

A WORD FROM THE CHAIRMAN

Guess what I have done now? I have become Gloucestershire Area Secretary. A glutton for punishment? Or maybe I don't like to see the Area struggling to achieve even the minimum number of its objectives. There are very few Areas who do not have difficulty finding volunteers. But unfortunately the Area is a vital part of our organisation's structure and, while the proposals for governance changes to be considered at this year's General Council and to be implemented possibly by 2017, do seek to ease the administrative burden on Area to a certain extent, we will still need an active Area to be in place.

Area provides a link between Central Office (CO) and the Board of Trustees to groups, with groups reporting to Area and Area reporting to CO and the BoT. In this way Ramblers can demonstrate the accountability of groups to satisfy company law and the Charities Commissioners and also demonstrate that they are meeting their charitable objectives. Dealing direct with just 59 Areas is easier than with 491 groups.

In the other direction Area can act as a conduit for information being passed down from CO providing any explanation or clarification necessary and also providing feedback from groups. In an ideal situation Area will be able to help groups which are struggling or which need help with any aspect of their operation.

Area acts as a contact point to represent Ramblers in any dealings with other bodies operating in Gloucestershire County such as CPRE and PROW.

We just about manage to keep Area going in our county but there is so much more we could do to further the Ramblers' cause. If, like me, your main reason for joining Ramblers was to walk, then further involvement in Area might not be something to which you aspire. But if you are a bit more curious about our activities why not come along to an Area meeting or give me a ring to talk about it? Ramblers is the main walking charity in this country and does far more to protect and maintain our footpaths countrywide than any other walking organisation.

Richard Davis

WHAT FUN WE ALL HAD AT THE ANNUAL LUNCH AT THE BEAR OF RODBOROUGH



We had an excellent meal, good company and BALLOONS! Congratulations to whoever (Sarah?) managed to get their balloon out the door where, fortunately, there were no waiters coming in with the food

NEPAL UPDATE If you would like to find out what Keith Eyles saw when in November he returned to the village we had been supporting in Nepal, click [HERE](#) to read an excellent article from the Stroud News and Journal.

WINOS AND WALKERS

What a relief! No longer will French vintners profit from my attempts to consume the recommended amount of Bordeaux red. I have struggled to keep my alcohol intake up ever since Sir Richard Doll, on reviewing the drinking habits of the cohort of 34,000 middle-aged doctors in which he had unequivocally demonstrated the dangers of smoking, concluded that people who drink two or three glasses of wine a day survive on average longer than non-drinkers. More recent evidence now suggests no amount of alcohol confers a mortality benefit so my efforts were in vain. My neighbour will be pleased too, for she was always livid when women were told they should drink less than men believing this advice to be some sort of chauvinist conspiracy. She will feel vindicated now when best advice is that neither sex should drink more than fourteen units a week which equates to the risk of death from injury of cycling 25km a day for 50 years.

When health advice seems to change continually, what about advice on walking? There is consensus that walking has benefits for cardiac, bone and metabolic health as well as reducing cancer risk but how much walking is ideal, how vigorous should it be and how often? One piece of advice suggests a target of 10,000 steps a day for five days a week is best and this equates to five days of daily walking for 100 minutes as most people walk about 1,000 steps in ten minutes. This is more than the previous advice of twenty minutes three times per week but the optimal level of walking is almost certainly different for different ages and levels of fitness and, for the over 65s, 150 minutes of walking a week is advised. While advice on walking is confusing, conflicting studies on the value of more vigorous exercise are even more perplexing.

Whatever the advice on walking, being a Rambler is a good thing. Why? Because as well as walking, being a member of a social group is a well-established way to improve not only health but also happiness – at least, dear Chairman, for most people.

Brian Witcombe



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GROUP VOLUNTEERS 2016

Chairman:

Richard Davis

chairman@southcotswoldramblers.org.uk

Vice Chairman:

Mike Garner

mike@southcotswoldramblers.org.uk

Group Secretary:

Andrew Hawkins 01452 857958

groupsecretary@southcotswoldramblers.org.uk

Group Treasurer:

Brian Witcombe

treasurer@southcotswoldramblers.org.uk

Membership Secretary, Book Sales:

Mike Garner

membership@southcotswoldramblers.org.uk

Publicity Officer: Vacant

Without portfolio:

Diana Davis Bernard Smith

Website: Mike Garner & Sally Davis

website@southcotswoldramblers.org.uk

South Cots Newsletter: Sally Davis

newsletter@southcotswoldramblers.org.uk

Footpath Chairman and Footpath Secretary:

Bob Frewin 01453 545752

footpaths@southcotswoldramblers.org.uk

Footpath Committee Minutes Secretary:

John Corry 01453 845574 john@corry.org.uk

Footpath Clearance

Bob Frewin

Footpath Committee Member:

Penny Fernando

Led Walks Programme Co-ordinator:

Mike Garner

mike@southcotswoldramblers.org.uk

Led Walks Collectors for July-October 2016:

(dates needed by 30 April)

John G 01452 728760 Weekend Walks

Mike G 01453 873625 Evening Walks (July and August)

Anne E 01453 842551 Start the Week Walks

Enid S 01242 863283 Midweek Walks

We have welcomed 19 **NEW MEMBERS** since the last newsletter, including Colette, Joanna, Peter, Hilary, Richard, Stuart, Heather, Deborah, Norman, Georgina, Peter, Helen, Erica, Roger, Kerry, Trevor, Rodney, Emma and Marie, from Amberley, Berkeley, Cam, Cheltenham, Dursley, Horsley, King's Stanley, Olveston, Stonehouse, Stroud and Wotton-under-Edge. Total membership 410. *Mike Garner*



ORCHESTRAL CONCERTS

The next concert will be on 19th March at 7.30pm at Holy Trinity Church, Trinity Rd., Stroud, Gloucestershire (next to the General Hospital)

Programme

Kabalevsky

Overture: Colas Breugnon

Dvorak

Cello concerto (Soloist: Ben Hughes)

Brahms

Symphony No 4

Listen to extracts at www.stroudsymphony.org.uk Please order your tickets on the form below or from Stroud Tourist Information (01453 760960) or ask me on a walk or just come along on the night. *Mike G 01453 873625*

Concert Tickets

Tickets £11.00 (concessions £9.00) if purchased prior to the evening of the concert.

Sat 19 March 7:30 pm at Holy Trinity Church, Stroud (next to the hospital with parking opposite) To Mike G, Southcot, The Headlands, North Woodchester, Stroud GL5 5PS. Please send me the following tickets: @ £11/ concessions @ £9/ accompanied children under 14 free.

