

GLENWOOD CHURCH WALKING GROUP – GENERAL INFORMATION AND POLICY

The group restarted in January 2017 after a break of a couple of years. The current walk leader is Meryl Dobson, although there may be other guest 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 Meryl Dobson in advance.

For your own and other's safety please read and abide by any advice and guidelines issued 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 put on Glenwood Facebook about a week in advance or join the WhatsApp Glenwood Walking Group by contacting Meryl Dobson with your details.

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 put on Glenwood Facebook about a week in advance and WhatsApp.

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

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 at 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 and WhatsApp, on the evening before the walk, by 7.30pm. That is, Wednesday walks by Tuesday evening and Saturday walks by Friday evening.

TRANSPORT- Due to the Coronavirus, it is no longer possible to offer lifts to non-car users/drivers.

DOGS – For reasons of safety and in consideration of other walkers in the group, dogs are not allowed on the walks.

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 – [Meryl Dobson on 07594468771](tel:07594468771) or email meryldobson09@gmail.com