

National Trust Press Release

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Success of social and wellbeing walks initiative at National Trust Penrose sees further walks introduced across the Lizard.

A series of social walks has been rolled out at Penrose to improve wellbeing and encourage more people to enjoy walking in nature.

Part of a wider national pilot scheme within the National Trust, the walk series offers people the opportunity to start walking, connect with nature and spend time outside in different landscapes.

The walks are led by volunteer walk leaders who have all undergone specific training in safety and leading walks for people with different needs. All the walks at Penrose are free of charge and offer the opportunity to enjoy light exercise, fresh air and the chance to meet new people. They take place approximately every 2 weeks and vary in their start location, day and time to appeal to as wide an audience as possible.

Lydia Allt, Volunteer & Community Officer, says: 'We know walking is just as important for our mental as well as physical health, and we want to remove the barriers which prevent people from walking in the outdoors, whether that's due to lack of confidence, not knowing anybody to walk with, or simply not feeling fit enough. May is National Walking Month and we'd love people to see this as the opportunity to join us for their first social walk.'

Lydia continues: 'We have some walks that are entirely accessible and start at the free fairground car park opposite Coronation Park in Helston, and others that include sections of the coast path and are a bit more undulating. But whichever walk somebody decides to join us on, there's no pressure on speed or fitness; everybody is welcome, no matter their walking experience, and the walk leader will facilitate the walk to ensure everybody feels comfortable.'

The National Trust has partnered with Cotswold Outdoors who have sponsored the kit used by the volunteer walk leader team, including a walk leader's rucksack which contains a first aid kit, local maps, spare water bottles, hats & gloves and an emergency shelter.

The programme so far has been well-received by those who have been involved. Robert Andrews, volunteer walk leader at Penrose, says: 'We've welcomed a diverse mix of people on our social walks at Penrose; from individuals who have just moved to the area and are looking to meet new people, to others who have lived in the area a long time but are new to walking, as well as experienced walkers who enjoy the social aspects of our walks.'

'We'd love to see more people join us and enjoy the countryside here at Penrose. We offer these walks all year round and whether somebody has walked here before

or not, we'll make everybody feel welcome and respected, no matter their experience.

On top of the social walk series at Penrose, the walk leader volunteer team are now planning the roll out of a new series of walks across the Lizard, including spring wildflower walks starting at Poldhu, chough and wildlife walks at Lizard Point, and countryside walks starting at National Trust Teneriffe Farm campsite near Mullion. All the walks are free of charge, although booking is essential for the wildlife and chough walks, (25 & 28 May), as part of the National Nature Reserve week celebrations with Natural England.

Full details of the upcoming wildlife, spring flower and social walks are available on the following websites:

Social walks at Penrose: nationaltrust.org.uk/penrose

Lizard Point walks, chough & wildlife walks (booking essential):

nationaltrust.org.uk/lizard

Walks from Teneriffe Farm Campsite: nationaltrust.org.uk/mullion-cove

Spring wildflower walk: nationaltrust.org.uk/poldhu-cove


The walk leader volunteer team are looking to expand their numbers. If you'd like to join the team, you're passionate about walking and inspiring others to get active and can adapt your approach to suit different situations & audiences, please contact Lydia Allt, Volunteer & Community Officer, on lydia.allt@nationaltrust.org.uk or call 01326 222170.

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Notes to editors:

For further media information please contact: Katie Reynolds, Visitor Experience Officer, katie.reynolds2@nationaltrust.org.uk or 07341495946 & Louisa Reeves, Marketing and Communications Consultant, on louisa.reeves@nationaltrust.org.uk or 07909 892520.

Images:

Images can be downloaded here  [Wellbeing walks](#). Only to be used in conjunction with this press release. Credit and caption as per file name.

About the National Trust

The National Trust is an independent conservation charity founded in 1895 by three people: Octavia Hill, Sir Robert Hunter and Hardwicke Rawnsley, who saw the importance of the nation's heritage and open spaces and wanted to preserve them for everyone to enjoy. Today, across England, Wales and Northern Ireland, we continue to look after places so people and nature can thrive.

We care for more than 250,000 hectares of countryside, 780 miles of coastline, 1 million collection items and 500 historic properties, gardens and nature reserves. In 2022/23 we

received 24 million visitors to our pay for entry sites. The National Trust is for everyone - we were founded for the benefit of the whole nation, and our 5.7 million members, funders and donors, and tens of thousands of volunteers support our work to care for nature, beauty, history for everyone, for ever.

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