



Ravenshead U3A Hiking group

We welcome all U3A members and associate members joining our walks and offer the following advisory notes as an aide de memoire for walking.

Health and personal Safety

If you are in doubt as to whether you can cope with the difficulty of a particular walk, please contact the walk leader for advice. Carry any special medication with you and advise the walk leader at the beginning of the walk of any concern regarding your health or diet. Always remember to have your emergency medical contact details with you.

Equipment

We recommend that you take suitable foot ware, waterproof clothing, hiking stick, water and Snacks

Transport

It is hoped that members who are able, will be willing to join in car sharing to reduce transport costs. Ravenshead U3A recommends that costs be calculated on total miles travelled at 20p per mile, plus any parking charges. The total cost is divided equally between all occupants of the car and paid to the driver. However, it is recognized that such payments are at the discretion of the driver. Remember to have a bag with you when placing boots in someone else's car. Have your travel concession card with you. This is always useful when on linear walks.

Food

Bringing your own food or eating at Pubs or restaurants, will depend upon the nature of individual walks. This will be announced well in advance of the walk.

It's always advisable to carry some food and drink with you, in case a convenient place to eat, is not available. When visiting a pub removing boots or covering them with plastic bags should always be considered depending on the situation. Eating your own food should be at the discretion of the landlord.

Dogs

You are welcome to bring dogs with you, which should always be kept on a fixed lead. You personally, are responsible for your dog's behaviour, and deciding whether it is capable of completing any proposed walk.

Guide dogs are legally permitted on public transport. When travelling in private transport, bear in mind that other members may not be willing to transport your dog.

Walking as a group

We recommend walking together as a group. There will be someone designated as a "back marker" to ensure that no one is left behind. Please let the walk leader know if you intend leaving the group (even for a comfort stop). In the event of an emergency situation, the walk leader should be consulted and alternative plans agreed.

Enjoy the countryside.

We are sure you will be respectful of our surroundings when walking the countryside.

We hope you will enjoy your time with the Hikers Group.