

FENLAND DISTRICT COUNCIL

PRESS RELEASE

16 January 2023

Join new March Riverside Wellbeing Walk

A new March Riverside Wellbeing Walk is being launched to give people the chance to get out for a stroll and chat in a welcoming group.

The weekly walks are free and there's no requirement to commit to joining in every week.

The walks have been launched by Fenland District Council's Active Fenland team as part of the Ramblers Wellbeing Walks Cambridgeshire and Peterborough scheme.

Cllr Sam Clark, Fenland District Council portfolio holder for leisure, health and wellbeing, said: "The walks are a chance to get out with likeminded people have a stroll in company, a bit of a natter and perhaps make some new friends.

"Getting out in the fresh air is great for wellbeing, as is a good chat, and we hope as many people as possible will join in."

The circular walks, with a volunteer leader, will last around an hour depending on the pace set by walkers on the day, road crossings and rest stops along the way.

The walk is all on paved ground, but some parts of the pavement are uneven.

The first walk will begin outside March Library on Tuesday, January 24, at 1.30pm and they'll continue weekly.

Those who wish to can enjoy a free hot drink afterwards at March Library warm hub.

Ed Nicholas, Ramblers Wellbeing Walks programme manager, said: "We're delighted that Fenland District Council is making Ramblers Wellbeing Walks available to the people of March.

"A Ramblers Wellbeing Walk is a great place to start if you haven't done much walking before or would like support to stay active.

"You'll be joining the thousands of people across England who enjoy our short walks every week."

Anyone interested in attending is encouraged to [sign-up online with Ramblers](#) in advance, but this optional. Sign up via: <https://beta.ramblers.org.uk/wellbeing-walks-sign-up>

Full details of the March Riverside Walk and a map can be found at: <https://bit.ly/3IFelif>

[Wisbech Wellbeing Walk](#) is part of the same partnership and launched in the summer. It takes place every Friday, leaving the bandstand in Wisbech Park, Lynn Road, at 10am. Find out more: <https://bit.ly/3X7NLTl>

There are hopes to launch more similar walks in other Fenland locations, with a Whittlesey walk coming soon.

Active Fenland is looking for volunteer walk leaders to lead walks in their local communities. Full training and support is provided. Volunteers just need to have a passion for walking, meeting new people and confidence in leading a small group.

If you'd like to become a Ramblers Wellbeing Walk Leader, to lead group walks in your local community, email the Active Fenland team at: activefenlandbookings@fenland.gov.uk or call 07874 893316.