

# Group Walks Information – Consultation to Leaders

## Introduction

As you may be aware, the national Ramblers Walksfinder has had a recent makeover, and this has set me thinking of how we describe South Cots Walks. We now have to describe our walks as Leisurely, Moderate or Strenuous on the new system. This I assume relates to speed and linked to this they also want an estimated finish time. See

<http://www.ramblers.org.uk/go-walking/find-a-walk-or-route.aspx?group=GR03&tab=walks>

In our hilly area we have always felt it important to describe the terrain with our system of L/M/H, ie L = level, L/M the odd hill, M = moderate mix of hills and level sections, M/H moderate to hilly and H = hilly all the time. I have often heard members misinterpreting them, for instance M and H as Medium and Hard!

## Proposed changes

To avoid further misinterpretation I propose that we have information about Pace of walks and Terrain which will be compatible and not cause confusion with Walksfinder (once we are used to the system).

## Pace

All the three below include coffee stops but not a lunch break

Leisurely pace	1.5 mph	eg Monday gentle walks.
Moderate pace	2.0 mph	Most of our walks at present.
Strenuous pace	2.5 mph	A few leaders do walk at this pace if the party can keep up! I suggest that it would be better if we had a few designated as such on a Saturday as long as there was also a Moderate walk.

The adoption of this description would enable me to calculate an estimated finishing time for use on the Ramblers Walksfinder,

eg 4 mile Leisurely Pace starting at 1030 would be 1300

6 mile Moderate Pace starting at 1000 would be 1300

10 mile Strenuous Pace starting at 1000 would be 1400

10 mile Moderate Pace starting at 1000 would be 1530 (including a lunch stop).

## Terrain

Terrain 0	Mainly level	T0	(now L level)
Terrain 1	The odd hill	T1	(now L/M)
Terrain 2	Hills & level sections	T2	(now M moderate mix)
Terrain 3	Hilly most of the time	T3	(now M/H)
Terrain 4	Extremely hilly	T4	(now H hilly)

I look forward to observations by this Friday 26 September, when we have a committee meeting.

*Mike Garner Group Walks Coordinator.*

*22 Sep 2014*