

SOME HELPFUL INFORMATION FOR ENJOYABLE WALKING

Assemble with your leader as soon as you get off the coach, so the leader knows who is in their walk party.

Please do not wander off on your own before the walk starts.

Always keep behind your Walk Leader to help him or her and the rest of the party keep to a comfortable pace and ensure nobody gets lost.

Please make sure that you are fit enough to undertake the walk you intend to join. If you're unsure of your fitness level, try a short and easy grade walk for your first time out. It's much better to find the walk a little too slow and easy than to make yourself miserable and exhausted. The energetic "A" walks are for fit and experienced hill-walkers only

Most Public Rambles' walks are off-road and can include rocky paths, muddy tracks, arable fields, and grassland. Please wear suitable footwear and clothing for your walk and bring adequate food and drink - see below. Please use a rucksack to carry your provisions for the day on your back, which leaves your hands free when needed to grip onto a stile, or to open or close a gate, or if you are scrambling during the walk. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit. When in doubt, contact the organisers or the walk leader in advance, and always well before the coach reaches the first dropping-off point on the day.

For your own and others' safety please read and abide by any advice and guidelines issued by the Public Rambles Committee and follow the instructions of your walk leader during the day.

Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to happen.

All who join Public Rambles do so at their own risk. All passengers are conveyed subject to coach operators' standard conditions of carriage. Sorry but dogs cannot be taken on the coaches.

What to bring with you: Strong boots or walking shoes with well-patterned soles, and a change of footwear to change into for the return journey. Waterproof jacket and overtrousers (gaiters are optional). Warm gloves and hat. Simple first-aid equipment. Layers of clothing allow the walker to keep warm or cool, but should not include jeans, which are very cold when wet. Change of footwear and clothing may be left on the coach during the walk - all walks finish at the coach pick-up point at the end of the day.

Bring plenty to drink to last the whole day - ***especially important on hot days***, and easy-to-eat foods - sufficient for two meals. Most walks will finish in locations with refreshments but this cannot be guaranteed. A map for the walk may add to your enjoyment of the day, but is not essential as the leaders will guide you.

Identification: In case of an incident on the day, the Public Rambles Committee would find it helpful if each walker could complete the details below. A tag with this information attached to your rucksack would be ideal!

Name:

Address:

Postcode

Contact telephone:

Date of birth:

Bloodgroup

Medication:

(Car drivers may additionally wish to identify their vehicle and its parking location).