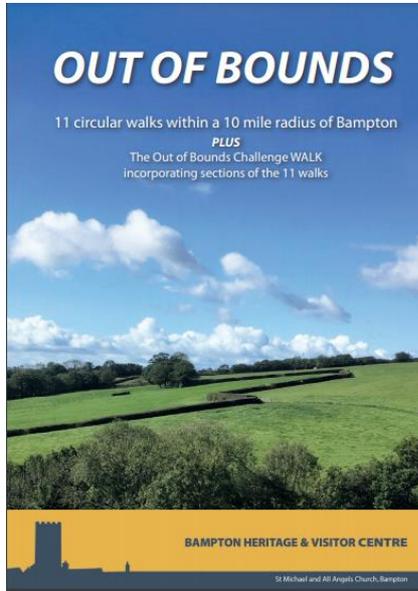


## ‘OUT OF BOUNDS’

– the latest walking publication from Bampton Heritage and Visitor Centre



Following on from the successful *'Bampton Bounds'*, published in 2020, in which all the walks start and finish in Bampton, this latest book contains walks within a 10 mile radius of this pretty Devon town.

*'Out of Bounds'* has 11 walks from 2 miles (3.2km) to 9.25 miles (14.75 km) in length, plus a 26.75 mile (43.25km) Challenge Walk. It is designed to appeal to residents and visitors alike with walks chosen, described and tested by our volunteers.

All the profits from sales of both books go towards the work of the Centre.

The recognition of the benefit walking brings to our physical and mental well-being has now moved beyond a few enthusiasts. The quick sell out, update and reprint of the first book confirmed that more people are embracing walking than ever before.

Both *'Bampton Bounds'* and *'Out of Bounds'* are available from the Bampton Heritage and Visitor Centre, situated in St Michael and All Angels Church, Bampton Game in Newton Square, The Bridge House Hotel and on-line at [bhvcsales1@outlook.com](mailto:bhvcsales1@outlook.com) They cost £5 and £6 respectively and £10 when bought together.

Liz Redfern, chair of the Bampton Heritage and Visitor Centre said

“We owe so much to our volunteers especially Wendy Boothroyd and Rachel Macdonald who have led the development of both books. Their passion is to help people enjoy our beautiful surroundings on foot. We must have some of the fittest volunteers in Devon!

We are also grateful to Bampton Town Council and Devon County Council for financial support. A special thank you too, to Alan Loftus at Bampton Game who undertook to sell copies of Bampton Bounds when the ‘lockdowns’ caused the Centre to close.

By publicising the wonderful walking around the area, we hope to increase visitor numbers to Bampton and support the local economy. There are many great places to stay and eat here and the town is a very attractive tourist destination.”

Further details, comments or press enquiries can be obtained by emailing

[bamptonheritage@btinternet.com](mailto:bamptonheritage@btinternet.com) or calling Liz Redfern on 07966 260058