

CYMDEITHAS CERDDWYR / RAMBLERS' ASSOCIATION GRWP DINEFWR GROUP

The Ramblers help everyone, everywhere, enjoy walking and protect the places we all love to walk.

Give us a try! You're welcome to join us on any of our walks to see if the Ramblers is for you. Then, once you've enjoyed the views, fun and exhilaration, it's just a case of becoming a member.

Choosing a walk

- **Do read** the walk grade and description.
- **If you're 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.
- **If in doubt**, ring the walk leader at least a day or two earlier to find out whether it's suitable for you.
- We usually meet at a central point and **share cars** to go to the walk start. Ring the leader for details if you want to go straight to the start point.
- For **linear walks**, always ring the walk leader in advance. We have to make sure there are enough cars to shuffle between start and end points.
- We reckon an average of **2 miles an hour** to include rest stops, though a walk can take longer, if there are lots of stiles for instance. Do make sure you have enough time to enjoy the walk.



Before a group walk

- **Do wear suitable clothing**, especially footwear. It makes sense to bring extra warm and waterproof clothing on most walks - even small hills are windy on top.
- **Do bring enough food and drink** for the walk, with a bit extra in case of emergencies.
- **Do bring a change of shoes** to avoid getting mud in the car on the way home. In Wales, there is usually some mud!
- **If the weather forecast is bad**, ring the leader to check that the walk is still on.
- **Check our website** in case any of the walk details have changed at short notice.
- **Carry "In Case of Emergency" information** in your rucksack or pocket and make sure this is up to date.
- **Bring your mobile phone** and the leader's mobile number.



On a group walk

- **Follow** the guidance of the walk leader and stay with the group.
- **Keep up** with the group as much as possible.
- **Keep an eye** on the people behind you and don't let big gaps develop.
- **Be aware** of other walkers' needs, and offer practical help where you can on stiles or crossing streams.
- **Support** the back marker - don't leave the person at the back on their own.
- **Follow** the leader's advice and the Highway Code when walking on roads.
- **If you need to stop** for any reason, tell the back marker and catch up as soon as you can.
- **Only go in front** of the leader with their permission, and keep the leader in view to avoid taking a wrong path.

After a group walk

- **Do thank the leader** if you've enjoyed the walk – we appreciate their voluntary effort.
- Come and have a relaxing cuppa or beer if there's a nearby **pub or café**.
- If someone has given you a lift, it's kind to offer to contribute to their costs or buy them a drink.



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Dogs:



The walk leader will decide on the risk assessment if the walk is suitable for dogs or not. If the walk is dog friendly, dogs must be kept under close control on a short lead at all times.

No extendable leads please!

We always welcome **Registered Assistance dogs**.

Make sure you can get your own dog over stiles – please don't expect other walkers to lift your muddy dog!

Do remember that some people are nervous of dogs.

Children:

- We welcome children under 18 years of age if properly supervised and equipped.

The Ramblers' Child Protection Policy says that they must be accompanied by a responsible adult - if you're not the parent, you must have written authorisation to act *in loco parentis*.