



PRESS RELEASE

2 October

People in Harlow urged to join 'Towpath Taskforce' to improve the River Stort

Harlow residents are being encouraged to roll up their sleeves and help improve their local river this October.

The Canal & River Trust, the charity that cares for the River Stort, is on the lookout for volunteers to join its Towpath Taskforce – a regular group that gets out by the water to clear vegetation, tidy the towpath and paint bridges.

Taskforce volunteers will be supported by staff from the Trust, who want to spruce up the waterway so it's in top condition for the thousands of boaters, walkers, runners and cyclists who use it.

There are two events being run by the Trust this October, with anyone interested encouraged to get in touch:

- Wednesday, 4 October, 10am-3.30pm: We'll be cutting back overgrown vegetation and collecting litter to help improve the towpath. Meet us by Burnt Mill Lock off Burnt Mill Lane, CM20 2PS. The nearest station is Harlow Town.
- Saturday, 21 October, 10am-3.30pm: We'll be completing the painting of the bridge by Harlow Mill Lock and cutting back overgrown towpath vegetation. Meet us by the Beefeater on A1184 Cambridge Road. The nearest station is Harlow Mill.

Sandile Mthiyane, Canal & River Trust volunteer leader, says: "The River Stort in Harlow is a really beautiful stretch of water, it weaves an idyllic route through Essex and Hertfordshire and is home to a huge array of wildlife. More and more people are visiting it each year, and autumn is no exception. We want to keep it in top condition and as a charity we rely on local people's support to do this. It's amazing how much can be achieved when people help us out. Those people who already volunteer with us say it's a great way to get outdoors, do some physical work in a great location, and meet like-minded people. So hopefully it offers something for everyone and we'd be delighted if you joined us."

No experience is required to join the Towpath Taskforce, you just need to be willing to get stuck in. Please wear old clothes appropriate for the weather conditions (e.g. waterproof jacket, warm layers) and sturdy footwear or wellies.

Canal & River Trust, Station House, 500 Elder Gate, Milton Keynes, MK91BB

T: 0203 204 4514 E: press.office@canalrivertrust.org.uk W: www.canalrivertrust.org.uk Twitter: [@CanalRiverTrust](https://twitter.com/CanalRiverTrust)

Patron: H.R.H. The Prince of Wales. Canal & River Trust is a charitable company limited by guarantee, registered in England and Wales with company number 7807276 and registered charity number 1146792, registered office address: First Floor North, Station House, 500 Elder Gate, Milton Keynes MK9 1BB

The River Stort runs for 14 miles from Hoddesdon to Bishop's Stortford, passing watermills and country houses, mills and maltings, through the Hertfordshire countryside. The rural surroundings make this river a haven for nature, with wild flowers growing along the banks and many species of water and wetland birds in the area.

If you are keen to take part contact Sandile.mthiyane@canalrivertrust.org.uk

For more information about the River, the Towpath Taskforce events and the Canal & River Trust visit www.canalrivertrust.org.uk.

Ends

Notes to editors

For more media information contact joe.coggins@canalrivertrust.org.uk 020 3204 4410

The Canal & River Trust is the guardian of 2,000 miles of historic waterways across England and Wales, caring for the nation's third largest collection of listed structures, as well as museums, archives, and hundreds of important wildlife sites.

We believe that living waterways transform places and enrich lives and our role is to make sure there is always a place on your doorstep where you can escape the pressures of everyday life, stretch your legs and simply feel closer to nature.

www.canalrivertrust.org.uk