

Ramblers

The Ramblers helps people to find interesting places to walk across the UK. Use their website to find wellbeing walks, local walking groups and routes you can take. From coastal walks, to cities and woodlands. Helping you to stay active and to look after the countryside. You can pay to become a member for extra information. and resources. They have an app available to download.

The Ramblers campaign to protect and keep the countryside open to all. To protect green routes, footpaths, national parks and trails.

Ramblers [Wellbeing Walks](#) are free, short walks to help you improve health, wellbeing and happiness

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Youtube: <https://www.youtube.com/channel/UCJCBIF0hopTSb8tjfeE6rMQ>

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