

Wednesday Wanderers Information and Guidance

The Wednesday Wanderers (WW) walking group exists to promote fitness and social interaction through walking in the countryside. The group includes many experienced walkers who enjoy planning and leading a wide variety of walks throughout the area that is readily accessed from Belper, including the beautiful Peak District and rural historical villages.

We aim to provide 2 walks most Wednesdays; one 'short/easier' walk of 5-6½ miles with no major challenges and one 'long' walk of 6½-8 miles that might have challenges in terms of slopes, terrain or obstacles. We also aim to provide monthly 'Group' walks (i.e. only one walk on a given Wednesday) to give group members of all abilities an opportunity to walk together and socialise.

The following information explains what to expect and your responsibilities if you join the WW group and participate in our walks.

- All the information needed to participate in the walks is distributed by email using the u3a's Beacon system to ensure privacy. We also have 2 WhatsApp groups: an Admin Group is used to ascertain who plans to join the walks and if they need or can offer a lift to the start point, and a Social Group is used for general chat. Whilst we encourage members to use these groups, they are under no obligation to do so.
- Programmes covering a 2-month period detail the walks offered by walk leaders. We encourage and offer support to all members who are prepared to lead walks.
- A reasonable level of fitness is required to take part in any of the walks.
- Individual walkers are responsible for judging from the information provided whether a walk is appropriate for their level of fitness/ability.
- Walk leaders will try to indicate the challenges on their walks in the programme and/or the detailed walk information that is e-mailed to all group members on the weekend before the day of the walk.
- The walk leader will also give guidance and warn of potential hazards before and during the walk.
- Walkers are responsible for wearing appropriate footwear and clothing to suit the weather conditions. Most of the walks are off road in sometimes exposed rural and remote areas.
- Walkers will need to bring food and drinks for a coffee break and a lunch break.
- It is the responsibility of everyone to behave sensibly and to minimize the risk of accidents.
- Walkers should carry their own medication and first aid kit.
- Walkers should carry a completed Emergency Personal Information Form within their backpack/outer clothing pocket, for use in the unlikely event of an accident or illness. Blank forms are distributed with the walk programme.
- Car sharing is encouraged and can be initiated on the poll on the WW Admin WhatsApp Group. Lifts can then be coordinated via private messaging or the WW Social WhatsApp group.
 - *Contribution to drivers when car sharing: total distance x 35p per mile ÷ 4 (rounded to nearest £1). i.e. up to 28 miles: £2 (min), 29 to 40 miles: £3, 41 to 51 miles: £4, 52+ miles: £5 (max).*



Join our walks for:

*Friendship
Fun
Fresh Air
Fitness
Feel-Good Factor*