

COUNTRYFILE RAMBLE

BBC
CHILDREN
IN NEED



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/cin**. You can find a traditional sponsorship form here too.

STEP 4

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 5

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.

Remember to pick up your Pudsey goodies from

bbc.co.uk/cin