracula on this pleasant short walk which starts with fine views over Whitby and its harbour, before heading out into the nearby countryside. The route returns along the picturesque coast path, which lies in the shadow of the historic Whitby Abbey.

For more information, visit

www.ramblers.org.uk/whitby-saltwick-bay

Ideas for summer snaps



Head out on your walk early or stay out late to see the **sunrise or sunset**



Take a **fun photo with your friends or family** with a summer backdrop to remember the walk you've been on.



Vary your subject matter. Photograph an **idyllic coastal or landscape scene** or get up close to a summer wildflower meadow.



Share your summer walking photos and videos with us on social media

@ramblers

on Facebook

@ramblersgb

on Instagram and Twitter

#coastpathcountdown



Why not enter our summer photo competition to win a holiday on the coast?

But don't delay, the deadline for entries is 15th September 2022. Any entries after this date won't be considered for entry.

For more information, visit **www.ramblers.org.uk/coastpathcountdown**

Top tips to fuel your walks this summer

In hotter and dryer days of summer, it's especially important to stay hydrated and fuelled while walking. The right intake of food and drink will keep you going. These food-based tips and tricks are sure to put an extra spring in your step when you set out on your next walk.

Bake your own **breakfast or snacks**. The night before your walk, try putting together a traybake using ingredients such as porridge oats, seeds and dried fruits like apricots or raisins. Golden syrup and peanut butter will also add an extra hit of sweetness. On the morning of your hike, simply cut as many slices as you need, pack them away, and you're good to go.

DID YOU KNOW?

Hot drinks can actually cool you down in warm weather? **Drinking a hot drink** triggers a sweat response, that reduces the warm sensation as sweat cools.

But flasks are equally useful for keeping **cold drinks** cool. Add some squash to pep up your water.

Of course on summer walk, particularly by the coast, there's always time for an **ice cream** option!

Take your **ultimate trail mix**. Trail mixes will provide long-lasting energy, rather than a short-term sugar rush, and they're so easy to make. Simply add some of your favourite nuts to a bowl (almonds and cashews are ideal for this) along with some seeds and dried fruit and you're away. For a little more indulgence, throw in some dark chocolate too – anything goes!



Think green and smart storage

If taking lunch, take a rigid lunchbox with you. Both sustainable and convenient, a food grade BPA-free silicone bowl that's collapsible will become your new best friend. Many of these containers are made with clasp lids that create a spill-proof seal for extra peace of mind and can be broken down into a small disk that'll save room in your rucksack.

Refillable water bottles are the most obvious option for staying hydrated – they're easier to clean and are better for the environment than disposable bottles. They can be heavy however, so try packing yours in a separate water carrier, such as a lumbar or bum bag, to evenly distribute the weight you're carrying, if needed. Alternatively, you could choose a hydration bladder pack.

THIS SUMMER, YOU CAN JOIN BRITAIN'S BIGGEST AND MOST VIBRANT WALKING COMMUNITY

→ JOIN

By joining the Ramblers, you'll find likeminded walkers waiting for you this summer to head out together on a group walk into the sunshine. Why not plan a trip to the coast using the Ramblers walking routes or get some top tips in this summer's edition of our members magazine, Walk.

Become a Ramblers member today: www.ramblers.org.uk/join with all these benefits, and your support will help open new places to walk, including the England Coast Path.

→ DONATE

No matter where we live, there's a stretch of the British coast that is close to our heart.

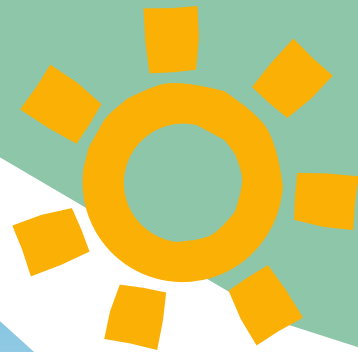
We've long fought for our right to a walk all around our island. Follow the Ramblers Coast Path Countdown www.ramblers.org.uk/coastpathcountdown as we work to connect up all sections of the England Coast Path to create routes right around Great Britain.

None of our work would be possible without the generosity of people like you, who are passionate about walking and care about the future of Britain's walking spaces. With your help we can continue to improve walkers' rights and protect the places we all love to go walking.

Donate today: www.ramblers.org.uk/coastpath



**We're counting
down to completing
the 2690-mile
England Coast Path**



**Coast Path
Countdown**

#coastpathcountdown