

Advice to Walkers and Walk Leaders

Walkers

- Read the information provided in the email from the walk leader in advance of booking on a walk and judge for yourself if you are fit and able to cope with the challenges you will meet: - distance, elevation, obstacles and weather conditions.
- It is the responsibility of each walker to make sure the walk as described is within their capabilities.
- Make sure your Footwear takes into account surface and weather conditions on the day. This may vary with seasons.
- Dress for the weather – bring your waterproofs and wear them if it's raining
- Keep with the group for the walk – if you feel unwell or there is any issue on the walk, please talk to the walk leader
- Photographs are welcome so we can post them on the website.

Walk Leaders

- Walk leaders should reconnoitre walks close in time to the day of the walk
- Depending on the distance to be walked, leaders should identify suitable break points for a drink stop and lunch
- A description of the walk should contain:
 - Where you meet the walk leader ie the start of the walk or at the meeting point for lifts if needed from Tattenhall
 - What time the walk will start, we usually start a walk at 10am but this could vary if the walk is longer.
 - How long is the walk – an estimate in length or an idea of how long it took to complete.
 - What is the terrain like, are there any tricky sections or things walkers should be aware of
 - What were the underfoot conditions like – eg is it likely to be muddy
 - Are there any obstacles to be tackled eg are there any stiles
 - Did you encounter any livestock on the route