

THE DEVON WALKER'S JOURNAL

Walking is Britain's most popular outdoor recreation and more than half the population of Britain is recorded as walking for pleasure at least once a month. While some of us walk just to exercise the dog, many are more serious walkers, recognising not only the physical benefits of a bracing mile or two but also the 'rise in spirits' which come from getting outdoors and away from the concerns of daily life. Families, groups of friends and organised parties of ramblers, increasingly are finding the pleasures of planning and taking walks, at whatever distance, an inexpensive and highly rewarding activity.

In taking an exhilarating walk we need not rely on the car or public transport, for in England we are fortunate to live in a country in which public footpaths and rights of way have for centuries provided freedom of access. More recent legislation has increased this 'right to roam', opening up areas beyond the confines of designated routes. Local authorities, in part impelled by interested rambling organisations, but also through recognising the overall social benefits of walking, have invested in keeping footpaths in good order, in waymarking and providing useful local walks leaflets. The market in walking books appears to know no bounds.

This *Walker's Journal* provides an opportunity for the dedicated walker to keep a record of where and when they walked, and with whom. That it carries a title relating to a particular county is no reason why the walker should not venture farther afield, simply that the journal represents their 'home patch' or a region close to their heart. The photographs, as well as adding to the attractive design of the journal are included as an inspiration to explore the superb countryside on our doorstep.

Our aim has been to make the use of the *Walker's Journal* as flexible as possible, allowing the user to decide how best to create a record of their walking journeys. For some, a single journal may last a year or more, perhaps for others this journal may be one that builds into a number of volumes. As with a diary, it will act as an aide-memoire, but more than that we hope it will give hours of pleasure when, on re-reading in future years, it will help recall past walks long forgotten, and warm memories of good friends and companionship.

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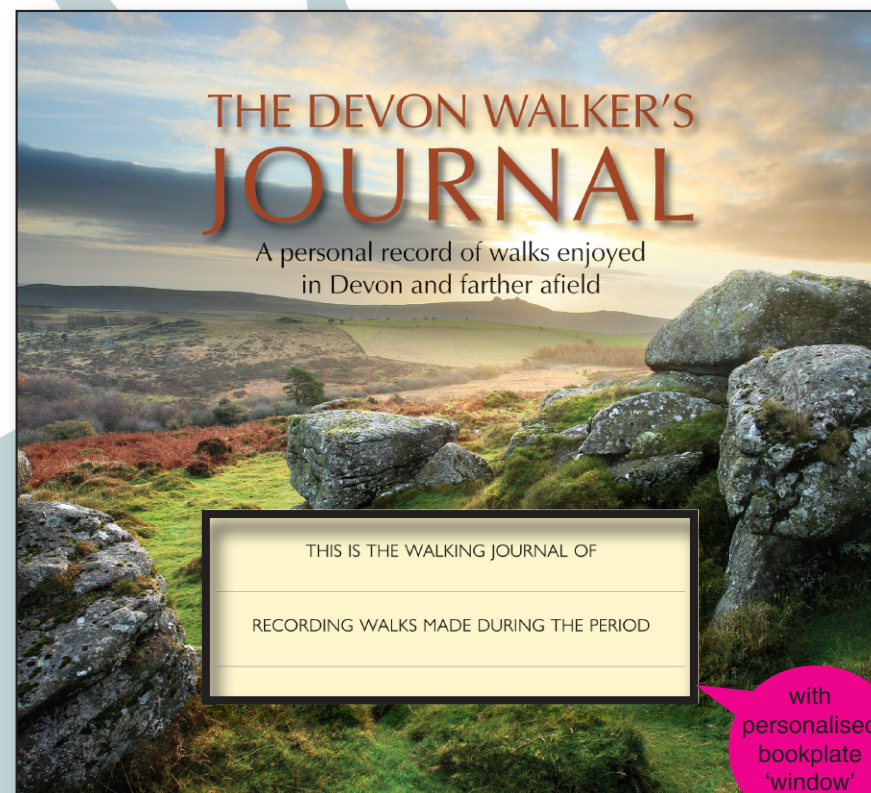
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