I enclose a cheque for £.....payable to Stroud Symphony Orchestra and a Stamped Addressed Envelope for the despatch of tickets.

Signed

Please print your name and phone number below.

Name.....

Tel no:.....

Footpath News



Before and After photos of the new gate at Coatesfield Bridge, installed by the Wardens and paid for by South Cotswold.

Bernard Smith

Evening Walks

Evening walks are now to be arranged for 18:30 start this summer and can be up to 4 miles but in August they will need to be 3 miles maximum.

Maurice Dyett

New address - Swallownest Care Home, Chesterfield Rd, Sheffield S26 4TL. His mobile no is 07912 552075. He is absolutely alert and interested and welcomes company and correspondence, so if anyone wants to give him a call or drop him a line I know he'd welcome it.

If you wish to put any items in the next newsletter (which will go out in June), please send them to Sally Davis (newsletter@southcotswoldramblers.org.uk) by **5th May**.

Going away with Ramblers' Holidays?

We have recently received a sum of money for Group Funds from Ramblers Holidays where members taking a holiday with them have nominated South Cotswold Group. If you ever forget to tell them when booking, there is still time if you contact them before you go. By your doing so, they will donate £10, £20 or even £30 per person to our funds to be used to benefit walkers. For more info, click the link to Walking Partnership on our Messages page.

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For advice, rewards and a brochure call

01707 386804

www.ramblersholidays.co.uk



Walking holiday partner

ON A COLD AND FROSTY MORNING

We have only had one cold and frosty walk this year, Brian and Sheelagh's from Sapperton in January, where Richard took these stunning photos of the landscape.



IN MEMORY OF SOPHIA SCHUTTS WHO DIED ON 12TH JANUARY

Sophia had a very eventful life, she was born at Burford, Oxon. where her father was Dean at Christ Church, Oxford and educated at boarding school in Bexhill-on-sea. There she was nicknamed "Soap" as Sophia was not a common name in those days and her family always called her this! When her father was appointed Bishop of Exeter the family moved to Devon and she lived there until she went to Bangor University to study mathematics. While there she played hockey and cricket and rode a motorbike! Two years later she moved to America where she taught maths, married a philosophy professor and had 2 children. In 1990 she left America and came back to England to live with her mother and brother in Penrith. She was there for 20 years and then moved to Uley, where she soon involved herself in village life, serving weekly in the Village shop, joining the French Circle and taking an active role in the Church. A life member of the Ramblers she was a leader for South Cots and regularly walked on Mondays and went on HF holidays with the Group.



Rosemary Burne

WILL BRECON BE THE LAST SOUTH COTS HOLIDAY?

Yes that's right. After 21 years organising holidays Mike has decided to call it a day. He is heavily involved in other aspects of our Group's work and is finding that South Cots is taking up too much of his time. I have taken on more Area work and am not sure whether I will be able to organise the Autumn holiday next year.

So we are looking for somebody to organise holidays. It doesn't matter what sort of holiday you would like to organise. You can follow the HF route. In which case Mike will be only too happy to give you a few pointers on the approach you should take. There are still plenty of HF houses left to try. Alternatively you may wish to organise the whole thing yourself. Don't forget there is always the possibility of a contribution towards your expenses for any recce work required. Or you might like to check out what Ramblers Holidays have to offer, perhaps even think of going abroad.

It would be a shame to lose this popular aspect of our activities so please somebody step forward and give it a try. Mike and I will be happy to help point you in the right direction.

Richard Davis

MESSAGE FROM DENYS

I would like to say how much I have appreciated the various messages of goodwill and support sent in recent weeks. I had thought originally that I would be able to continue walking for much longer but that's not the case. The least I can do is let you all know what's happening. I have a rather rare and aggressive bladder cancer. I started chemotherapy last Friday, 29 January, which is due to end on April 1st. At present the plan is for a total cystectomy sometime in May, probably in Oxford. As you may surmise, like Captain Oates, I may be away for some time. Unlike him, I hope to return to some walking in due course. As is perhaps obvious, the South Cots, and the people in it, have played a hugely entertaining and exciting part of my life for the last eight years, for which I shall always be grateful.

My thanks to Mike, Richard and Jill and Sue for taking over the three walks I had planned.



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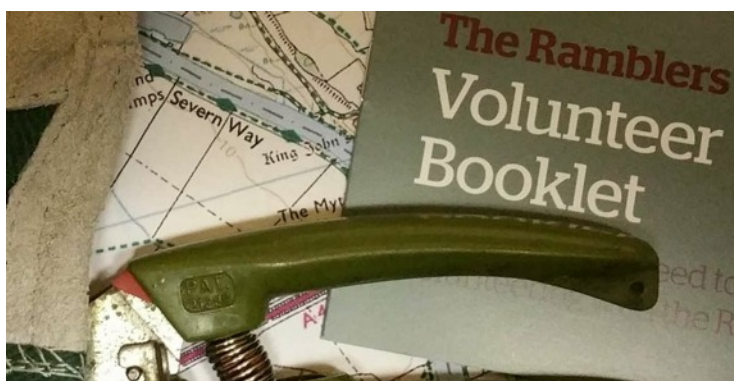
Gloucestershire Ramblers

News roundup around the Area February 2016

GRNews@gloucestershireramblers.org.uk



Oreicester Group has always enjoyed a bridge & having completed an accessible bridge for parents with buggies and people with disabilities from the Gateway Centre near South Cerney, they're leading a 7 mile easy walk there on St Valentines Day Feb 14th



4th June 2016 Volunteer Support and Development Days
Ever fancied helping out with the work we do or perhaps interested in learning more about the different roles on offer? Ramblers is coming to the Warehouse Gloucester with the support team from Central Office. It should be a great way of meeting other local walkers sharing/discussing the same interests on free half/ whole day events.

<http://www.eventbrite.co.uk/o/ramblers-3448430213>

Scroll down to Gloucester and book free tickets or let your Group know. The more the merrier! Courses allow about 20 people each:-
Making change happen: campaigning and working with the media.
Treasurer. Leading group walks. Walking with Routes, webpages and walks. Using social media, Basics to rights of way law & specialist areas. Successful short walks. More challenging walks. Volunteering.

2016 Windcombe Walking Festival May 20-22nd

We're again promoting walking at this now annual event. If you're around to help on our stand, let us know or drop by and say hello!



