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WELCOME

"The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose"

Charles Dickens

Welcome to our 2012 edition of Walk On our Walkfree Breakfree on line brochure and magazine. I am pleased many of you had an opportunity to join us during 2011 and helped our new business to develop and thrive. Thank you and I look forward to enjoying our 2012 walking fun and adventures with you – we are going to some terrific destinations I promise.

The business I founded Walkfree Breakfree emerged from a successful university outdoor group where I organised and led student and staff on outdoor trips throughout the UK and at times beyond. I am proud of the ethos this gives to my company.

Our business is about delivering walking short breaks and holidays to encourage you into and to enjoy that wonderful land of ours outdoors.

But it is more than that, we seek to positively encourage participation, community, interaction and friendships by delivering a group style of service to all, for singles, couples and of course groups of all kinds. To develop offers that appeal to differing ages, gender and ethnicity – bringing our university ethos alive outdoors.

For us outdoor activities are best enjoyed as a group, in our view it's more fun and leaves you with memories that inspire and last, it is this wonderful interaction that we love and wish to share with you in beautiful and inspirational places.

Our very name Walkfree Breakfree is intended to

encourage you to shake off your shackles; we truly want you outdoors, to be active and stress free, enjoying our wonderful landscapes in the company of others. Encouraging inspirational togetherness, in our magical English countryside, in our home base in the beautiful Chilterns or in other fabulous locations our isles can offer. Strolling across green fields or forests deep, on coast or mountains high, along streams and mighty rivers sparkling bright, past ancient stones standing proud, to hamlets quaint, to breath in the fresh air, enjoy the sounds and see wildlife at play that is what Walkfree Breakfree is about.

During 2012 we will start to deliver walking holidays in the Chilterns so close to London yet far from the madding crowds, with its small and delicate fields and golden beech woods, its quaint hamlets, flint cottages, small and beautiful churches, drovers trails, and tales of old. Above all, one of the finest and most extensive footpath networks you will find anywhere in the UK with four seasons walking for all. On its boundaries, the winding river Thames, the royal and mighty castle of Windsor and ancient university town of Oxford.

To get you outdoors, to change your views, time and time again, exploration, discovery, places new and companionship, that totally inspires me, do join us in 2012 when you can.

Iain Thomson
Founder Walkfree Breakfree



Brecon Beacons - Mountain Highs (free places on an introduction to navigation course available)

Trip ref: Brecon 2012

Date: Friday 24th February- Sunday 26th February

Cornwall Rocks - Chocoholic Delights

UK's shortest coast to coast

Trip ref: Cornwall 2012

Date: Friday 30th March - Monday 2nd April

Rutland Haven - Bike it or Walk it!

Trip ref: Rutland 2012

Date: Saturday 28th April - Sunday 29th April

Ooh la la - its spring and time to enjoy a short break & hop across the channel a la francaise

Trip ref: France 2012

Date: Friday 4th May - Tuesday 8th May

Lake District & Cumbrian Way

Trip ref: Lake District 2012

Date: Friday 25th May - Sunday 27th May

Island Magic - A Scottish Escape to the Isles of Mull, Iona & Staffa

Trip ref: Mull 2012

Date: Thursday 14th June - Monday 18th June

Trip calendar 2012

A High Atlas Trek in Morocco - a personal challenge to summit a 4000m mountain and enjoy a unique mix of Berber and Arab culture

Trip ref: MGoun 2012

Date: Wednesday 5th Sept - Tuesday 11th September

Walks, Apples & Cider in Kent - The Garden of England

Trip ref: Kent 2012

Date: Friday 14th September - Sunday 16th September

Morocco - Introduction to Trekking

Trip ref: Morocco 2012

Date: Wednesday 26th September - Tuesday 2nd October

Wanderlust on the Rhine - a mighty river, walks, vineyards and castles

Trip ref: Germany 2012

Date: Wednesday 10th October - Monday 15th October

An English Country House Weekend on the Isle of Wight

Trip ref: IOW 2012

Date: Friday 19th October - Monday 22nd October

Le Festive Hop to Boulogne

Trip ref: Festive Hop 2012

Date: Friday 30th November - Sunday 2nd December