



Walking with Severnside Ramblers

The Ramblers helps 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 descriptions.
- 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, phone the walk leader at least a day or two earlier to find out if the walk is suitable for you.
- We usually meet at a central point and share cars to go to the start of the walk. For Friday Ambles we meet at Aldi, Bradley Stoke, BS32 9DA. For Sunday walks we meet at the Aztec West Management Centre, BS32 4TD
- Usually, no need to book just turn up at the meeting point.
- We reckon an average of 2 miles per 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.
- If the weather forecast is bad, ring the walk leader to check that the walk is still on.
- Check our website - <https://www.severnside-ramblers.org.uk/> in case any of the walk details have changed at short notice.
- For your own benefit it is recommended you carry a personal first aid kit. Bring any medication you may need for a day out.
- Bring your mobile phone and the leader's mobile number.
- Bring a face mask and hand sanitizer.

What you need to bring:

On all our walks, you need warm clothing, waterproofs, food and drink. You will usually need walking boots, though trainers may be suitable for easy walks.

It's good to carry a mobile phone, and you should also consider registering it with the Emergency SMS (Texting) Service. See [here](#) for details.

On longer more exposed walks, or in poor weather, you will need more gear, including:

- Warm clothing: gloves, buff/scarf, spare fleece, spare socks
- Waterproofs: jacket, leggings, gaiters
- Thermos of hot tea/coffee/soup
- Extra snacks
- Whistle (to attract attention)



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- Torch and batteries (in case you get delayed and failing daylight)
- First aid kit
- Bivvy bag/survival bag

Before you set out, ask yourself “If someone had an accident, could I cope with a long wait?”

You should also carry ICE (In Case of Emergency) information with you on walks. We can supply ICE cards provided by the national Ramblers Association. If you would like one, please ask any of the committee members.

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 between walkers.
- 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, the Highway Code when walking on roads and the Countryside Code.
- If you need to stop for any reason, tell the leader or 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 the wrong path.

After a group walk:

- Do thank the leader if you've enjoyed the walk – we appreciate their voluntary effort.
- If someone has given you a lift, it's kind to offer to contribute a donation to their costs.

Dogs on walks:

- Dogs on walks is at the discretion of the walk leader. Please contact the walk leader at least a day before the walk to check. It can be difficult for dogs to be on a walk, because of terrain and farm animals.
- We always welcome Register Assistance dogs.
- Keep your dog under close control and use a short lead when the walk leader asks. No extendable leads please.
- Make sure you can get your own dog over stiles – please don't expect other walkers to help lift your muddy dog.
- Do remember that some people are nervous of dogs.

Children:

- We welcome children under 18 years of age, but they must be accompanied by an adult with parental responsibility.
- Please confirm suitability of the walk with the walk leader.



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All set:

You are now set to come along on one of our walks. After three walks we would expect you to join the Ramblers.

If you have any questions or concerns, please contact our Secretary – info@severnside-ramblers.org.uk

We hope to see you soon.

Useful links

Ramblers	https://www.ramblers.org.uk/
Join the Ramblers	https://www.ramblers.org.uk/get-involved/join-the-ramblers.aspx
Severnside Ramblers	https://www.severnside-ramblers.org.uk/
Avon Area Ramblers	https://www.avon-ramblers.org.uk/
Ramblers Routes	https://www.ramblers.org.uk/go-walking/routes-and-places-to-walk/about-ramblers-routes.aspx
Coronavirus Advice	https://www.ramblers.org.uk/advice/coronavirus.aspx
Walking Advice	https://www.ramblers.org.uk/go-walking-hub/walking-advice