Post about things that catch your eye when walking onto our facebook page



Search GWG on Meetup for our working age and 20s-30s walkers

Big Path Watch

Ramblers' ambitious Big Pathwatch survey has now ended. Any local issues are being passed on to our Footpath teams for checking. We're grateful to everyone who took part in Gloucestershire. It should let us know what anyone out walking might think of the paths and hopefully help spread the word about how good it is to walk and give a wider understanding of our efforts.

ramblers.org.uk/bigpathwatch



2015 AGM Sat 12th December Chedworth

Richard May, a ramblers trustee, joined us for our AGM and the short walk. Some 50 or so members saw the election for all the Gloucestershire Area of

Chair: Ray Chaney, Vice-Chair: Bernard Gill, Treasurer: Gwen Chaney, Membership Secretary: Mike Bailey and Footpath Secretary Richard Holmes. Richard Davis kindly later offered to take up the post of Secretary.

Many thanks to Oreicester Group for organising the day but also to Geoff Smithdale for his many years in various roles and more recently as Treasurer.

There are always small tasks to be done (such as editing this newsletter!) if you're able to help and join the team please email secretary@gloucestershireramblers.org.uk

Walk Leader Training

There are a few spare places on a Walk Leader training day Saturday 27th Feb. Contact Richard Holmes footpaths@gloucestershireramblers.org.uk

Glevum Way Gloucester Circular Path



Gloucester Group has been looking at ways of refreshing the Glevum Way. It recently negotiated replacement of and installation of finger post signs with Gloucestershire County Council for which we allocated some funds from a legacy kindly left to us by Lilian Wise of Churchdown. The new signs should be in place soon.

Gloucestershire Way 29th May Cleeve Group
20th anniversary walk with Tewkesbury Walking Club celebrating the inaugural walks of Gloucestershire's first long distance regional path.



A page of Mid Week walks for the Gloucestershire Area

Wed 02 Mar 10mi/16.1km Moderate [Miserden](#)
10:00am Park in CP, or lay-by opposite, next to Miserden school.
Walk from Miserden through Caudle Green, Syde, Winstone and Duntisbourne Abbots. Terrain hilly with some steep ascents and descents, and several stiles. Picnic. Possibility of drink at end pub.
Hilary, 01453 753398 E179. (SO934089)

Wed 09 Mar 10mi/16.1km Moderate [Cleeve Hill](#)
10:00 Quarry CP near Golf Club House on Cleeve Hill.
Walk Cleeve Hill, Cotswold Way, Winchcombe Way, Noverton, Prestbury, Southam, Prestbury Park, Kayte Farm, Haymes, Ben's Tump, Cleeve Hill. Picnic. E179/LR163. (SO988272)
Hazel, 01242 254105 or 07884 094365 on day.

Wed 16 Mar 11mi/17.7km Strenuous [Sugar Loaf](#)
10:00 Byefield long stay free CP, Tudor Street, Abergavenny. Easiest approach is from the 'Waitrose' direction. park at the lower end of the CP where the path leads off to the river. (SO295141) OL13.
Sugar loaf by a different route, along river, around and up. Picnic.
Catherine, 01452 615382 or 07456 425880 on day.

Wed 23 Mar 10mi/16.1km Strenuous [Wye](#)
10:00 Wireworks CP, Tintern (road alongside Royal George Hotel).
Walk Devil's Pulpit, Brockweir, Botany Bay (!), Ceddons Falls, Barbadoes (!) and back to Tintern. Picnic. (SO526000) OL14.
Mike, 01594 562341 or 07490138413 on day.

Wed 30 Mar 11mi/17.7km Moderate [Two Castles & a Mountain](#)
10:00 Meet at Skenfrith Castle. E189. (SO456203) E189.
Walk through undulating woodland and meadows with a picnic lunch at the trig point on Dawn of Day. Wonderful views over Herefordshire and Monmouthshire. Possible drink at Bell at end
Jenny, 01600 715719 or 07455 257262 on day.

Wed 06 Apr 10mi/16.1km Moderate [Woodmanocote](#)
10:00 Park in Apple Tree CP (furthest away from pub) in Stockwell Lane Woodmanocote. E179. (SO975273)
Hilly walk passing Gotherington Halt, Dixon and Cleeve Hill. Picnic.
Gerry & Ann, 01242 674107 or 07984 266321 on day.

Wed 13 Apr 11mi/17.7km Moderate [Bredon Hill](#)
10:00 Park Bredon Playing Fields CP (one next to B4080 junction).
Walk Westmanocote, Great Comberton, Bredon Hill, Sundial Farm. Picnic. (SO927369) E190.
Barry & Robert, 07407 359600 or 07807 342238

Wed 20 Apr 10.5mi/16.9km Moderate South Cerney & [Cricklade](#)
10:00 Meet CP of Gateway Visitor Centre on Spine Road (by Cotswold Outdoors). (SU072972)
A figure of eight, along a canal, an old railway, the Thames Path and through the fritillary (hopefully) fields of Cricklade's North Meadow. Level walk but it may well be water-logged. Picnic.
David & Henrietta, 01452 302024 or 07831 234790 on day.

Wed 27 Apr 10mi/16.1km Moderate [Herefordshire Brinkley Hill](#)
10:00 Meet Brinkley Hill CP E189. (SO584313) E189.
Walk along the river Wye, then Tump Farm, Fownhope, Haugh Wood, Common Hill, Lea & Paget's Wood, Capler Camp and Brockhampton Church. Picnic.
Gill, 01531 670864

Gloucestershire Area organises a programme of day walks approx 10-12 miles long usually mid-week anywhere in the county and neighbouring counties. Sorry no dogs except access dogs. Check walks for updates at gloucestershireramblers.org.uk/midweek/

Wed 04 May 11mi/17.7km Moderate [Llangorse Lake](#)
10:00 Park by the loos at Llangorse Lake. OL13. (SO128274) OL13.
Varied walk over fields, along bridleways and across moorland taking in Alt, Bwlch and Mynydd Llangors return via lane. Stunning views if weather ok.
Two ascents, varied walking terrain, could be soggy around lake. Picnic.
Jackie, 01594 564417 or 07767 351190 on day.

Wed 11 May 10mi/16.1km Moderate [Eckington and Bredon Hill](#)
10:00 Park at Eckington Bridge. (SO922422) E190.
Walk Eckington onto Bredon Hill via Bredon's Norton, down to cross the river at Nafford Lock through Birlingham and back to Eckington. Includes riverside, village and one hill. Picnic.
Maggie, 01684 592727 or 07938 543055 on day.

Wed 18 May 11mi/17.7km Moderate [Lush Green Valleys to Edmunds Tump](#)
10:00 Meet at Grosmont. Park in street and meet by Angel Inn. Free public toilets nearby. E189. (SO405244)
Undulating meadows and woodland with panoramic views over Grosmont Castle and the Brecon Beacons. Picnic lunch. Possible drink Angel Inn at end
Jenny, 01600 715719 or 07455 257262 on day.

