

Wednesday Walkers Information and Guide

Derbyshire has a wide range of walking to suit all abilities. The best walks are within the boundaries of the Peak District National Park with the limestone dales of the White Peak and wild gritstone moors of the Dark Peak. Outside of the National Park there is still much of interest to walkers with pleasant rural countryside often with similar characteristics to the area within the National Park boundaries.

We in the Belper and District area have some of the best walking in the UK having the beautiful Peak District and rural historical villages

The U3A WW group is lucky in having many experienced walkers. This guidance is for new walkers and to remind existing walkers of the safety to walkers and provide helpful information.

The Wednesday walking group will aim to cover distances of between 6 to 8 miles, some gentle, some more challenging. A two monthly programme of walks are sent out in advance. When first enquiring ask for a programme from the group coordinator, and when you are ready to start we will meet and greet you.

The group prides itself to be totally inclusive and very sociable.

General Walk Guidance



Most of the walks are off road in rural areas. Make sure you wear suitable footwear and clothing to suit the weather conditions

You will need to bring a packed lunch, and we will stop for coffee and lunch break.

A reasonable level of fitness is required to take part in any of the walks. For walk conditions on the day please contact the walk leader.

It is the responsibility of everyone to behave sensibly and to minimize the risk of an accident.

The walk leader should advise any guidance or potential hazards during the walk.

You should ensure you carry your own medication and first aid kit.

Ensure you carry your Emergency personal contact details (see form attached) within your back pack in the unlikely event of an accident or illness.

In joining a walk, participants agree to: Keep in touch with those ahead, but maintain physical distancing and walk single file through cropped fields. Follow the walk leader directions in relation to the pace of the walk and which side of the road to walk on.

The start time, at the meeting point of the walk, will be **10.30 a.m.**, unless advised otherwise. **Please advise the walk leader if joining the walk.**

For those members who need a lift to the walk, make a request through the group WhatsApp, or to the walk leader or Group co-ordinator. Picks ups can be from Strutts community car park or by arrangement. A driver's contribution should be paid as detailed on the programme.

**Contribution to drivers: total distance x 35p per mile ÷ 4 (rounded up/down to nearest £1). Currently those given lifts to advise on day or contact walk leader.*

We walk in a group for the joy of seeing the countryside with friends, sharing experiences and laughing our heads off

Wednesday Walkers Contact Information

Personal Information: In the unlikely event of your having an accident or being taken ill on your walk this information will be invaluable for others to help you. To make it easy to find, **put it in a plastic wallet and attach it to either the inside of your rucksack or put it in your jacket pocket.**

Full name:

Home Address including post code:

Contact name & relationship

Home, work or mobile Phone no.

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Car reg:

Make/Model:

Colour:

**Doctor's name & practice address
and phone no:**

Additional useful information: - **Blood Group.** Any **Medication** you need to take or any relevant **Medical History** that might affect emergency treatment. Likewise, any **allergies** (general and/or to any specific medication). Hearing problems or anything that might be beneficial for your helpers to know if, e.g., you are unable to speak. Dependent relatives/pets at home, children to be collected from school, etc., can also be noted.