HOW TO ORGANISE YOUR RAMBLE

The best thing about organising your own ramble is that you're in charge! Whether you follow a familiar path or explore somewhere new, you can choose the route, the distance and the date to suit you.

STEP 1: DECIDE YOUR ROUTE

You may already have a walk in mind, but if you're looking for a new route or one that's extra challenging try these sites **Ordnance Survey**, **ifootpath.com**, **ramblers.org.uk** for some local inspiration.

STEP 2: PICK A DATE

Countryfile and BBC Children in Need would love to get as many people as possible rambling across the UK in the first week of October, but you can organise your ramble for whenever works best for you.

STEP 3: START YOUR FUNDRAISING

Make your miles matter by signing up for a fundraising page. By getting sponsored, your miles will help change the lives of disadvantaged children and young people across the UK. Find out how to set up a fundraising page on our website **bbc.co.uk/pudsey**. You can find a traditional sponsorship form here too.

STEP 4: COVID-19 GUIDANCE

Check the current national and regional Covid-19 guidance to make sure you are rambling safely

STEP 5: ENJOY YOUR WALK

Brush up on the **Countryside Code**. Then with preparations in place, it's time to get out and enjoy your ramble!

STEP 6: SHARE YOUR STORIES

Whether it's the tale of your adventure or a picture of your muddy pup, we'd love to hear about your rambles. Make sure to use #CiNRamble and tag @BBCCiN and @BBCCountryfile in your social posts!

You can also tell us about your plans via the **BBC Children in Need website**.

COUNTRY**FILE** Ramble for BBC Children in Need

bbc.co.uk/pudsey