



Dear Roy

You will have seen the announcements made by the Prime Minister yesterday evening (Monday, 16 March) in relation to COVID-19. We have followed Government advice to date, and we continue to do so now. Your health, and the health of our volunteers and staff comes first.

#### **What does this mean for the Ramblers group walks?**

We have sadly had to take the decision to cancel all group walks and social activities from tomorrow (18 March 2020) onwards. This follows the government advice to avoid all unnecessary social contact. We have informed all volunteers today by email and will be updating our website shortly.

#### **Does this mean I can't walk?**

Fresh air and gentle exercise can do a world of good for your mental and physical health. You can continue to access **independent walking routes** on our member app and on our website as a member of the Ramblers. The advice from the government is that **you can continue to walk outside** (staying a safe distance from others), unless you are showing symptoms.

#### **What about my Ramblers membership?**

Your membership **protects our green spaces**, our rights as walkers and helps others to discover the **powerful benefits of walking**.

At this time, more than ever, as a **wonderful community of members** I know you will reach out to **support each other in new ways**, as we all begin to feel the impact of this unprecedented challenge.

We hope you'll continue to stand with us as an active member of the Ramblers.

**receive discounts on walking gear** and have access to **independent walks to explore**. In the upcoming weeks we'll **provide advice on staying active** if you are having to self-isolate, as well as more **tips and support on independent walking** – which you'll find on our [Facebook page](#) as well as in our regular member emails.

### **What happens next?**

We will keep you updated as we move forwards, so do keep an eye out on our website and in your emails.

The Ramblers has been around for a long time, through the tough days and the bright days. We will continue to fight for the rights of walkers, for the protection of our important green spaces and for the joys of walking.

Together we're stronger. Thank you for standing with us at this difficult time.

With best wishes,

**Sarah Marfleet**  
**Director of membership and fundraising**

P.S. I understand some of you will have more questions. We are working hard to put things in place for all our staff, volunteers and members so please bear with us. If you do have questions please email [coronavirus@ramblers.zendesk.com](mailto:coronavirus@ramblers.zendesk.com)



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We are contacting you as a member of the Ramblers - this is an administration email so has been sent to any member who has an email address. If this is no longer correct please contact [membership@ramblers.zendesk.com](mailto:membership@ramblers.zendesk.com)

To unsubscribe from all Ramblers emails, please click [here](#). If you have a Ramblers web account, you can [update your mailing preferences on our website](#).

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