

The Association for the Protection of Rural Scotland

PRESS RELEASE

For immediate release 4 September 2015

LANDSCAPE CAMPAIGNER TO CYCLE FROM GRETNA TO JOHN O'GROATS

Well-known rural landscape campaigner John Mayhew is carrying out a solo unsupported bike ride the full length of mainland Scotland from Gretna to John o'Groats. He is raising funds for charity The Association for the Protection of Rural Scotland (APRS), which promotes the care of **all** of Scotland's rural landscapes.

John's journey starts at the Border at Gretna on Saturday 5 September and ends at John o'Groats on Tuesday 15 September. The total distance is nearly 600 miles, an average of 55 miles a day over 11 consecutive days. He will follow Sustrans National Cycle Route 7 via Galloway, Ayrshire, Glasgow, Loch Lomond and the Trossachs National Park, Perthshire and Cairngorms National Park to Inverness. He will then follow Sustrans National Cycle Route 1 via Easter Ross and Sutherland to Bettyhill, then along the north coast to John o'Groats.

John Mayhew said: "I cycle nearly every day of my life, but I've always wanted to do a long journey like this, so I thought I'd do it to raise funds for APRS. I hope to raise awareness of our work, get fit and enjoy the spectacular rural landscapes for which Scotland is renowned world-wide. I've chosen September because everybody knows that September weather is always fine in Scotland! I'm grateful to APRS members and friends who have offered me lunch or a bed along the way. And I'm delighted that APRS Chairman Charles Millar will be joining me on Thursday 10 September to ride from Callander to Aberfeldy."

John hopes that people will follow his adventure by reading his daily blog on the APRS Facebook page at <https://www.facebook.com/APRScotland>. If you'd like to sponsor his ride you can do so at <https://mydonate.bt.com/fundraisers/johnmayhew>.

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Notes for Editors

- 1 John Mayhew, 56, is the Director of the Association for the Protection of Rural Scotland, Scotland's countryside champion. He is a Chartered Town Planner with additional qualifications in landscape management and geography. He also acts as an environmental policy and planning consultant and was Chair of Scottish Environment LINK from 2006 to 2009. He was brought up in Birmingham but has spent his entire

professional life in Scotland. Before moving to APRS he spent 23 years working for the National Trust for Scotland at its Central Office in Edinburgh, latterly as its Head of Policy and Planning. He lives in Edinburgh with his wife and two sons, and in his spare time he enjoys cycling, telemark skiing, hillwalking, camping and playing the piano.

- 2 John is available for interview today Friday 4 September until 5.00 in the APRS office. While on the bike ride it might be possible to contact him on 07787 195690, but he will not always have a mobile signal.
- 3 APRS is the charity which promotes the care of all of Scotland's rural landscapes. We are currently campaigning for:
 - More National Parks for Scotland
 - A Deposit Return System for drinks containers, to reduce litter and boost recycling
 - Better protection for our Green Belts from housing sprawl
- 4 We welcome new members who share our aims – you can join on our [website](#).