Wed 25 May 11mi/17.7km Moderate [Bath](#)
10:00 Meet at the rear of the Lansdown Park and Ride at Bath. (ST730682)
Moderate 11m walk taking in Woolley, Langridge, the site of the battle of Lansdown, North Stoke and Weston. Picnic.
Mick, 01453 542082 or 07443 643462 on day.

Wed 01 Jun 10mi/16.1km Moderate [Newark Park and Wotton](#)
10:00 Meet at Newark Park National trust CP. L162/E167. (ST780932)
Walk Newark Park, Sawcombe Farm, Tyley Bottom, Coombe Hill, Wotton, Wortley. 10.1 miles and 1000 feet of climb. Picnic in Wotton Under Edge.
National Trust CP Cafe at end.
Richard, 07984 853775

Wed 08 Jun 11.5mi/18.5km Strenuous [Lower Llanthony Valley](#)
10:00 Meet at Llanthony Priory CP. OL13 (SO289278)
Walk Hatterall Ridge via Beacons Way, Owmoy Church, Y Gaer, Garn Wen, Owm Bwchel and back to Llanthony. Picnic.
Mike, 01594 562341 or 07490138413 on day.

Wed 15 Jun 10mi/16.1km Moderate [Garway and Skenfrith](#)
10:00 Park by the side of Garway Common, off minor road to south of pub.
An undulating walk over rolling countryside of fields, woods and hills, going via Tregate bridge and returning along the Monnow and via Skenfrith. Hilly (but not Garway hill!) and plenty of stiles. Picnic. E189/LR149. (SO466225)
Susanne, 01453 757212 or 07587 713668 on day.

Wed 22 Jun 11mi/17.7km Moderate [A Home Run](#)
10:00 Park adjacent to St Peters Church Leckhampton. E179. (SO942194)
Walk The Crippetts, Crickley Hill Country Park, Shab Hill, Stockwell. Lunch at the Golden Heart at Nettleton Bottom or picnic. Return via Coldwell Bottom, Coberley, Leckhampton Hill. Tea after in Leckhampton Road.
Guy, 01242 251412 or 07968 797186 on day.

Wed 29 Jun 13mi/20.9km Strenuous [Dursley](#)
10:00 Stinchcombe Hill CP E167. (ST744983)
A 13m circuit of the hills, woods and quarries around Dursley as far as Uley Bury and returning over Cam Long Down. Generally fairly strenuous with some steep ascents and descents totalling around 2000 feet. Picnic lunch.
David P, 07824 603711

Join Ramblers to support our efforts to keep footpaths open. For members all our walks are free. Anyone new is welcome to try a walk or two but check with leader beforehand.
Feedback on GRNews welcome : GRNews@gloucestershireramblers.org.uk

Mon 29 Feb 2016 morning 3.5m A leap in the dark. Single gentlemen beware Standish Park via Topograph, Standish Wood and Cotswold Way. Terrain 2 Hilly and level mix. Gentle walk with one steady climb from Oxlynch. **Leaders - Mike and Heather** 01453 873625 on day 07748 282087 Meet 10.20 for **10:30 start** from Shortwood NT CP (Cripplegate) ½ mile before Haresfield Beacon. (GL6 6PP) L162/E179 SO831086 <http://tinyurl.com/mapShortwoodNTCP>

Wed 2 Mar morning 5.5m A walk in the mud Chavenage Green, Lodgemore Bottom. Cranmore Dairy, Beverston and return via Macmillan Way. Terrain 2 Hilly and level mix. There is usually mud. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 09:50 for **10:00 start** from Chavenage Green. (GL8 8XS) L162/E168 ST865957 <http://tinyurl.com/mapChavenageGreen>

Sat 5 Mar day 10m Not quite the Ides of March Painswick, Bulls Cross, Sheepscombe. Terrain 3 Quite hilly. Bring a picnic. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 09:50 for **10:00 start** from Painswick Walkers CP, off B4073. (GL6 6RR) L162/E179 SO867104 <http://tinyurl.com/mapPainswickWCP>

Mon 7 Mar morning 3.2m Painswick Potter Washbrook Farm, Edge Hill Farm, Stark Hill Farm. Terrain 2 Hilly and level mix. Hills will be taken slowly! Falcon Inn recommended if pub lunch required. **Leaders - Patrick and Angela** 01452 616886 on day 07778 662951 Meet 10.20 for **10:30 start** from Painswick Starnages Lane CP. Small fee payable. (GL6 6UT) L162/E179 SO865095 <http://tinyurl.com/mapPainswickPayCP>

Wed 9 Mar morning 5.5m My mother's birthday Calfway Farm, Piedmont, Lypiatt. Terrain 3 Quite hilly. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 09:50 for **10:00 start** from Bisley, Windyridge layby on Cheltenham Road. (GL6 7BJ) L163/E179 SO903063 <http://tinyurl.com/mapBisleyWindyridge>

Sat 12 Mar morning 5m Syde by Side Brimpsfield Village Hall, Syde, Caudle Green, Brimpsfield. Terrain 2 Hilly and level mix. **Leaders - Jill and Sue** 01242 255994 on day 07815 786467 Meet 09:50 for **10:00 start** from Brimpsfield Village Hall CP. From Birdlip the CP is on LH side as you enter the village. (GL4 8LD) L162/E179 SO938127 <http://tinyurl.com/mapBrimpsfieldVH>

Wed 16 Mar morning 6m See the World from both sides now Severn Way, Wick Court, Overton. Terrain 0 Level. Possible pub meal at end. **Leaders - Steve and Rosemary** 01453 860130 Meet 09:50 for **10:00 start** from outside Red Lion, Arlingham. Park carefully on road nearby. (GL2 7JT) L162/OL14. SO708109 <http://tinyurl.com/mapArlingham>

Sat 19 Mar morning 6m Newark and Tyley Bottom Coombe Lakes, Tyley Bottom, Ozleworth. Terrain 2 Hilly and level mix. Can be muddy in places. House and tea room should be open afterwards for NT members.

