Walk - 2023

| AREA |  | Max No of Walkers |
| :--- | :--- | :--- |
| MILEAGE AND TERRAIN |  |  |
| SHARE CARS FROM | Location: <br> Time: <br> Mileage <br> mile shared between all passengers: |  |
| WALK STARTS FROM | Location: <br> Time: |  |
| Food or Lunch <br> arrangement | Name \& Contact No: |  |
| LEADER |  |  |
| Please note the walk details down when you sign up and let the leader know if you are unable <br> to attend. <br> Members are responsible for their own safety and walk at their own risk. <br> Please do not join this walk unless you are certain that your level of fitness will allow you to |  |  |
| complete the walk. <br> Appropriate clothing \& footwear should be worn on all walks. <br> Please read the guidance for walking group members before joining a walk. |  |  |


| Name (Please Print) | U3A No | Phone Number | Emergency <br> Contact No | Meet at |
| :--- | :--- | :--- | :--- | :--- |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 8 |  |  |  |  |


| Name (Please Print) | U3A No | Phone Number | Emergency <br> Contact No | Meet at |
| :--- | :--- | :--- | :--- | :--- |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| 16 |  |  |  |  |
| 17 |  |  |  |  |
| 19 |  |  |  |  |
| 20 |  |  |  |  |

