

GENERAL INFORMATION

Our walks range from as short as 3 miles up to 16 miles, occasionally more.

Distances will be shown on the **Walk Programme** or on request to the **walk leader**.

For beginners, a sensible option may be to choose a short walk. Grades of walks and meeting points can be found by clicking the link below the walk programme as indicated; 'no car' is not a problem – just turn up at the stated meeting point. Petrol costs at 40p per mile are shared between occupants. If meeting at the walk starting point please arrive early enough to change into walking boots.

Walkers can normally expect a 'coffee' break and to take their own picnic lunch for walks over 7 miles. A pub and/or cafe stop may be included.

An appointed **backmarker** ensures no-one is left behind; leaders are expected to be fully familiar with general requirements as set out in Ramblers own 'Leading Group Walks - *Your Checklist*', August 2021. They keep a walk register and a risk assessment form which records all safety issues; as responsible adults, all walkers are still responsible for their own safety.

Packing essentials: liquid refreshments, more on hot days; food/snack items; personal First Aid Kit. Walkers will normally consider taking spare clothing, waterproofs, **walking boots**. [See also bottom right, Simon King – 'Be prepared for your walk'.]

Membership: Walks are arranged for all members of the Ramblers. Interested persons are welcome to join the group as visitors for up to three walks, after which they are expected to join the Ramblers. First step - click on **Join Us** at the top of the screen and follow the menu. You can also call direct to Head Office **or** using the **Contact Us** link at the top of the website **or** by contacting our Membership Secretary via e-mail: ask@rugbyramblers.org.uk