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## **80 WALKERS TO STORM THE YORKSHIRE HILLS IN MAY**

The Tenant Farmers Association with the help of the National Trust will take to the hills in Buckden, Upper Wharfedale, North Yorkshire with over 80 walkers on Saturday, 22 May. The walkers will be donning their boots to take part in a sponsored walk in aid of Farm Crisis Network and to raise the profile of farming in the uplands.

TFA Chief Executive George Dunn said "Many of those living in our towns and cities benefit from using the great British countryside for leisure, pleasure and to keep fit whilst relieving stress levels through walking in the beautiful landscapes. However, many do not understand the vital role our farmers play in managing the countryside, particularly the uplands and the daily stress that they are under."

"Everyone benefits from walking and from relieving stress. A recent survey by the National Trust shows how just a small amount of walking in the fresh air in the countryside can lower the stress level of desk based and workers", said Mr Dunn.

"While office and factory workers take time off to walk and enjoy the benefits of the countryside our farmers do not often have the same opportunity. Farm Crisis Network provides essential support to farming families in stressful and difficult times and it is this crucial support that helps to relieve the burdens of farmers and their families", said Mr Dunn.

"Farm Crisis Network relies on the generosity of others to allow it to provide these vital services to the farming community and the TFA is pleased to be working along side the charity in helping to raise funds", said Mr Dunn.

There is still time to register and join the sponsored walk on Saturday, 22 May. To register contact the TFA membership Department on 0118 930 6130 or email: [membership@tfa.org.uk](mailto:membership@tfa.org.uk).

If you are unable to join the walk but wish to support this important charity then please donate at: <http://www.justgiving.com/FCN-TFA-sponsoredwalk>.