

Organising a Walk.

1. Find a pub from which you can do a walk of about 5.5 to 6.5 miles. Check opening times and menu. About 3 weeks beforehand make a booking. Often it's ok to give them a provisional number, usually about 16, and confirm the exact number nearer the time. It can vary between about 12 and 22! Book for 12.45 usually. Some pubs like preorders a few days beforehand so I get a list and send it through. Others are happy to get orders on the day at 10am before we walk.

2. Plan the walk. I tend to use an Ordnance Survey map, available from libraries, but occasionally get a walk from the internet. I've also got maps of walks that have been done by the group in the past. I like to prep the walk beforehand if I can and, where appropriate, let the group know of stiles, inclines, etc.

3. The U3A email system for contacting members of the group relies on the group leader. Therefore it's best that whoever is leading the walk sends me an email with relevant details of the walk, including where and when to meet (by 10am), pub menu, and any requests for preorders etc. I then forward this to the group, including the walk leader's email address, so that person can be contacted directly with any information needed such as preorders.

4. Usually people make their own arrangements for lifts but if that can't be done I tend to offer one myself or see if someone else can help.

5. On the day, get to the pub in good time. Wear a high vis bib and take a first aid kit which I have. Take a register of walkers. If I'm not there, a list of members' contact details will be provided. Get someone to walk at the back as a safeguard, also preferably with a hi vis bib. Obviously particular care is needed walking on lanes or crossing roads. Best to give instructions for these. Sounds like a teacher with a group of pupils, I know!

6. Finally, a photo and brief write up of the walk is useful for the website.

7. Any queries just ask me.