



Press release 15 September 2022

## **Tonbridge & Malling Ramblers celebrates National #GetOutsideDay by inviting locals to experience new walking adventures**

On Sunday 25 September, Ordnance Survey's annual #GetOutsideDay returns. To celebrate, Tonbridge & Malling Ramblers are inviting everyone to join them for a free taster walk.

The Ramblers is a partner of #GetOutsideDay. It's a chance to enjoy the physical, mental and social benefits the outdoors has to offer. With experienced walk leaders across Britain, the Ramblers has thousands of tried and tested group walks on offer. A free taster walk is a great opportunity to experience a new route, right on your doorstep.

"We're always pleased to welcome new people on a group walk and what better occasion to join us than #GetOutside Day" says Nicola Brown, publicity volunteer for Tonbridge & Malling Ramblers. "We'll be celebrating with our 'Hamming it up!' 5-mile circular walk from Ham Hill, Snodland on Sunday 25 September. We're also offering walks on Wednesday 21st from West Farleigh and on Wednesday 28th from Capel Church. You can choose your taster walk from these and others on our programme at [www.tonbridgeandmallingeramblers.org.uk](http://www.tonbridgeandmallingeramblers.org.uk)".

Tonbridge & Malling Ramblers is part of Britain's largest walking community. Across England, Scotland and Wales, the Ramblers has 500 groups inspiring and encouraging everyone to enjoy the benefits of walking. Across Kent, 13 Ramblers groups offer a variety of walks each week, ranging from leisurely short walks of around four miles to strenuous all-day walks of 15 miles or more. Details of all upcoming walks can be found at [www.ramblers.org.uk/kent](http://www.ramblers.org.uk/kent).

"The public have a lot on their minds with the loss of Queen Elizabeth II and the accession of King Charles III happening alongside the cost-of-living crisis," says Neil Whittall, chair of Tonbridge & Malling Ramblers. "It's important that we look after our mental health and wellbeing. As summer turns into autumn, it can be tempting to hunker down indoors, but time spent outside doing a little gentle exercise will have huge benefits. So, put Sunday 25 September in your diary and join us to get a free dose of nature on this #GetOutside Day."

If you enjoy your taster walk, you can take advantage of The Ramblers #GetOutside Day offer of 15% off membership for a year if you join by 30 September, making it just £2.59 a month using discount code **getoutside15**.

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## Tonbridge & Malling Ramblers:

[www.tonbridgeandmallingsramblers.org.uk](http://www.tonbridgeandmallingsramblers.org.uk) | [info@tonbridgeandmallingsramblers.org.uk](mailto:info@tonbridgeandmallingsramblers.org.uk)

## Kent Ramblers:

[www.ramblers.org.uk/kent](http://www.ramblers.org.uk/kent) | [info@kentramblers.org.uk](mailto:info@kentramblers.org.uk)

## Further information and to arrange an interview:

Nicola Brown, publicity volunteer: [nicola.brown55@btinternet.com](mailto:nicola.brown55@btinternet.com) | 07709 334 871

**Facebook** [www.facebook.com/ramblers](http://www.facebook.com/ramblers) and **Twitter** [twitter.com/RamblersGB](https://twitter.com/RamblersGB)

## ENDS

Notes to editors:

- The Ramblers is a charity dedicated to opening the way so everyone can enjoy walking in green spaces, and to preserving and improving hundreds of thousands of miles of well-loved paths, tracks and trails across England, Scotland, and Wales. Since 1935, we've campaigned to keep our countryside open to all and fought for the things that matter most to walkers.  
[www.ramblers.org.uk](http://www.ramblers.org.uk)
- GetOutside was founded by Ordnance Survey, to help more people to get outside more often. National #GetOutside Day is back for its 5<sup>th</sup> year. National #GetOutside Day helps to get the nation outside, and enjoy the physical, mental and social wellbeing benefits that the outdoors has to offer. This year, National #GetOutside Day takes place on Sunday 25 September.
- The Ramblers' work to help everyone enjoy the benefits of walking and protect and expand the places we love to walk is supported by players of the People's Postcode Lottery.
- Today, the Ramblers is Britain's biggest and most vibrant walking community. We have 500 groups across Britain including a growing number for younger walkers. We inspire thousands more every year to find their feet outdoors and boost their wellbeing by joining our Ramblers Wellbeing Walks network. Our ever-growing [Ramblers Routes](#) collection of nearly 4,000 walks around Britain helps people to enjoy walking in their own time and their own way.
- We call on Government for equality of access to the countryside. We enable people to gain the skills and confidence to enjoy countryside walking via our group walks, our walk leader training and the Ramblers Scotland Out There Award, which opens up walking to young people.
- We protect paths and ensure they are properly registered as public rights of way. We are working to save thousands of miles of paths that could be lost forever through our [Don't Lose Your Way](#) campaign.
- All year round, teams of Ramblers volunteers keep paths clear and well-maintained for everyone to enjoy. This includes putting up waymarks to help walkers know they're sticking to the right path.

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Ramblers Group	Kent Ramblers walks on 25 September 2022 'National #GetOutsideDay'	Distance	Difficulty
Bromley	Circular walk from Cudham across fields and through woodland via Mace Farm, along to near The Washneys and back via Cackets Farm.	4.3 miles	Leisurely

Dartford & Gravesham	Circular walk from Barnehurst Station through local parks and golf course. Coffee/toilet stop at Hall Place.	4.5 miles	Moderate
Tonbridge & Malling	Hamming it up! A figure of eight walk around the former Ham Hill golf course and Leybourne Lakes.	5 miles	Moderate
Tunbridge Wells	From Groombridge through fields to Balls Green and back via the sheep meadows and part of the Forest Way.	5 miles	Moderate
Medway	Circular walk from Offham village towards Wrotham Heath and the Weald Way, returning on footpaths through Wrotham Heath Golf Course.	5.2 miles	Moderate
White Cliffs	From Minnis Bay along the coast path towards Reculver then inland along the Wantsum Way and returning via the outskirts of Birchington.	5.5 miles	Leisurely
Maidstone	Circular walk from Sutton Valence via the Greensand Way, Ulcombe Church and East Sutton Park.	7 miles	Leisurely
East Kent Walking	Circular walk from south of Barham around the Nailbourne Valley.	7 miles	Moderate
Ashford	Leisurely walk from Tenterden via High Halden Church with varied scenery, some open views and woodland.	8.5 miles	Leisurely
West Kent Walking	From Farnborough Village to Cudham then Single Street, Luxted, Downe and back to Farnborough Village, taking in part of High Elms Country Park.	10 miles	Moderate
Bromley	From Trosley Country Park via the North Downs Way to Holly Hill House, Rochester Forest and Luddesdown Church. Return via Dene Manor, Great Buckland, the Wealdway and Whitehorse Wood.	11 miles	Moderate
Maidstone	Circular walk from Teynham railway station along the Saxon Shore Way to Oare, Luddenham and Deerton Street.	11 miles	Leisurely
Canterbury	Morning walk from Wye Church via the Wye Crown followed by afternoon walk from Wye via Soakham Downs.	12 miles (in two halves)	Moderate
Sevenoaks	Circular walk from One Tree Hill via Ightham Mote, Old Soar Manor and the Wealdway to Platt, returning via Basted.	13.5 miles	Moderate

For full details of the above walks and walk leader contacts, see [www.ramblers.org.uk/kent](http://www.ramblers.org.uk/kent)