

## AMAZING NEW WAY TO GET FIT

If you want some good family fun this summer, but also fancy keeping you and the kids fit and healthy, head to the Lakeland Maize Maze ( [HYPERLINK http://www.lakelandmaze.co.uk](http://www.lakelandmaze.co.uk)) [www.lakelandmaze.co.uk](http://www.lakelandmaze.co.uk) , Kendal, South Cumbria, one of the jewels of the North West Farm Tourism Initiative.

The maze, which covers 5000m and across 9 acres of field, is busily selling pedometers at a cost of £1.99 to those who want to take part in the 'Walk A Million Miles Maze Challenge, 2005' organised by the world's leading maze designer, Adrian Fisher.

Fifty pence per pedometer will be donated to the British Heart Foundation, who are supporting the challenge, which encourages Maze visitors to clock up an accumulative walked distance of a million miles this summer.

The mission is to help raise awareness of the importance of plenty of exercise to support a healthy lifestyle, but also aims to make exercise fun. To strengthen fund-raising efforts, sponsorship forms are available to download from [HYPERLINK http://www.bhf.org.uk](http://www.bhf.org.uk) [www.bhf.org.uk](http://www.bhf.org.uk). The scheme has also being backed by the Countryside Agency's 'Walking the way to Health' initiative.

Families can indulge in hours of exercise, exploring the mind-boggling adventure that has been designed as a classic Cumbrian image of a shepherd and his sheepdog.

NWFTI Contract Manager, Katie Reed, says, " Since opening on July 16, the Lakeland Maize Maze has had five thousand vistors. It's a phenomonal start for the attraction and an excellent example of how North West Farm Tourism Initiative has benefited farms that have diversified. As well as the fun aspect, the maze has exceptional health benefits for all families paying a visit to this exciting Cumbrian attraction."

Admission costs £4.50 for an adult, and £3.50 for children and senior citizens (children under three enter free). A family ticket for two adults and two children costs £14.00. Until September 4, the maze will open every day from 10.00am-6.00pm. After this date, it will only be open at weekends until the close of season on September 30. Group bookings are taken, by prior arrangement, until September 30 and evening bookings can also be arranged.

For more information, log on to [HYPERLINK http://www.lakelandmaze.co.uk](http://www.lakelandmaze.co.uk) [www.lakelandmaze.co.uk](http://www.lakelandmaze.co.uk) or call on 015395 61760

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