

## Welcome to Sevenside Ramblers

Welcome, please take the time to read the following information about Sevenside Ramblers. We hope it answers any questions you may have, if not, the group Secretary can be contacted via e-mail: [info@sevenside-ramblers.org.uk](mailto:info@sevenside-ramblers.org.uk)

### 1. About Sevenside Ramblers

Sevenside Ramblers is a group within Avon Area Ramblers which is run by The Ramblers. The group was formed in May 1997 from which time the membership has grown steadily, currently standing at around 150. Like most Groups, the majority of our members do not walk with us or attend our social gatherings but support us in other ways, consequently we get around 10-15 people on our walks, a manageable number which has given Sevenside a reputation for its friendliness and sociability.

Our group takes in Severn Beach, Pilning, Aust, Stoke Gifford, Olveston, Easter Compton, Almondsbury, Patchway, Filton, Thornbury, and Bradley Stoke.

All our walk leaders and committee members are volunteers, dedicated to sharing our fantastic countryside with others. Walking is great fun, whether it's to get outdoors, get fit or to meet new people - you can do all of these with Sevenside Ramblers.

We arrange walks each weekend as well as midweek evenings in the summer and our Friday ambles. The area and length of the walk varies greatly as you can see from the programme and is the choice of the Leader. Our midweek walks and Friday ambles are rarely more than 4 miles and often end with an optional hostelry visit. Members also arrange occasional weekends away; past trips have taken us to Elan Valley, Shropshire, Dartmoor, the Brecon Beacons, Devon, Cornwall, Pembrokeshire and the Brendon Hills.

We also have social events such as skittles evenings, quiz nights, barbecues and the like, and there is always a celebratory dinner held over the Christmas period. Willing volunteers to arrange social events are always welcome!!

However, we are more than just a walking club. The Ramblers is a registered charity and one of the charitable aims is to campaign to keep the footpath network open, and we do our best to ensure that un-walkable rights of way are brought to the Local Council's attention.

For more information please visit our website:

[www.sevenside-ramblers.org.uk](http://www.sevenside-ramblers.org.uk)

The current walks and social programmes can be found on our website.

## 2. Get Walking – Keep Walking

Walking is an excellent natural exercise that can help you stay healthy, control your weight, keep happy, enjoy time with friends and family, learn more about your local area and even look after the environment. The best news is almost anyone can do it, anywhere and at any time, for free!!! You don't need special clothing, equipment or training. It's easy to fit into your daily life, natural and easy on the body. Even if you're unfit you can start slowly and build up gradually. Have a look at our programme of walks and join us for a day out.

We have a range of walks on our programme from fun Friday ambles to day-long hill walks of 15 miles or more in the Welsh mountains. Our favourite areas include:

- **The Brecon Beacons & Black Mountains**
- **The Mendip Hills**
- **Wiltshire Downs**
- **The Cotswolds**
- **Forest of Dean**

We'd be very happy to introduce you to some or all of these areas. Plus we also have the occasional weekends away each year. Check out our Walks and Events Programme to see what's on this weekend.

Oh and if you fancy leading walks yourself, please do so - we'd be happy to help you with training and tips.

Non-members are very welcome to join us for 2-3 walks before you join, but we do insist that after then you join by signing up with the Ramblers - simply ask to be assigned to Severnside Ramblers Group when you join. Details of membership are available from our Secretary ([info@severnside-ramblers.org.uk](mailto:info@severnside-ramblers.org.uk)) or the Ramblers website ([www.ramblers.org.uk](http://www.ramblers.org.uk)) or by calling Ramblers office on 020 7339 8500.

## 3. Joining us on a walk

We operate a car share policy and transport is usually provided by members' private cars. Drivers often appreciate it when a voluntary contribution is made by passengers. As a guide the suggested amount is 10p per mile per passenger is considered an amount which reasonably covers the costs incurred by the driver. A suggested voluntary contribution for each walk is given in the programme.

The usual start and finish point for Saturday, Sunday or evening walks is the Aztec West Business Centre. For sat nav users the post code is BS32 4TD. See Annex A for directions.

The meeting point for Friday Ambles is the Aldi Car Park, Brook Way, Bradley Stoke, BS32 9DA. Served by First Bus Service 73, alight at Bradley Stoke Surgery.

The leader will identify her or himself to the group (their name is also published on the Walks page) and once the official meet time is reached, they will ensure that people are organized into shared cars for lifts to the walk start point (they'll also give the drivers instructions on how to get there).

Once all cars regroup at the walk start point, the walk leader will explain the walk and then you'll set off. Typically there will be several rest stops (more if the terrain is harder) and lots of opportunity to chat to fellow walkers.

Some important points to take on board:

- You are responsible for not wandering off ahead without telling the walk leader, obeying the walk leader's instructions at all times and for telling someone if you need to answer a call of nature. It's also essential to tell the walk leader if you have blisters or if you suddenly aren't feeling well.
- We walk at the speed of the walk grade. So please don't expect to go at a leisurely pace on a moderate or strenuous walk.
- **Above all enjoy the day out.**

#### 4. What to bring

There are certain things that it's important to always bring on a walk, no matter if it's a pleasant 5 mile lakeside stroll or a strenuous 18 mile hill walk through the Welsh mountains.

