

Patricia Bech: Walking your way to happiness in the UK

by Editor · Country Escapes ·

It has been a frustrating time for those who enjoy travelling this year. As a travel writer and travel blogger (I write for several different publications and also jot down my thoughts sporadically as part of the [Patricia Bech Travel Notes](#)), I have found it particularly challenging.

[UK Travel News](#) launched this year to help highlight some of the wonderful places that we can visit on our own shores. With international travel proving difficult for many, staycations were a popular choice.

That said, with large parts of the UK now under [Tier 4 restrictions](#) for the festive period, it is even proving difficult to travel within our own country. Part of my musings for the Patricia Bech Travel Notes have involved looking back at some of the amazing places that I have visited, or even imagining exploring new destinations once we are through these difficult times. However, we still need to focus on something that we can do in the present.



Patricia Bech encourages us to look after our mental health and exercise helps

For me, walking in the UK is a beautiful experience. We need to look after our mental health and exercising is the way forward. Although it will be difficult for some people to access some of our countryside destinations in the current environment, for those who are allowed to travel and explore local attractions, this is a great way to get some exercise and inspiration during these dark times.