

COME WALKING WITH THE SOUTH COTS. A CHOICE OF 55 WALKS!

WE LOOK FORWARD TO SEEING MEMBERS AND VISITORS IN OUR SPECTACULAR COUNTRYSIDE

NON MEMBERS - You are very welcome to walk with South Cotswold Ramblers Group up to 3 times. Just turn up on the day. Ring the leader first if you have questions. We hope you will then join us at www.ramblers.org.uk or with a leaflet from Mike. Quote South Cotswold if you wish to be in our Group. You can then walk with any Ramblers' Group in Great Britain.

OUR WALKS ARE LISTED ONLINE HERE

<http://tinyurl.com/SCRWalks> with maps. **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, a whistle and your own simple first aid kit. Remove muddy boots in pubs/churches.

PLEASE do not walk ahead of the leader unless asked.

BACK MARKER 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.

HOW HILLY IS THE WALK?

Terrain 0 Level.

Terrain 1 Not much climbing.

Terrain 2 Hilly and level mix.

Terrain 3 Hilly.

PACE Most of our walks are of **Moderate** pace, averaging 2 mph with stops. Monday walks at 1.5mph are all **Leisurely**.

RING the leader if you are in doubt, especially if you haven't walked recently. Perhaps try a shorter walk or two first.

OVERSEAS VISITORS are very welcome on any of our walks.

ALL MESSAGES on our website will show any walk changes or additional information (plus plenty of other news). Please check, especially if travelling a distance, at

www.southcotswoldramblers.org.uk

DOGS - Sorry, registered assistance dogs only.

IMPORTANT - KEEPING TOGETHER, ESPECIALLY IN A WOOD

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, please pause and tell the people in front of you to wait as well. One way is to give a long blast on your whistle.

ADVERSE CONDITIONS Leaders may decide to cancel or shorten the walk, taking into account everyone's health and safety. Please contact them if in doubt or see our website.

= 44 VOLUNTEER LEADERS, THANK YOU ONCE AGAIN =

THE RAMBLERS ASSOCIATION is a registered charity (England & Wales no 1093577, Scotland SC039799) and a company limited by guarantee in England and Wales (no 4458492)

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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. © South Cotswold Ramblers 2018