

Parkdean

Draft Press release
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GET WANDERING AND WALKING WITH PARKDEAN In Celebration of Get Walking Day – Sunday 23rd May www.parkdean.com

In support of the Government campaign, [Change4Life](#), [Parkdean](#) is encouraging families to get outdoors and explore the countryside; and all you need is yourself! Now in its third year, [Get Walking Day](#) is a national walking event, aiming to help people discover the joy of walking; as well as promoting the mental, physical and mood-boosting benefits that walking can provide. So celebrate Get Walking Day by booking into one of Parkdean's 24 UK holiday parks and explore the beautiful British Isles from your doorstep.

Parkdean's holiday parks are set in some of the most idyllic locations around the UK; from Cornwall to Wales, Norfolk to Scotland, they offer the perfect opportunity to stretch out those legs from a long winter spent curled-up by the fire.

Walking is something that everybody can enjoy, and the beauty of it is that there is no hire fee or equipment to take with you, so what would be better than to pack a picnic lunch and take a walk along the unbeaten paths? All Parkdean's parks are now offering visitors information on the best local public footpaths for all abilities to explore.

Parkdean has picked some of its favourite walking hotspots for you to try:

White Acres Holiday Park

North Cornwall

Walk along the UK's undisputed surf capital, Fistral Beach, a short drive from White Acres, or visit one of the many family attractions which include Newquay Zoo's wide selection of exotic animals.

This park is set in 184 acres of stunning countryside, with 13 beautiful fishing lakes on site; although it is vast and the main way to travel is by bike, you can embark on shorter walking trips from place to place. The rugged Cornish coastline is home to St. Agnes, a charming hillside village on the north coast of Cornwall with a rich heritage in the tin mining industry. Incorporate a local historical trip with a lovely walk in the sea breeze and sunshine.

Sanford Holiday Park

Near Poole, Dorset

Sandford offers a location with the best of both worlds; you can become emerged in the seclusion of the New Forest, or wander across the sand of any of the glorious beaches on your doorstep. There are specific trails in Upton County Park or Wareham Forest as well. However, if

a busier lifestyle is more to your liking, the bustling centres of Poole and Bournemouth are full of quaint seaside shops – before you know it, you'll have walked for miles!

Mullion Holiday Park

South Cornwall

The Lizard Peninsula is set in an area of outstanding natural beauty, surrounded by Blue Flag beaches, here, the walking enthusiast would be spoiled for choice. You can take a short drive to the famous Penzance to Lizard Point path; at 34 miles it is a long walk, but do not let this put you off walking at least part of its pathway as your efforts will be rewarded generously with stunning views stretching the coastline. Mullion is the largest village on the Lizard, and offers a wide range of shops, pubs, restaurants and craft shops as well as a pretty harbour located down towards Mullion Cove.

St Minver Holiday Park

Near Rock, Cornwall

As St. Minver Holiday Park is set in beautiful woodland, it is supremely placed for wandering and observing local wildlife; you can also visit the famous fishing ports of Padstow or Port Isaac. Plus, on your doorstep is a scattering of stunning beaches including Rock, Daymer Bay and Polzeath.

Newquay Holiday Park

Cornwall

In addition to the stunning beaches around Newquay, the region offers the beautiful St Piran Trail. The famous route is a picturesque journey through villages and a patchwork of countryside, to take in the sites of ancient buildings and woodland valleys. The walk emerges on the banks of the Camel Trail.

Join the fun and head to one of Parkdean's stunning parks to celebrate the countryside and enjoy the fresh air and exercise!

Spend 3 nights at Newquay Holiday Park from 21 May 2010 from only £138.

7 nights at White Acres Holiday Park from 22 May 2010 costs from only £299.

Parkdean has some exciting news for keen 'twitchers' coming soon – watch this space!

To book a holiday at Parkdean call: 0844 335 3387 or visit www.parkdean.com

To order a free brochure text Parkdean P2 plus your name, house number and postcode to 62299 (text messages will be charged at your standard operator tariff).

For more information: Call 0844 335 3387 or visit www.parkdean.com

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