Walk leaders, especially on our harder walks, may check if you have the following kit and they reserve the right to refuse to take you if you haven't got it. While this may sound a bit harsh, this will be in your own best interests, especially in bad weather:

- Waterproof jacket and waterproof trousers
- Warm layers (fleece, technical layers and Merino wool are ideal)
- Light weight trousers (never jeans!)
- Rucksack with space for food, spare clothing and water
- Spare layers
- Clean shoes (to wear on the way home and keep your driver's car clean!)
- Sun hat in summer, warm hat at all other times
- Hot drink/water/cold drinks - at least 1.5 litres
- Packed lunch unless otherwise instructed in the walk description
- Cash for a voluntary contribution for your driver if you are not driving
- Strong walking boots with ankle support and appropriate socks.

You're also welcome to bring the following additional items if you have them:

- First aid kit (make sure you know how to use it)
- Storm shelters
- Dry clothing for the journey home
- Torch (head-torches are best), especially in the Winter months
- Warm gloves
- Map of the area (but the walk leader will have one anyway)

## 5. Walk Leaders

Leaders are volunteers from the Group and will plan a route for a walk, estimate travel costs, and help to ensure that all runs smoothly on the day. All Leaders must be over the age of 18 and members of the Ramblers. All Leaders are required to carry a copy of the Ramblers accident/incident form, obtainable from the Sevenside website ([www.sevenside-ramblers.org.uk](http://www.sevenside-ramblers.org.uk)) or our Secretary ([info@sevenside-ramblers.org.uk](mailto:info@sevenside-ramblers.org.uk)). Leaders should also carry a first aid kit. Leaders are not however personally responsible for the welfare of individual members. The Group as a whole are expected to take collective responsibility for each other and help out if a problem arises. Walkers should stay within sight and ear-shot of the leader and inform the leader if they wish to leave a walk. Please remember that leaders will normally not hold official walking qualifications or first aid certificates, they're just unpaid volunteers passionate about walking and doing their best to give you an enjoyable day.

New leaders are always needed and it is suggested that regular members take an active interest in navigation during the walks with a view to future leadership. Additional information to assist Leaders is published on our website.

## 6. Dogs on walks

As a group we try to be as welcoming as possible. However, dogs present additional problems and risks both to themselves and others. Never assume that any walk will be suitable for them or indeed that they will automatically be permitted on the walk. Some walks won't be suitable for dogs for example when the route covers a particular type of terrain or there are young farm animals present and the ultimate decision on whether to allow dogs lies with the individual walk leader. Always ask the leader well in advance. If you do take a dog, please keep it under close control, especially on farmland and on a short lead near livestock. Assistance dogs such as hearing or guide dogs are allowed on all suitable walks.

## 7. Children on walks

Unfortunately Ramblers volunteers are unable to take responsibility for supervising children on our walks and children under 15 must be accompanied by a parent or other adult with parental responsibility. Some

walks won't be suitable for children for example when the route covers a particular type of terrain and the ultimate decision on whether to allow children lies with the individual walk leader. Please contact the walk leader if intending to bring children on a walk.

Young people aged 15-17 can come on a walk unaccompanied with written permission from a parent or legal guardian. The parental consent card is ideal for young people aged 15-17 who join a Ramblers activity unaccompanied on a regular basis - they can carry their card with them and show it to the walk leader at the beginning of an activity, rather than keep providing a parental letter of consent. See Ramblers website for more details.

## **8. The Committee**

Our committee members are all volunteers dedicated to sharing their passion for walking and the countryside. Contact details are on our website see <http://www.sevenside-ramblers.org.uk/contact.html>

Please feel free to approach any committee member on your walk with any queries or suggestions. We look forward to meeting you all!

## **9. Get Involved**

Volunteers are essential to the Ramblers and Groups in particular. Volunteers generously donate their time and skills in support of Group. Volunteering gives you the opportunity to make new friends, pass on skills, and learn new skills.

Be part of Britain's walking charity and help us to continue our work as guardians of the countryside.

Have you thought about leading walks or offering your time as a committee member?

Volunteers are always welcome!!!!

Prepared by: Ken Mill

**Annex A – Meeting Point at Aztec West**



OS Street View Map scale 1:10 000

**Evening, Saturday and Sunday Walks**

As a result of the popularity of Aldi and the Hollow Tree Pub we have been asked to avoid using the Aldi/Pub car park as our meeting point for walks. Objections have been raised about using the car park for all day parking. Peter Randall has arranged an alternative meeting point at Aztec West, see map above. On entering the business park from the A38 at the first roundabout go straight ahead towards the Management Centre, go left then right and park in the **Blue Zone** area of the car park.

For Sat Nav users the Post Code is BS32 4TD.

Cycle racks are also available.

The business park can also be reached via the First Bus 73 route with stops on either side of the A38 depending on direction of travel to/from Cribbs Causeway. The A38 can be crossed at the pedestrian traffic lights and it is a short walk to the Management Centre. The rough location of bus stops are shown by the **red boxes** on the map above.

**Friday Ambles**

The meeting point for Friday Ambles is the Aldi Car Park, Brook Way, Bradley Stoke, BS32 9DA. Served by First Bus Service 73, alight at Bradley Stoke Surgery.