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## **North Berwick ex-teacher set to cycle his way to recovery thanks to Edinburgh mountain men's legacy**

A former primary school teacher from North Berwick will embark on a 40-day cycling challenge in his fiftieth year this summer with support from a grant set up by John Muir Trust in memory of two inspirational Edinburgh mountaineers who died ten years apart in the Alps.

Nat plans to cycle for 40 days, solo and unaided, through Scotland's wild places, as part of aiding his own recovery from a head injury. He will ask others to support him by completing their own 40-day wellbeing challenge – doing something that is meaningful to them over 40 days.

On receiving the news of his successful grant application, Nat said, "What a confidence boost and practical help towards me being able to undertake my adventure! To have the recognition of the Des Rubens and Bill Wallace Grant and the John Muir Trust is amazing. Thank you very much!"

Rosie Simpson of the John Muir Trust, who administers the Des Rubens and Bill Wallace Grant said: "We've been delighted with the number and quality of applications this year, and Nat's award is well deserved. We wish him well in his cycling adventure.

"Des and Bill lived active, adventurous, outdoor lives and would be delighted to know that their lives have opened the door for others to follow their dreams."

Nat is one of six successful applicants to the Des Rubens and Bill Wallace Grant this year. This grant was established to help people gain life-changing experiences in wild places that have scientific or educational value.

## **NOTES FOR EDITORS**

### **ABOUT THE DES RUBENS AND BILL WALLACE GRANT**

The John Muir Trust administers the Des Rubens and Bill Wallace Grant for free. The grant was set up in honour of Bill Wallace, who died of heart failure in February 2007 while skiing in the Alps at the age of 73 with two artificial hips, and Des Rubens, a popular teacher at Craigmoynton High School in Edinburgh who was killed in June 2016 in an Alpine climbing accident at the age of 63.

Since the grant was established in 2007, initially in honour of Bill Wallace, it has supported almost 50 people from all walks of life, from students to scientists, from grandmothers to gardeners, take part in life-changing adventures of educational or scientific value in some of the wildest places in the world.

The John Muir Trust looks to support projects, adventures or expeditions that reflect the ethos of both men and give others an opportunity to follow in their footsteps.

### **ABOUT THE JOHN MUIR TRUST**

The John Muir Trust is a membership based conservation charity dedicated to the experience, protection and repair of wild places. The Trust was founded in 1983 and was inspired by the life and works of John Muir (1838-1914), the Scots-born founding father of modern conservation and the inspiration behind national parks. We operate in Scotland, England and Wales and are the guardians of some of the finest wild places in the UK including Ben Nevis, Helvellyn and Schiehallion.

#### **For more info about the Des Rubens and Bill Wallace Grant, contact:**

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<https://www.johnmuirtrust.org/grants-and-awards/the-bill-wallace-grant>