



Information for walkers

This guide outlines the steps that **everyone must take** when joining an organised Eryri Ramblers Group Walk. By taking a few sensible measures, we can keep each other safe on group walks.

1. Finding a walk

- **Check Eryri Facebook and Website**

Look at the walk announcements and listings to choose a walk, also check for cancellations.

- **Book the walk in advance**

Please book the walk via the Eryri Website <https://eryriramblers.org/>

If you can't make it, please cancel your place by email to eryriramblers@gmail.com

- **Numbers of walkers**

For reasons of safety and group management we control the number of participants. Easier and Leisurely "B & C" grade walks have wide limits - up to 20 members. Harder and Strenuous "A" grade walks, have lower limits. These are determined by the leaders.

- **Dogs**

Dogs are not allowed on most Eryri walks due to the presence of livestock, mountainous terrain or other members being afraid of dogs. However on certain easier walks, well behaved dogs on a short lead may be permitted if the leader has given prior permission.

2. Before the walk

- **Check for symptoms**

If you have any symptoms of illness, you must not attend the group walk.

3. Clothing and what to take

- Wear suitable clothing and footwear for the conditions. Take spare clothes.
- Bring your own food, drink and a first aid kit.
- Carry an In Case of Emergency Card (ICE) or Fob in the top of your rucksack.

4. On the walk

- **Walk responsibly and safely, respect the safety of others**

Rambling involves certain risks and is based on self-reliance.

You are responsible for your own actions, decisions and safety and the safety of those around you.

- **Follow the leader's instructions**

Listen to the briefing and follow the leader's instructions.

Let the walk leader or backmarker know if you have medical issues, feel unwell, or need to slow down or stop.

- **Follow the Countryside Code**

- Be considerate to others living, working and enjoying the countryside
- Leave gates and property as you find them
- Give animals, livestock and horses plenty of space and do not feed them
- Do not block access to gateways or driveways when parking
- Follow local signs and keep to marked paths unless wider access is available
- Take your litter home - leave no trace of your visit

Finally, just come along, relax and enjoy it!