

Runtogether and Forestry England Press Release

Forestry England and RunTogether (England Athletics' social and group running programme) have teamed up to promote running in the nation's forests.

Forestry England and [Runtogether](#) are creating a new partnership for 2022 which will bring together RunTogether groups and the nation's forests and promote the huge benefits that running amongst the trees has to offer. [Research shows](#) that spending just 2 hours a week in nature significantly improves our health and satisfaction. Forests are a haven to escape and are especially restorative environments. The sounds, sights and smells you experience while you run through the forest play a role in reducing stress by stimulating the senses.

Supported by Sport England and using National Lottery funding, Forestry England's waymarked trails make running through the forest more accessible, so you can feel confident to hit the trails and enjoy all the benefits of being active outdoors. RunTogether provides fun, friendly, supportive and inclusive running opportunities for everyone: whatever your ability or time availability. RunTogether believes running/jogging is more fun and easier to become part of your lifestyle when shared with others.

Forestry England and Runtogether have started this partnership off by promoting Forestry England's waymarked running trails on the Runtogether website and will be focusing on enhancing the running offer at some key forest centres using Runtogether's network.

To encourage the next step, and for running to become part of your everyday lifestyle, RunTogether provide fun, friends, supportive and inclusive running opportunities for everyone making them the perfect partner.

So, whether you're trying to escape the hustle and bustle of city streets and sweaty gyms, or just looking for somewhere more rugged to challenge yourself, why not try one of their group runs to find out for yourself!

[More information can be found here.](#)

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Notes to editor

Images available here. Please credit Forestry England/Crown copyright

1. Forestry England manages and cares for the nation's 1,500 woods and forests, with over 296 million visits per year. As England's largest land manager, we shape landscapes and enhance forests for people to enjoy, wildlife to flourish and businesses to grow. We are continuing the work we have already started to make the nation's forests resilient to climate change and by 2026 we will:

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- create at least 6,000 more hectares where we integrate wilding activities in our productive forests.
 - increase the diversity of visitors to the nation's forests and have one million hours of high-quality volunteer time given to the nation's forests
 - plant at least 2,000 hectares of new, high quality, predominantly broadleaf woodlands
 - For more information visit forestryengland.uk Forestry England is an agency of the Forestry Commission