

Wednesday Walkers

Walk Leaders Guidance

issue date: 31/01/2023

We are lucky to live in an area that is noted for its beautiful and varied countryside. Thanks to public rights of way and access land we are able to walk unimpeded across much of this landscape.

This guidance is primarily for new walk leaders to assist them in creating (or discovering from published walks) a walk suitable for our walking group.

The group has many experienced walk leaders. New members wishing to become walk leaders can seek help from those leaders when planning and leading their first walk.

Walks are generally between 6 and 8 miles long and can range from easy to challenging – please remember to accurately describe your walk so that walkers are able to make their own minds up over the suitability of the walk for their ability.

Planning your Walk



Walking Grades: Most of our walks are moderate to moderately challenging. Occasional an easy walk may be included for those not able to do the harder walks. Easier walks will be highlighted in the walk programme as '**EASY**'.

Meeting & Start times: The normal meeting time is **10.30 a.m.** at Walk Start, as detailed in the programme. For those members who need a lift to the walk, make 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 and detailed on the programme.

The walk should start about **10.30 a.m.** although this is flexible to suit the location, time of year etcetera.

Parking & Transport Options. One of the most difficult parts of walk planning is where to start it! Ensure that wherever you start has sufficient parking for the expected number of vehicles. Details of the location of the car park should be included in the walk information. Please include, if possible, a Post Code, OS map reference or longitude/latitude for Satellite Navigation.

Refreshments & Facilities. Consider where to have a coffee/tea break and lunch stop. Make a note of toilets and places for available refreshments.

Recce the Route: This is essential to ensure safety and suitability of the proposed walk. Walk the route as close as possible to the date of the walk to check that the route is still viable. Check out any difficult stiles that may be encountered. Potential fields with live stock that could alarm members

Publishing the Walk: The walk will need to be submitted to the group coordinator by the end of the first week of the month prior to the start of the programme.

The coordinator will request walks at least 6 weeks prior to the start of the next programme.

Format for walk information:

It is really helpful, helps prevent errors and saves a lot of time if walk leaders provide the details of their walk to the coordinator in the format shown below.

Main Header description (in bold)

Walk Leader: **Name** (in bold)

Distance Miles, Walk Description. Overview of the walk, grade & difficulty

Parking. Location/start description, with OS grid, sat nav (post code or Long/Lat) or directions.

Contribution. Add cost to driver if giving lift (see driver contribution mileage costs)

Max Number. (if applicable) Add max number. Contact the walk leader if you wish to attend this walk.

Special Instruction. Include important information in red, for example change of meeting time or place. Walk leader going direct confirm if you are going direct.

Contact: (Walk leader details) [Mobile Number, email address](#)

Example of a Walk Description

Peak Practice – Longnor - Hollinscough

Walk Leader: **David Anderson**

6 miles, some on road otherwise good footpaths, can be muddy. Valleys, hills and meadows

Parking: Free, Longnor Village square, Grid Ref SK 089649, Post Code SK17 0NT

Contribution: £4

Meet & Leave Strutts at 9:15 a.m.

Contact: [07871499277](tel:07871499277), email dander3953@aol.com

Driver Mileage Cost: It is fair that members offering lifts to other members will have a contribution to their costs from those members needing lifts. An additional cost may be requested if there is also a cost for parking, which should be noted in the parking description.

The calculation for contribution to the drivers is the total distance x 45p per mile ÷ 4 (rounded up/down to nearest £1). Based on Google directions from Strutts DE56 1UU to start of walk parking location. It is not recommended that the time to travel to the start should be greater than 1 hour.

The table below shows calculated costs for **total round trip** mileage:

<u>1 to 18 miles</u>	: £2
<u>18.1 to 27 miles</u>	: £3
<u>27.1 to 36 miles</u>	: £4
<u>36.1 to 44 miles</u>	: £5
<u>44.1 to 53 miles</u>	: £6

Leading the Walk on the Day:



Getting to the Walk: It is advised that walk leaders meet walking members at the Strutts Community Car Park. This is to ensure walk members who do not wish to drive or are unable to drive have a lift. It is accepted that this may not always be possible. In this case the walk leader needs to contact another member or the coordinator who can meet and greet members at Strutts Community car park.

New Members: The group coordinator will advise the walk leader if a new member is joining your walk.

Walk Description: At the start of the walk give a brief description of the walk including length, severity, any tricky sections, and available toilet facilities etcetera.

Back marking / Keeping the Group together / Safety. A backmarker may be needed for larger group sizes; however for the majority of our walks, provided the leader keeps checking where the rest of the group are, a formal backmarker will not be necessary.

It is important to keep the group as a 'Group'. Set a pace to suit the slowest members. Allow time for the group to clear stiles – especially those more reminiscent of 'man-traps' than stiles. Be especially careful where there are multiple paths that all members of the group stay with you! On long climbs and descents make frequent checks and pause for brief rest breaks as necessary.

Be aware of hazards on your walk whether natural or man-made. Take care when crossing roads and railways, most rail crossings will be well sited but many road crossings seem to be located in the most bizarre manner.

Breaks: On the walk be aware of the fitness of members on the walk, allow short breaks as necessary if members are struggling. Take note of first time walkers who may have underestimated their ability for the grade and distance.

Bad Weather: If the weather is bad before the start of a walk consider cancelling the walk. If the weather becomes extreme during the walk consider a safer alternative route, if possible, or abandon the walk and take the safest route back to the start.

At the end of the Walk: Check that everyone has returned safely and can get home. Thank them for coming & give location if you are going for a social drink or coffee & cake.

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

References: One Step Walkers, Ramblers Association.

Rev 1 31stJan23: **Meeting and starts** para amended. **Drivers Mileage costs** amended.