## u3a Walking Group

## February 2024

Date/Time	Walk	Leader	Meeting place
Thursday	Castel lanes	Lis Closs	Saumarez Park
1 <sup>st</sup> Feb	Grade 2 1+ hr	Tel 258223	back carpark
10am		Text 07781 447499	P15G1
Catamalan	Laure O. frankright a f.Ct NA antick	Charle Character	C
Saturday 3 <sup>rd</sup> Feb	Lanes & footpaths of St Martin's 3.5 miles 1.5 hrs Grade 1 (flat)	Steph Stevenson Phone 07781 438745	Sausmarez Manor
10am	3.5 miles 1.5 ms Grade 1 (nat)		CP on the right inside main
TOGIII		sstevenson@cwgsy.net	entrance P31E1
Thursday	Coastal path and lanes.	Dave Lowe	L'Ancresse bay
8 <sup>th</sup> Feb	3.5 miles 1.5 hrs Grade 2	Tel 246498 07781 433890	carpark
1.30pm		davelowe@cwgsy.net	P7E2
Tuesday	Houguette school lanes loop	Andy Walker	Houguette School
13 <sup>th</sup> Feb	3.5 miles 1.5 hrs Grade 2/3	07911 729731 text best	carpark
1.30pm	,	andrewwalker@suremail.gg	P20/21 D/E2
Gentle walk			
Wed	Castel lanes	Rosanne Spurrier	Far end of Les
14 <sup>th</sup> Feb	45 – 60 mins	07781 408 181	Beaucamps
10.30am		rosanne.spurrier@gmail.com	school CP. P15E3
Friday	Torteval lanes	Andy Walker	Imperial/Portelet
23 <sup>rd</sup> Feb	3.5 miles 1.5 hrs Grade 2/3	07911 729731 text best	Carpark P32D2
10.00am	3.3 miles 1.3 ms Grade 2/3	andrewwalker@suremail.gg	Carpark 1 3202
10.00aiii		and ewwarter @ 3dremail.gg	
Wed	Lanes of St Saviour's	Anne Bott	St Saviour's
28 <sup>th</sup> Feb	3.5 – 3.75 miles 1.5 hrs	Tel 265719 07781 135 070	cemetery
10am	Grade 2/3	anniebottguernsey@gmail.com	P22A4

Booking with the leader is essential so that you can be notified in case of cancellation.

## **The Grading of Walks**

<u>Grade 1:</u> Flattish walk with few, if any, gradients. eg. Saumarez Park to Cobo. Green Lanes of the Vale. Usually between 1 hr and 1.5hrs

<u>Grade 2.</u> A few gentle gradients and/or steps. eg. St Martins/Forest lanes, back streets of Town. Reservoir walk. Around 1.5hrs

<u>Grade 3.</u> Steeper gradients and rougher terrain. eg. cliff paths from Jerbourg to Moulin Huet. 1.5hrs to 2 hrs

<u>Grade 4.</u> Hard climbing over rough terrain. eg. cliff paths from Le Prevote to Pleinmont 2.00-2.5hrs