Leaders - Steve and Rosemary 01453 860130 Meet 09:50 for **10:00 start** from Newark Park NT Car Park (free). (GL12 7QD) L162/E167 ST780932 <http://tinyurl.com/mapNewarkParkCP>

Mon 21 Mar morning 4m Leisurely Brookend Spring Walk There will be some stiles on route. Terrain 0 Mainly level. The Lammastide Inn across the road does provide lunchtime food if required afterwards. **Leader - Ray C** 01453 811545 Meet 10.20 for **10:30 start** from Laburnum Cottage, Brookend, Berkeley. Car parking is in my garden at the rear of the house. (GL13 9SF) L162/E167 SO685020 <http://tinyurl.com/mapBrookendLabCot>

Wed 23 Mar short day 7.5m Canal, Railway and Common Selsley Common, Ryeford, Stroudwater Canal to Stroud then Railway path to Woodchester, South Woodchester then back up to the common. Terrain rating. Terrain 2 Hilly and level mix. Take a snack. **Leaders - Peter and Sue** 01453 860797 on day 07854 634090 Meet 09:50 for **10:00 start** from Selsley Common main car park on B4066. (GL5 5PL) L162/E168 SO828026 <http://tinyurl.com/mapSelsleyCom>

Sat 26 Mar day 9.5m Cotswold Lantern Part of the Dursley Lantern Way and Cotswold Way. Coaley Wood, Long Down, Dursley, return on Lantern Way via Upper Cam and Uptonthorpe to Coaley. Terrain 3 Quite hilly. 1700 ft ascent/descent. Take a Picnic. **Leaders - Peter and Sue** 01453 860797 on day 07854 634090 Meet 09:50 for **10:00 start** from Coaley Village Hall, please park considerately in the village. (GL11 5EF) SO771016 <http://tinyurl.com/mapCoaleyChurch>

Wed 30 Mar morning 5m Flat out round Frampton Gloucester Sharpness canal, Frampton on Severn, Frampton Court, Stroudwater canal. Terrain 0 Level. Cafes at end. **Leader - Enid** 01242 863283 on day 07570 789317 Meet 09:50 for **10:00 start** from Saul Junction CP by Willow Trust. Access from NW side of Sandfield Bridge to pay-and-display car park beyond public toilets, close to Saul Junction. £1 for 4 hours. Meet near Canal Trust Centre. (GL2 7LA) L162/EO14 SO755092 <http://tinyurl.com/mapSaulJunc>

Sat 2 Apr day 12m Three Mills Walk Golf course, Gatcombe Mill, cross country to Burton, West Kington and return. Terrain 2 Hilly and level mix. Bring a packed lunch. **Leader - Graham W** 01453 885408 on day 07977 863592 Meet 09:50 for **10:00 start** from Castle Combe car park at top of village. (SN14 7HH) L173/E156 ST845777 <http://tinyurl.com/mapCastleCombe>

Mon 4 Apr morning 4m Malmesbury Town and River Walk Set on a hill, encircled by two rivers, Malmesbury is now dominated by an imposing Norman Abbey. We will walk by some of the many features of the Town and then round the River Walk. Terrain 2 Hilly and level mix. The hills will be taken gently. Lunch afterwards in the town if required.

Leader - Jacqui 01666 826139 Meet 10:20 for **10:30 start** at Malmesbury Old Station Yard CP (2 hours free) (SN16 9JT) This long stay car park is at the bottom of the hill. E168/L173 ST932875 <http://tinyurl.com/mapMalmesburyOldStationYard>

Wed 6 Apr 2016 morning 5.5m Two Gloucestershire gems
Fernley Farm, Ozleworth Bottom, Lower Lodge. Terrain 2 Hilly and level mix. Drinks available at Newark Park. **Leader - Anne E** 01453 842551 on day 07773 292363 Meet 09:50 for **10:00 start** from Newark Park NT Car Park (free). (GL12 7QD) L162/E167 ST780932 <http://tinyurl.com/mapNewarkParkCP>

Sat 9 Apr morning 6m Canal Revival
Via old railway, Frome Banks, Bowbridge, canal to Wallbridge, Hilly Orchard. Terrain 0 Level. **Leader - Tim** 01453 757104 Meet 09:50 for **10:00 start** from Cainscross Car Park (top end) opposite Tricorn House. (GL5 4LL) L162/E168 SO834051 <http://tinyurl.com/mapCainscross>

Wed 13 Apr morning 5m Around the top and bottom of a golf course of course Stinchcombe Hill, Stancombe, Stinchcombe. Terrain 2 Hilly and level mix. None but cafes and pubs available in Dursley afterwards. **Leader - Ray W** 01453 547213 Meet 09:50 for **10:00 start** from Stinchcombe Hill Public Car Park (not Golf Course CP). (GL11 6AQ) L162/E167 ST743983 <http://tinyurl.com/mapStinchcombeHillCP>

Sat 16 Apr morning 5.6m Tracks and Woodland
Through pastures and tracks, a couple of steep bits and woodland. Via Duntisbourne Abbots, Bull-Banks, Misarden Park. Terrain 2 Hilly and level mix. Expect mud. Nearest pub The Highwayman if desired. **Leader - Dave G** 01242 862564 on day 07969 907274 Meet 09:50 for **10:00 start** from Winstone, on minor road just outside village 100 metres from Miserden Lodge gates, park on long grass verge. (GL7 7JZ) L163/E179 SO955094 <http://tinyurl.com/mapWinstoneVerge>

Mon 18 Apr morning 4m Amble and Box
Amberley, Box and Minchinhampton via lanes and common. Undulating. An easy paced "Start The Week" walk. Terrain 1 Not much climbing. Pub meal possible at end. **Leaders - Brian and Sheelagh** 01453 872220 on day 07761 039595 Meet 10.20 for **10:30 start** from Amberley War Memorial (NB this is up on the Common not by the Amberley Inn). Park with consideration on the Common minimising damage to grass. (GL5 5AA) L162/E168 SO851016 <http://tinyurl.com/mapAmberleyWM>

Wed 20 Apr long morning 6.2m The oldest bell in Gloucestershire Painswick, Scottsuar, Stokend, Harescombe, Huddinknoll, Highfold Farm, Painswick. Terrain 3 Quite hilly. Some steep ascents. Muddy in places after rain. **Leaders - Jill and Sue** 01242 255994 on day 07815 786467 Meet 09:50 for **10:00 start** from Painswick Walkers CP, off B4073. (GL6 6RR) L162/E179 SO867104 <http://tinyurl.com/mapPainswickWCP>

Thu 21 Apr evening 3.5m Rodborough Parish Council Walk
Short walk down to Butterow and the canal. Terrain 3 Quite hilly. Steep descent and short steep climb. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 17:50 for **18:00 start** from Rodborough Pavilion CP. Go up hill from Golden Cross and straight across Rodborough Hill into Butterow West. (GL5 3UA) L162/E168 SO847044 <http://tinyurl.com/mapRodboroughPavilion>

