



## **Information for Walkers**

**Coronavirus:** Participants must not attend if suffering from any Covid symptoms, or if under instruction or guidance to isolate. Welsh or UK Government Covid restrictions may apply dependent on the walk route, and it is the walker's responsibility to understand and comply with any applicable regulations, especially when gathered in a stationary group (e.g. at start of day, viewpoints or meal/refreshment breaks). In the event of a positive Covid test within 3 days after walking notify [chepstowwaw@hotmail.co.uk](mailto:chepstowwaw@hotmail.co.uk) as soon as possible.

**Cancellation:** In the event a walk cannot proceed as advertised, or a ticket cannot be used, Chepstow Walkers are Welcome will attempt to provide a place on a suitable alternative walk during the Walking Festival (subject to availability).

**Contact:** if you need to get in touch please either email: [chepstowwaw@hotmail.co.uk](mailto:chepstowwaw@hotmail.co.uk) or call 01291 641856

**Start of the Walk:** All walks and events will commence at the advertised time, please ensure you arrive at least 10 minutes prior to the start.

**Satnavs:** be aware that rural postcodes may indicate a general area rather than an exact meeting point. The Grid reference gives the most accurate location.

**Duration:** Times given are approximate, depending as they do on the size and speed of the group, the number of stiles, weather, etc.

**Walk numbers:** places will be accepted on a 'first booked' basis which means that the booking form and payment have been received by Chepstow Walkers are Welcome, Chepstow TIC or Chepstow Museum. When bookings for a walk reach a maximum (usually 20-25) we will show the walk as fully booked. It may be possible to join a waiting list for fully booked walks, please get in contact and we will advise.

**Medical conditions:** Please inform the Walk Leader if you have any pre-existing medical condition of which he/she should be aware or for which you may be carrying medication. Any information given will be treated in the strictest confidence.

**Footwear and clothing:** should be suitable for the prevailing weather and the type of walk. Walking boots are a minimum requirement for all countryside walks.

**Safety:** Your leader's duty is to the group and they may refuse to accept any walker whose clothing, footwear or equipment is unsuitable. If you choose to leave the group at any time, your leader is no longer responsible for you. In the event of adverse weather conditions, the walk leader may change the route or reduce the length of the walk in the interests of health and safety of the group, or terminate the walk

should walker safety be in doubt. If the event has to be cancelled under circumstances beyond the control of Chepstow Walkers are Welcome, we will endeavour to phone participants as soon as possible. Young people aged 16 and under must be accompanied by a responsible adult.

**Exceptional weather:** walk leaders will be at the start point and will be responsible for re-routing or cancelling the walk should walker safety be in any doubt.

**Refreshments:** Please ensure that you have enough water and food for the length of the walk. Check the walk description. You may need to bring a packed lunch for full day walks. Some walks have the opportunity to purchase a meal or refreshments at the end of the walk.

**Dogs:** Where the walk is described as unsuitable, please do not bring your dog. Some of our walks are designed with dogs in mind (see individual walks details) If this is the case, please keep your dog under close control on a short lead at all times. Where possible the walk leader will indicate opportunities for 'off lead' walking. Please consider your dog's welfare and capability to cope with the weather conditions and complete the full distance of the walk, including negotiating any stiles.

**Fitness:** Walkers must check they are capable of undertaking selected walks.

### **Walk Grading**

**Easy:** Suitable for most levels of fitness. Gentle pace few if any stiles.

**Moderate:** Short sections of steeper gradients and or some rough terrain but any climb will be taken at a relaxed pace. Suitable for most people of average fitness.

**Energetic:** Longer distances with some steeper ascent and descent, rough terrain and obstacles. Requires a good level of fitness.

**Strenuous:** The longest distance with some sustained steeper slopes and hard terrain. Requires a high level of fitness and stamina.