

U3A – Worcester Area Group

Information for Leaders of Short Walks

Provide details of the walk for the Walking Programme. These should include the walk area, the meeting point together with its post code. (Please let the Group Leader have these details at least 2 weeks before the walk.)

Always have someone else to help reconnoitre a walk.

The Walk should be approximately 3 miles long.

Any slopes should be minimal and moderate only.

Stiles should be avoided if possible.

The meeting point should have provision for sufficient parking.

If possible, the meeting point should have toilet facilities (parks or pubs are ideal).

If pubs are used for a meeting point, check with the landlord if he can open before 10.30 to take orders for and provide lunches on return.

Be at the meeting point on the day of the walk to meet walkers who will start to arrive at 10.00