Sat 23 Apr morning 6m Uley wander
Uley Valley and the Bury. Terrain 2 Hilly and level mix. **Leader - David R** 01453 547580 / on day 07903 505462 Meet 09:50 for **10:00 start** from Cam Peak CP (Peaked Down). (GL11 5HH) L162/E167 ST767993 <http://tinyurl.com/mapCamPeakCP>

Wed 27 Apr morning 5m Cat and Custard Pot
Estcourt Park, Tetbury church, Starveall. Terrain 1 Not much climbing. **Leader - Olivia** 01453 751716 Meet 09:50 for **10:00 start** from Shipton Moyne Cat and Custard Pot CP if staying for lunch or in village. (GL8 8PN) L162/E168 ST890895 <http://tinyurl.com/mapShiptonMoyne>

Sat 30 Apr day 9.5m The hills of Dursley
Dursley, Hermitage Wood, Bowcott Farm, Waterley Bottom and Breakheart Hill. Terrain 3 Quite hilly. Fairly strenuous walk. Bring your own lunch. **Leader - Allen M** 01453 545588 on day 07749 564232 Meet 09:50 for **10:00 start** from Stinchcombe Hill Public CP (not Golf Course CP). (GL11 6AQ) L162/E167 ST743983 <http://tinyurl.com/mapStinchcombeHillCP>

Mon 2 May morning 4m Avening gentle walk
Via Ledgemore Lake, Shiptons Grave Lane and bridleway back. Terrain 2 Hilly and level mix. **Leader - John G** 01452 728760 Meet 10.20 for 10:30 start. Park near church at Avening. (GL8 8NL) L162/E168 ST880980 <http://tinyurl.com/mapAvening>

Wed 4 May long morning 6.5m Quiet Cotswold Views
Tunley, Edgeworth Manor, Dark Ride, then back to Sapperton. Lots of views. Terrain 2 Hilly and level mix. **Leaders - Mike and Heather** 01453 873625 on day 07749 282087 Meet 09:50 for 10:00 start from Sapperton village, near Church. (GL7 6LG) L163/E179 SO947033 <http://tinyurl.com/mapSapperton>

Thu 5 May evening 3m Horsley and Kingscote Valley
A gentle stroll into this beautiful valley bottom where we should hear lots of bird song. Quite a few stiles, but lots of time to catch up and good views on the way back up. Terrain 2 Hilly and level mix. Refreshments in Horsley village afterwards if required. **Leader - Kathy** 01453 860004 Meet 18:20 for 18:30 start from Horsley small CP on L coming from Nailsworth. Meet there. If CP full park in lane opposite or near village shop off Priory Fields. (GL6 OPR) E168/L162 ST839980 <http://tinyurl.com/mapHorsleyCP>

Sat 7 May morning 6m May Hill - Views Over Twelve Counties, Perhaps. Brights Hill passing bluebells, through May Hill village and up to the landmark treetop summit. Down to Longhope Church, then back via Huntley Hill. Lunch possible at the Garden Centre afterwards. Terrain 4 Very hilly but we won't leave you behind. **Leaders - Mike and Heather** 01453 873625 on day 07749 282087 Meet 09:50 for **10:00 start** from Huntley Garden Centre CP near Church by permission (cafe & toilets). L162/E014 SO714197 <http://tinyurl.com/mapHuntleyGC>

Wed 11 May morning 5.5m Cotswold Way circular, Common and Canal King's Stanley, Middleyard, Selsley Common, Ebley. Terrain 2 Hilly and level mix. Local pub for lunch if required. **Leader - Allen M** 01453 545588 on day 07749 564232 Meet 09:50 for **10:00 start** from King's Stanley SDC CP opposite the pub. (GL10 3JD) L162/E168 SO811034 <http://tinyurl.com/mapKingsStanleySDCCP>

Thu 12 May 2016 evening 4m Three villages, one thing in common Selsley Common, South and North Woodchester. Selsley village. Terrain 2 Hilly and level mix. **Leaders - Mike and Heather** 01453 873625 on day 07749 282087 Meet 18:20 for 18:30 start from Selsley Common main CP on B4066. (GL5 5PL) L162/E168 SO828026 <http://tinyurl.com/mapSelsleyCom>

Sat 14 May 2016 fig of 8 8m There's Gold in them there hills!

A morning 4m guided walk from CP down into Great Malvern and back with an optional "Malverns meets London" Treasure Trail after lunch. Picnic lunch in car park, after which we will distribute Treasure Trail leaflets containing directions and clues. Start when you wish, either individually, in pairs or small groups. Prizes at the end! Terrain 3 Quite hilly. Bring a picnic (leave in car) and a pencil! **Leaders - Sally and Enid** 01453 872729 or 01242 863283 on day 07818 425088 Meet 09:50 for **10:00 start** from West of England Quarry car park (southern entrance shown on map off B4232 between Upper Wyche and West Malvern) (WR14 4DG). Now drive 500 yards through this very long car park past the quarry to the N end and park near picnic tables. £3 all day (transferable to other Malvern car parks). **PLEASE CONTACT SALLY** (sallydavis@hotmail.co.uk or 01453 872729) **by end of THURSDAY 12 MAY** with names/numbers of people doing treasure trails so we bring enough leaflets. SO766449 <http://tinyurl.com/mapEntranceWECF>

Mon 16 May morning 3.3m Every little helps

From Tesco's car park a gentle walk through the fields to Cam Park and Ride Station and back along bridleway and short stretch of road to Cam. Terrain 0 Level. Food available at cafe in Cam opposite Tescos afterwards. **Leader - Ann A** 01453 839089 on day 07931 114439 Meet 10.20 for **10:30 start** from Cam, Tesco CP. Please park at the far end on the left as you go around. Register your car reg. at customer service desk. (GL11 5PS) L162/E167 SO75000 <http://tinyurl.com/mapCamCP>

Wed 18 May figure of 8 8.5m A Victoria Sandwich by the River Leach

Morning and afternoon walks along the Leach Valley. a.m. 4 miles circular walk to the south to Southrop. p.m. 4.5 miles to the north to Sheepbridge. Terrain 1 Not much climbing. Lunch available at the Victoria Inn (pre-order). **Leaders - Sally and Ros** 01453 872729 / 01285 239054 on day 07818 425088 Meet 09:50 for 10:00 start from Eastleach Turville, Victoria Inn CP. If not using the pub, please park considerably in the village. (GL7 3NJ) L163/OL45 SP197053 <http://tinyurl.com/mapEastleachT>

Thu 19 May evening 4m Slimbridge evening saunter

Meadows and country lanes. Terrain 0 Mainly level. Food and drinks possible afterwards. **Leader - John G** 01452 728760 Meet 18:20 for 18:30 start from Tudor Arms Inn CP, Shepherds Patch. Strictly only if visiting Pub afterwards. Otherwise park considerably in road. (GL2 7BP) L162/OL14. SO727041 <http://tinyurl.com/mapTudorArms>

Sat 21 May day 8.8m Are there any Chavs in Chavenage?

