



# Countryside Recreation

The countryside provides a wide variety of recreational opportunities for people of all ages.

The Countryside Code helps us all to get the most out of our visits to countryside locations.

Take a look at it at [www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/default.aspx](http://www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/default.aspx)

Walking is one of the most popular activities—it helps us to keep fit while seeing the countryside, its wildlife and scenery. Where can you walk?

[www.walkingbritain.co.uk](http://www.walkingbritain.co.uk)

What are Areas of Outstanding Natural Beauty? Use a search engine to find where these 37 areas are. Is there one near you?

Other popular tourist destinations are the National Parks.

[www.nationalparks.gov.uk/](http://www.nationalparks.gov.uk/)

Because of the increased trend in recreation and tourism, the National Parks work to help people enjoy the countryside whilst conserving the landscape. How do they do this?

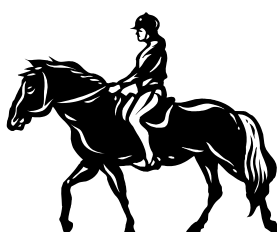
Cycling is another popular outdoor pursuit. There are many organisations which promote countryside cycling. Find out about cycling in your area.

Sustrans works on projects to encourage people to walk, cycle and use public transport. It signposts to free cycling maps in many areas.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

The Outdoor England website outlines activities available regionally from walking and cycling to extreme sports. What might be classed as an "extreme sport"?

<https://www.visitengland.com/things-to-do/extreme%20sports>



Horse riding is a way by which many people enjoy the countryside. Find out details from the British Horse Society

<https://www.bhs.org.uk/>



Apart from climbing, what other pursuits can you undertake in the UK's mountains?

[www.mountain-activities.co.uk](http://www.mountain-activities.co.uk)

England and Wales are amongst the least forested countries in Europe but forests are popular places for recreation with around 350 million daytrips being made each year. What can you do in the forest? Here are examples:

<https://www.newforestactivities.co.uk/all-activities/>

What are Community Forests and what kinds of recreation, access and tourism facilities have they created?

[www.communityforest.org.uk/](http://www.communityforest.org.uk/)

Choose an area of the Lake District to investigate its leisure pursuits.

[www.lake-district.gov.uk/](http://www.lake-district.gov.uk/)