U3A Walking All Day – Planning Guidance for Walk Leaders

General: Currently the U3A "Walking All Day" group run two walks on the first two Wednesdays of the month and members of the group (often in pairs) take it in turns to organise and leading a walk. The same walk is repeated on both the Wednesdays.

Time: Walks start at 10:00 and walkers should assemble at 09:45.

Location: The starting point should not be more than 15 miles from centre of Guildford, but in the height of summer this can be stretched.

Length: Walks should be around 8 - 10 miles. A good split is to cover 2/3 of the walk in the morning leaving a more relaxed 1/3 in the afternoon (the group walk slower after lunch!).   Walks in the winter months need account for the early sunset.

Lunch: The group has pub lunch along the route of the walk. It's advisable to book with the pub and they often need menu choices before the group arrive.

Walk Plan. Key aspects of planning are car parking, a morning coffee stop and the pub for the lunch break. Either a circular walk or a figure of eight based with the pub at the centre work well.   Leaders, of course, need to recce the walk to check timings, practicality etc.

First Aid. At least one person on the walk needs to have a first aid kit and access to a next of kin contact list.

Walk Description. Organisers need to provide a brief walk description for the walk coordinator, for onward distribution to potential walkers. This should include the start location with directions, terrain, approximate mileage covered in the morning and afternoon, lunch venue and location. An indication of the number of stiles is helpful.

Walk Resources: Leaders can plan walks from scratch, but walks can be found on several websites e.g.

- Fancy Free (https://fancyfreewalks.org)
- Vantage Point (https://www.vantagepointmag.co.uk/walks/)

There are also several Apps that can be used to plan walks e.g.:

- All Trails (https://www.alltrails.com)

There are also books of walks and local maps which can be borrowed from the U3A organiser.