I don't think so Walking on the Macmillan Way towards Chavenage House, then onto Chavenage Green, Ledgemore Bottom, Barton End, Nailsworth, Hazel Wood, then back to Avening. Terrain 2 Hilly and level mix. Some slopes and with 13 stiles. Packed lunch. **Leader - Andrew** 01452 857958 on day 07900 390351 Meet 09:50 for **10:00 start** from Avening, park near church. (GL8 8NF) L162/E168 ST880980 <http://tinyurl.com/mapAvening>

Wed 25 May short day 7.5m Would Chester ring?

Dingle Wood, Pen Hill, Stanley Wood, Woodchester Park. Terrain 2 Hilly and level mix. Bring a picnic. **Leaders - Brian and Sheelagh** 01453 872220 on day 07761 039595 Meet 09:50 for **10:00 start** S Woodchester, off A46 nr Bottlegreen Factory. Park considerably in lanes. (GL5 5ES) L162/E168 SO840017 <http://tinyurl.com/mapWoodchesterOffA46>

Thu 26 May evening 4m Rodborough Parish Council Walk

Manor Woods to Amberley. Terrain 2 Hilly and level mix. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 18:20 for **18:30 start** from Rodborough Pavilion CP. Go up from Golden Cross and straight across Rodborough Hill into Butterow West. (GL5 3UA) L162/E168 SO847044 <http://tinyurl.com/mapRodboroughPavilion>

Sat 28 May long morning 6.4m Not a walk in the park

From Miserden briefly skirting the park then out to The Camp, Nottingham Scrubs and back to Miserden. Terrain 3 Quite hilly. Food available afterwards at Carpenters Arms. **Leader - Ann A** 01453 839089 on day 07931 114439 Meet 09:50 for **10:00 start** from Miserden, Carpenters Arms carpark only if eating, otherwise considerably in road. (GL6 7JA) L163/E179 SO937088 <http://tinyurl.com/mapMiserdenCArms>

Mon 30 May morning 4m Views and woods gentle walk

Nanny Farmers Bottom, Elmtree Farm, Lower Lodge. Terrain 2 Hilly and level mix. Drinks available at Newark Park. **Leader - Anne E** 01453 842551 on day 07773 292363 Meet 10.20 for **10:30 start** from Newark Park NT Car Park (free). (GL12 7QD) L162/E167 ST780932 <http://tinyurl.com/mapNewarkParkCP>

Wed 1 Jun long morning 6.5m Hidden valleys and lakes

Pretty walk through Bagpath valley and Ozleworth Bottom. Through woodland and past Lasborough Manor. Past an ancient Motte, through more woods and fields, returning to Kingscote. Terrain 2 Hilly and level mix. Lunch available at Hunters Hall. Order food before walk. **Leader - Colin B** (Amberley) 01453 872349 on day 07717 317510 Meet 09:50 for 10:00 start from Kingscote, Hunters Hall Inn CP. (GL8 8YA) E168 ST814960 <http://tinyurl.com/mapKingscoteHuntersHall>

Thu 2 Jun evening 4.2m A Swell Evening Walk

Along the side of the valley to Knave in the Hole, up to the common and back through Swellshill to canal and pub. Terrain 2 Hilly and level mix. Food available after walk. **Leader - Ann A** 01453 839089 on day 07931 114439 Meet 18:20 for **18:30 start** from Brimscombe, Ship Inn, park in pub car park if eating after walk or in lane at side. (GL5 2RD) L162/E168 SO867023 <http://tinyurl.com/mapBrimscombeShipInn>

Sat 4 Jun short day 7.5m Kingscote and Midland Fishponds

Hunters Hall, Kingscote, Whiteway, Fish ponds, Horsley and Binley Farm. Terrain 2 Hilly and level mix. One steep muddy descent. Picnic and/or pub at end. Please pre-order food. **Leader - Richard P** 01454 260397 on day 07984 853775 Meet 09:50 for **10:00 start** Kingscote, Hunters Hall Inn CP. GL8 8YA E168 ST814960 <http://tinyurl.com/mapKingscoteHuntersHall>

Mon 6 Jun morning 4m Exploring east from Barrow Wake CP

A gentle circular walk to the Long Barrow in Coldwell Bottom. Terrain 1 Not much climbing. Pub lunch possible at Royal George Hotel, Birdlip. **Leader - Sheila L** 01453 757295 on day 07972 904325 Meet 10.20 for **10:30 start** from Barrow Wake, Birdlip CP off A417. (GL3 4UH) L163/E179 SO931153 <http://tinyurl.com/mapBarrowWake>

Wed 8 Jun 2016 day 9m Avening. Where's Avening?

Via Chavenage Green, Tetbury, Star Farm, Avening Court, Golf Course and Steps Lane. Terrain 2 Hilly and level mix. Bring a packed lunch. **Leader - John G** 01452 728760 Meet 09:50 for 10:00 start. Park near church at Avening. (GL8 8NF) L162/E168 ST880980 <http://tinyurl.com/mapAvening>

Thu 9 Jun 2016 evening 3.5m It's not Pigs Ear
Downend, Shortwood, Nailsworth, Ruskin Mill, mix of footpaths and quiet lanes. Terrain 2 Hilly and level mix. Excellent food and ales in pub afterwards, slightly pricey. **Leaders - Steve and Rosemary** 01453 860130 Meet 18:20 for **18:30 start** from Horsley, The Hog. Park in Car Park if using pub or considerably nearby. Village Hall along lane has more parking. E168 ST838980 <http://tinyurl.com/mapHorsleyHog>

Sat 11 Jun morning 5m Water water everywhere
Fields to old railway line, through South Cerney to Thames and Severn canal and back. Terrain 0 Level. Lunch possible at The Crown Inn. Order food before the walk. **Leader - Colin B** (Amberley) 01453 872349 on day 07717 317510 Meet 09:50 for **10:00 start** from Cerney Wick, Crown Inn CP. (GL7 5QH) L163/E169 SU077959 <http://tinyurl.com/mapCerneyWick>

Wed 15 Jun morning 5.2m Egypt to Nailsworth
Egypt Mill to Theescombe, up to Amberley, Minchinhampton, back through Box Woods and down to Avening Road. Terrain 3 Quite hilly. Food available at Egypt Mill Bistro after walk. **Leader - Ann A** 01453 839089 on day 07931 114439 Meet 09:50 for **10:00 start** Nailsworth, Egypt Mill CP, park far side. E168 ST850998 <http://tinyurl.com/mapNailsworthEgyptMill>

