



Media Release – Immediate

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Get fit for the New Year with forestry fitness walks

Get the New Year off to an active start by taking a walk through your local woods.

That New Year's resolution to get fit isn't all about slaving away in the gym – you can enjoy fun and friendship and get a work out too at Forestry Commission woods across the area.

A series of free health and fitness walks are being led in Salcey Forest, Northamptonshire, to help visitors shift any extra pounds gained over the Christmas period.

The first guided fitness walk will be taking place on Thursday, January 14, from 11am to 12.30pm, meeting in the main Salcey car park.

Other walks will be held every Monday morning, from 10.30am until noon, and every other Thursday from 2pm to 3pm. These are regular sessions through which visitors can improve their physical fitness, while both meeting new friends and of course experiencing the beautiful woodlands. Why not stay for a coffee and a chat afterwards in our café?

Forestry Commission community ranger Jo Roberts said: "Walking is a great way to get fit and also enjoy the outdoors. People often think that exercise means spending hours

in the gym or investing in expensive gym memberships or equipment. Our walks offer you both the chance to get fit, enjoy the outdoors and meet new friends – plus all walks are free to join.”

All walks begin in the Salcey Forest main car park and there is no need to book - just come along.

Visitors are also encouraged to hold their own walks at Fineshade Woods, between Corby and Stamford; Bourne Woods in Lincolnshire; Southey Woods near Peterborough; Fermyn Woods near Corby and Maulden Woods in Bedfordshire.

While you exercise you can enjoy the great outdoors, while also spending time with family and friends. You won't even realise you are having a workout!

Visitor and communities services manager Sarah Walker added: “To make exercise even more purse-friendly, frequent visitors to the Northants Forestry Commission's woodlands can buy a Discovery Pass. This means that for £27 per year visitors can park their cars and enjoy the woodlands all year round, without having to spend another penny.”

Discovery Passes are available from the District office at Fineshade Woods, the Top Lodge Café and from the website www.forestry.gov.uk/pass.

To find out more about the Monday morning health walk, call Katherine on 07834 765590 or ask at the Salcey cafe. For further information on the Thursday health walk call Colin Hull on 01327 32233 or email colin.hull@southnorthants.gov.uk.

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NOTES TO EDITOR

1. For more information contact Sarah Walker on 01780 444920 or email sarah.walker@forestry.gsi.gov.uk.

About the Forestry Commission

2. The Forestry Commission is the government department responsible in England for protecting, expanding and promoting the sustainable management of woods and forests, and increasing their value to society and the environment. Forestry makes a real contribution to sustainable development, providing social and environmental benefits arising from planting and managing attractive, as well as productive woodlands. Further information about the Commission can be found at <http://www.forestry.gov.uk/>

3. Northants Forest District runs from Grantham in Lincolnshire right down to Ampthill in Bedfordshire, taking in many beautiful and varied woodlands.

Salcey Forest, south Northamptonshire

4. Salcey Forest is between Milton Keynes and Northampton, and located immediately to the east of the small village of Hartwell. From Hartwell village cross over the M1 motorway, and turn left towards Northampton at the crossroads. The car park is in 1/4 mile on the right. www.forestry.gov.uk/salceyforest.