

GLENWOOD CHURCH WALKING GROUP – GENERAL INFORMATION AND POLICY

This group was restarted in January 2017 after a break of a couple of years. The current walk leader is Meryl Dobson, although there may be other leaders from time to time. Meryl has been an active member of Glenwood Church for 39 years and has always been a keen walker. You do not need to attend church to join the walks; we welcome walkers of all faiths and none.

FITNESS & CLOTHING

Please make sure that you're fit enough to undertake the walk you intend to join. If you are unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.

Most walks are off-road and in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring some food and drink, even if the walk includes a pub or cafe break. The walk leader may refuse to accept participant(s) who in their opinion are inadequately equipped or unfit and for whom the walk is unsuitable. When in doubt, contact WalkingGroup@glenwoodchurch.org in advance.

For your own and other's safety please read and abide by any advice and guidelines issues by the organisers, and the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.

WALKS

Wednesday - one walk most months, of distances between 3 and 4 miles. Some are circular and some linear which require a bus or train journey at some point. Most are in and around the Cardiff area or within a 30 mins drive of Cardiff. Where possible, the car parking is free and there are usually toilet facilities. Light refreshments are generally at the end of the walk or, if there is a suitable pub or cafe, we will stop en route. The walks usually start at 10am but this is subject to change. Details of the walks, meeting point, distance and terrain, are published in the monthly (paper) Glenwood Bulletin, in GTW, and on Glenwood Facebook. You can also request to be notified personally by emailing WalkingGroup@glenwoodchurch.org.

Saturdays - one walk most months of distances between 5 and 8 miles. Most of these are circular but there may be the occasional linear walk. Travel to the start point can be up to 1 hour. For example, some of the walks have been around Monmouth, Newport, Crickhowell, Abergavenny, Merthyr and Ogmere areas with varying start times. They are generally full day walks and you will be asked to bring a packed lunch, snacks and sufficient drinks for the day. In colder weather, lunch will be at a pub or cafe. Details of the walks, meeting point, distance and terrain, are published in the monthly (paper) Glenwood Bulletin, in GTW and on Glenwood Facebook. You can also request to be notified personally by emailing WalkingGroup@glenwoodchurch.org.

Bank Holidays – There may be a walk organised for some Bank Holidays. Where possible, notice of these will be given on Glenwood Facebook and GTW.

Evening Walks – A new introduction for 2019. As the lighter evenings start, there will be some evening walks introduced to the programme. Where possible, they will be publicised in GTW and on Glenwood Facebook.

WALK GRADINGS

- **Easy Access** – walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths (no stiles). Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections, please contact the leader running the walk for details.
- **Easy** – walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. May include stiles, unsurfaced rural paths and fields and also sections of gentle ascent and descent. These will be brief and not sustained.
- **Easy/Moderate** – walks for reasonably fit people with a least a little country walking experience. Will include stiles, unsurfaced rural paths and fields and may have more sustained ascents and descents. Walking boots and warm, waterproof clothing are recommended.

- **Moderate** – walks for people with country walking experience and a good level of fitness. May include stiles, some steep paths and open country and may be at a brisker pace. Walking boots and warm waterproof clothing are essential.
- **Strenuous** – walks for experienced country walkers with an above average fitness level. May include stiles, hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.

CANCELLATIONS – These will be notified on Glenwood Facebook, on the evening before the walk, by 7.30pm. That is, Wednesday walks by Tuesday evening and Saturday walks by Friday evening. If you have notified WalkingGroup@glenwoodchurch.org you are coming on the walk, you will also get a cancellation email.

TRANSPORT - Our Group encourages car sharing but this will need to be arranged between walkers themselves. Drivers often appreciate it when a voluntary contribution is offered by passengers. As a guide, 10p per mile per passenger is considered an amount which reasonably covers the costs incurred by the driver. Other suggestions would be to offer to pay any car parking fee or buy the driver a drink. After a walk, the driver may intend to return immediately or have refreshments & socialise with the group, so please confirm the driver's wishes before accepting a lift.

DOGS – It has been necessary to bring in a policy on dogs due to some incidents involving health and safety of walkers. The walk notice will state if dogs are permitted and will require **prior agreement with the walk leader.** When allowed, there will be a limit of two dogs on any particular walk. They must be under close control and **on a lead at all times** when walking through fields with livestock and when walking on public highways. At all other times, it is the dog owner's responsibility to ensure their dog does not impede walkers or endanger their safety. Guide dogs are welcome, but please check the suitability of the walk with the leader in advance. Please note the walk leader's decision is final. Dog owners should ensure that their pet is covered by public liability insurance.

CHILDREN - Walkers must be 18+ or accompanied by an adult holding parental responsibility.

ACCIDENTS - Incidents where outside assistance is required, or where someone is injured and needs first aid/medical treatment (beyond just a plaster or antiseptic wipe), must be reported to the walk leader for inclusion in Glenwood Church's Accident Book. A First Aid Kit is taken on all walks and there will always be at least one qualified First Aider on all the walks.

CONTACT – WalkingGroup@glenwoodchurch.org