



PRESS RELEASE
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Step back in time and walk the Devil's Ditch with the *Shape East* podcast challenge

What is the Devil's Ditch and what are the stories, myths and legends associated with this spectacular piece of landscape in Cambridgeshire? As part of the launch of Discovering Places – the London 2012 Cultural Olympiad campaign to discover the local environment; Shape East with funding support from English Heritage has developed a unique podcast tour of the Devil's Ditch, and is inviting members of the public to use it to explore this historic piece of countryside on 23 to 25 July 2010.

The tour can be heard on Shape East's website or downloaded onto iPods and MP3 players for people to listen to whilst walking along the Ditch with stops along the way (including a number of village pubs serving lunch!). A map of the stops will also be downloadable and printable from the Shape website from Friday 23. You can either walk the tour from Reach to Woodditton or the other way around, and you can walk just parts of it or the whole length, participants choose their own pace.

The podcast tour not only talks about the Ditch but the history of the settlements along its course through Cambridgeshire: Reach, Swaffham Prior, Burwell, Newmarket, Stetchworth and Woodditton. Walkers will be able to find out fascinating facts about the history of each area, including the infamous Gallows Hill, home of the Burwell gallows from the 14th century.

The podcast also features a number of recorded interviews with a wide variety of people. Those who live in the villages along the Ditch relay stories from memory about local and historic characters, legends and buildings and places that are important to them. People who work with or own part of the Ditch will also explain how they manage the Ditch and its importance in their lives.

The walk is challenging and can take up to four and a half hours, but for those who prefer a gentler stroll, it can be started half way through, or one can just do a small part of it.

Amber Slater from Shape East said; "Shape are really pleased to have been involved in this unique project. It has been fantastic being able to combine the opportunity to get out there and be active whilst learning about our valued heritage. We are grateful to English heritage for enabling us to deliver this inspiring project"

Natalie Gates, Regional Policy Advisor for English Heritage in the East of England, said; "We are delighted to have been able to support this wonderful project, which we hope will inspire the local community and visitors to put on their walking boots and take part in what promises to be a fascinating historical tour of Devil's Ditch."

The podcast and map will be launched on 23 to 25, but visitors keen to explore the Ditch using the podcast will be able to access the podcast and map at www.shape-east.org.uk after this date.

For further information on this project please visit www.shape-east.org.uk or contact Amber Slater at Shape East on 01223 462606 / amber@shape-east.org.uk

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