

Walk Details

1. Walks should be between 5 and 7 miles in length. Organisers should pass details of the walk (including location, grid reference and /or postcode for the start of the walk, distance, ground conditions and how easy or strenuous it is likely to be) and a contact mobile telephone number to the Group coordinator 2 weeks before the event. These details will then be circulated to all members who are on email. Members who cannot be contacted by email can obtain walk details by phoning the walk organiser or the Group co-ordinator.
2. We usually start walking at 10.30am.
3. Car sharing is encouraged and we suggest anyone receiving a lift should offer the driver £4 towards travel costs.
4. Travel time to the start of the walk should generally be no more than about 45 minutes.
5. The walks will be during the first week of each month and will alternate between Tuesdays and Wednesdays
6. Please let the organiser and me know if you intend to go on the walk and if you change your plans let the organiser know, by phone if necessary.
7. Dogs will not be allowed.

What to Take

1. Appropriate footwear (preferably walking boots) and clothing (usually including waterproofs).
2. A packed lunch and drink should be taken unless the walk description suggests otherwise.
3. Emergency telephone number and relevant medical details in case of accident.
4. Plasters and any other suitable first aid equipment, preferably including an emergency blanket.
5. The mobile phone number of the walk organiser in case you cannot find the meeting point etc.
6. **Please remember you are responsible for your own safety at all times. Please notify me if you have a medical condition you think I should be aware of.**