



**West
Riding**

WALKING WITH THE RAMBLERS

There are few pleasures that can beat striding out into the fresh Yorkshire air walking old or newly discovered trails, and best of all walking with other people. When you walk in a group, you open yourself up to both the natural world and human connections. You get exercise and stress relief and you're surrounded by kindred spirits. Everyone is welcome.

The top priorities for Ramblers are to enjoy ourselves and to be safe. There are risks in all activities but following a few principles will minimise risks to you and fellow walkers.

Below is general advice to all walkers. For those walking strenuous and/or technical walks, there may be specific guidance offered by the Ramblers Group arranging the walk.

GUIDANCE FOR WALKERS

The Ramblers have updated the guidance for both walkers and walk leaders. The following information highlights and emphasises the role and responsibilities of **all walkers**.

An important part of this guidance is that we work as a team to minimise any risks and support each other during our walks. To help to minimise the risk to both individual participants, and the group, it is recommended that each walker should carry the following:

- **Your lunch and snacks!** Make sure to pack enough food and drinks for the walk. Some extra high-energy snacks are always recommended, and don't forget extra water on the warmer days.
- **Clothing.** Check the weather forecast before you head out and dress for the weather. Wearing layers is best (also consider warm hat and gloves). Remember that it's colder if there is a strong wind or if the walk includes high hills and mountains. The Met Office forecast gives a feel like temperature and expected wind/gusts speeds.
- The sun can be strong even in winter. Please wear adequate sunscreen and bring a hat.
- Pay special attention to your footwear. Good walking boots should be the normal default for all walks.
- Chat to the walk leader if you're not sure what to wear
- An extra layer of clothing is also recommended
- a whistle
- any medication you may need on the walk
- a first aid kit.

- We also recommend that, to cover the unlikely event of injury, walkers register their mobile phone with 999 and have the OS locate app loaded on their mobile phone. This could prove useful whilst walking with Ramblers as well as undertaking other activities (see safety on walks).
- Booking ahead can help the walk leader plan the walk so make sure you book your spot if the walk requires pre-booking. The group can also help with lifts and organising car shared to get you there on the day.

Before the walk

Read the walk details and choose a walk that you can manage. Please see **Is the walk suitable for you?** below for walk grades. Don't overstretch yourself. Please assume that there will be livestock present on all walks. Get in touch with the walk leader if you're not sure. Arrive in plenty of time. This should be at least 15 minutes before the walk start time so you can introduce yourself to the walk leader.

At the start of the walk

You'll get a warm welcome from our experienced walk leaders and like-minded walkers in the groups. Striding out together means we can all enjoy the pleasures of walking, safely and in good company.

- Let the walk leader know if you have any health conditions that may impact your walk or be relevant in case of an emergency. We'll respect your privacy.
- It's helpful to have an emergency contact in mind too, so you can let the walk leader know who to contact in case of an emergency. Your leader might be carrying an ICE (In Case of Emergency) card that you can use or you can download from our website.

During the walk

- Please always follow the instructions of the walk leader.
- Be aware that plans may change, as our walk leaders adapt to changing conditions on the day.
- Leave no-one behind and respect the pace of the group.
- Let others and the Leader know if you're struggling at any point.
- Follow the [Countryside Code](#) (when in England and Wales) and the **Scottish Outdoor Access Code** (when in Scotland). Leave no trace of your walk (and take all rubbish home with you).

Whilst all outdoor activities come with risks, these are far outweighed by the rewards and by working together we can ensure that everyone continues to enjoy our walks and other social activities.

Thank you for taking the time to read this and for your continued support in making our walks safe and enjoyable.

Is the walk suitable for you?

Ramblers walks are graded as follows:

Easy (E)	Walks for anyone who does not have a mobility difficulty or a specific health problem or is seriously unfit. Suitable for push chairs. Comfortable shoes or trainers can be worn.
Leisure ly (L)	Walks for reasonably fit people with at least a little country walking experience. May include unsurfaced paths. Walking boots and warm, waterproof clothing are recommended.
Moderate (M)	Walks for people with country walking experience and a good level of fitness. May include some steep paths, open hillside or moorland and maybe at a brisk pace. Walking boots and warm, waterproof clothing are essential.
Strenuous (S)	Walks for experienced country walkers with above average fitness levels. May include hills, rough countryside and at a brisk pace. Walking boots and warm, waterproof clothing are essential.

More information on Ramblers grading of walks can be found on this link
[skills-framework.pdf](#)