Thu 16 Jun evening 4m Reservoir to Romans
To Witcombe reservoir, then through Great Witcombe, Cotswold Way, and Roman Villa. Terrain 2 Hilly and level mix. Carvery meal available at end. **Leader - Enid** 01242 863283 on day 07570 789317 Meet 18:20 for **18:30 start** from lay-by by road leading to Roman villa. Take road to Witcombe from A46 Cross Hands roundabout at Brockworth. (GL3 4SX) L163/E179 SO902157 <http://tinyurl.com/mapLaybyNrWitcombes>

Sat 18 Jun day 10m Summer pastures and arboretum
Willesley, Silk Wood, Leighterton, Macmillan Way. Terrain 2 Hilly and level mix. No steep ascents/descents but 21 stiles to climb. Royal Oak, Leighterton or packed lunch. Please note the pub is very good and expensive. **Leader - Olivia** 01453 751716 on day 07538 160563 Meet 09:50 for **10:00 start** from Westonbirt narrow side road (going north to south, see OS map) linking Bowldown Road and A433 behind the Hare and Hounds Hotel. (GL8 8QJ) L162/E168 ST861905 <http://tinyurl.com/mapWestonbirt-side-rd>

Mon 20 Jun morning 3.5m Miserden in Summer
An amble to Caudle Green hoping for better weather than last time. Terrain 3 Quite hilly. Coffee served before walk at pub. Order lunch at same time. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 10:00 for 10:30 start from Miserden, Carpenters Arms. Park considerably in road. (GL6 7JA) E179 SO937088 <http://tinyurl.com/mapMiserdenCArms>

Wed 22 Jun day 10m Still young, 14 years on
Circular Walk from Cowcombe Hill Lay By, (Aston Down) via 8 different woods:- Cowcombe, Hyde, Ashmeads, Oldhills, Tanners, Siccaridge, Sapperton and Frampton Woods. Terrain 3 Quite hilly. Picnic lunch. A drink stop may be possible. **Leader - Bruno** 01451 822465 on day 07921 571662 Meet 09:50 for **10:00 start** from Cowcombe Hill, lay by at top. (GL6 8HR) E168 SO910018 <http://tinyurl.com/mapCowcombeHillLayby>

Thu 23 Jun evening 4m A Nature Walk
Theescombe, Neu-Lindsey Nature Reserve, Nailsworth Valley, Little Britain Farm. Terrain 2 Hilly and level mix. Food available at Inn. Pre-order. **Leaders - Sally & Keith** 01453 872729 on day 07818 425088 Meet 18:20 for **18:30 start** from Minch Com Old

Lodge Inn. Find Tom Long's Post in middle of common, turn south towards Nailsworth and pub is along track on right. GL6 9AQ SO853008 <http://tinyurl.com/mapMinchComOldLodge>

Sat 25 Jun day 9m Lift up mine eyes to the hills
Painswick Stream, Dovecote, Pitchcombe, Edge, Cud Hill. Bring a packed lunch. **Leader - John G** 01452 728760 Meet 09:50 for **10:00 start** from Painswick Walkers CP, off B4073. (GL6 6RR) L162/E179 SO866104 <http://tinyurl.com/mapPainswickWCP>

Wed 29 Jun day 8.7m Great Views
Coaley Peak, Selsley, Woodchester Park. Terrain 3 Quite hilly. Bring a picnic. **Leaders - Richard and Diana** 01453 762373 on day 07973 860669 Meet 09:50 for 10:00 start Coaley Peak Picnic Site CP on level B4066 rd nr Woodchester Park entrance. L162/E168 SO794012 <http://tinyurl.com/mapCoaleyPeakCP>

Thu 30 Jun 2016 evening 4.5m Rodborough PC Walk
Over to Selsley. Terrain 3 Quite hilly. **Leaders - Richard and Diana** 01453 762373 / 07973 860669 Meet 18:20 for 18:30 start from Rodborough Pavilion CP. Go up from Golden Cross and straight across Rodborough Hill into Butterow West. (GL5 3UA) SO847044 <http://tinyurl.com/mapRodboroughPavilion>

PLEASE READ BEFORE WALKING

RING the leader if you are in any doubt, especially if you haven't walked recently. Perhaps try shorter walks first.

PACE Most of our walks are of **Moderate** pace, averaging 2 mph with stops. Monday walks are labelled **Leisurely** and are about 1.5 mph; a 10:30 start on a 4 mile walk means finishing between 12:45 and 1pm approximately.

NON MEMBERS - You are very welcome to walk with the Group a few times. Just turn up on the day. Ring the leader first if you have any questions. We hope you will then wish to join, either on-line at www.ramblers.org.uk or with a leaflet, quoting GR03 if you wish to be in our particular Group. Once a member you can walk with any Ramblers' group in Britain.

DOGS - Sorry, registered assistance dogs only.

PLEASE do not walk ahead of the leader unless asked.

HOW HILLY? **Terrain 0** Level. **Terrain 1** Not much climbing.

Terrain 2 Hilly and level mix. **Terrain 3** Quite hilly.

Terrain 4 Very hilly. **Terrain 5** Mountainous.

WHAT TO BRING Bananas are popular as a snack, and bring plenty of water. On day walks you are advised to bring food, even if planning a pub lunch, in case the pub is closed. Wear strong footwear. Bring waterproofs and/or warmer clothing and a simple first aid kit. Remove muddy boots in pubs/churches.

ADVERSE CONDITIONS Leaders may decide to cancel or shorten the walk, taking into account everyone's health and safety. If in doubt, please contact them before travelling or even better see

www.southcotswoldramblers.org.uk/messages

IMPORTANT - KEEPING TOGETHER ON A WALK Most parties will have a back marker appointed for the walk. Please inform this person if you need to drop behind for a comfort stop, and tell them when you catch up again. All members of larger parties are asked to help by keeping a look out behind them. If the people behind you are in danger of losing touch, perhaps in a wood, please pause and tell the people in front of you to wait a minute as well. One way is to give a long blast on your whistle if someone has lost touch. Thank you.

OUR WALKS ARE ALSO ONLINE HERE <http://tinyurl.com/SCRWalks>

ALL LEISURE ACTIVITIES have inherent hazards associated with them including rambling. In spite of participants' safety always being the paramount concern, accidents will occasionally occur. It is important that each person appreciates their responsibility to identify hazards and take all reasonable steps to eliminate or minimise the potential for accidents.

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