Details of your walk for the Ramblers programme

Please remember to complete the Risk Assessment form and email it to us before your walk takes place.

Please complete this document with as much relevant detail as possible, as this will form the basis for the walk description which will appear online. *N.B. You do not need to format the text.* *Just type the information and we will format the text for the web site.*	
	Add the walk information in this column
Title of Walk	
Date of walk	
Day of walk	
Leader's name	
Mobile number ***Please note that your consent to display contact details on the web is assumed when you add your number***	
Description Please provide information about the area walked And advise participants what to expect: e.g. good views, pub or café stop on the way.	
	Walk details continue on next page

Distance (in miles)	
Ascent (optional field) (in feet)	
Grading • Easy Access • Easy • Leisurely • Moderate • Strenuous *(Please refer below to Ramblers' grading advice if unsure)*	
Stiles (Number, condition?)	
Toilets (Where on walk, if any)	
Terrain e.g. narrow paths, steep drops, mud, scree, ascents, etc.	
Livestock Are we likely to walk through livestock?	
Social after walk Name of pub/café so regulars and newcomers know there is a social after the walk	
Dogs	"Dogs remain on short leads" **OR** "Assistance Dogs Only"
	Start / meeting details continue on next page

	Details for start of walk *(You can add an optional meeting point on the next page)* *N.B. Some often-used start points are stored for re-use by the Programme Secretary and those values will be used if you have selected the same start point.* If you wish, you can just provide the approximate location. Based on where you tell us you are starting, we will look up the exact Lat/Long, Post Code, Grid Ref and What3Words.
Start: Time	
Start: Location *Name of place, starting with town/area* *e.g.* **Cross Hands:** Heol Parc Mawr	
Parking *Free / Charge / on-street, etc*	
Start: Lat/Long *We add this with 4 digits after the decimal point.* (See notes at end for how to obtain all the location details using GridRefFinder.com).	
Start: Post code *Based on Lat/Long above* *(If unreliable for Sat Nav, state here)*	
Start: Grid ref *Based on Lat/Long above* *(2 letters followed by 6 digits)*	
Start: What3Words *Based on Lat/Long above*	

	Meeting details ***Only if you want a meeting place in addition to a start time/location*** You can, if you wish, just indicate the approximate location and we will complete the exact coordinates.
Meet: Time	
Meet: Location *Name of place, starting with town/area* *e.g.* **Cross Hands:** Heol Parc Mawr	
Parking *Free / Charge / on-street, etc* *(If leaving cars to car-share to start)*	
Meet: Lat/Long *N.B. To 4 places of decimal*	
Meet: Post code *Based on Lat/Long above*	
Meet: Grid ref *Based on Lat/Long above*	
Meet: What3Words *Based on Lat/Long above*	
	The above walk details can now be sent to the coordinator *(The grading explanation is on next page)*

Using Grid Reference finder:

***N.B**. Some often-used start points are held by the Programme Secretary and these values will be used if you have selected the same start point.*

Adding the exact location allows the Programme Secretary in most cases to set the SAT NAV facility on the Ramblers app to navigate to the start - plus it allows participants to understand where you will start.

If you have difficulty finding the exact Lat/Long, **just provide the approximate location** with a description of where it is - for the Programme Secretary to locate the exact location to set the SAT NAV values.

To find the exact or approximate location, you can use Grid Ref Finder.com (*works best on PC*).

Go to the web site https://gridreferencefinder.com/ and input an approximate location (*by typing in a place name, postcode, grid reference or What3Words*).

1. Now click on the exact location and read off the Lat/Long.
2. Reduce the length of that Lat/Long so there are only 4 digits after the decimal point.
3. Input that reduced Lat/Long back into the website to read off the resultant Post Code, Grid Ref and What3Words.

N.B. The Programme Secretary may adjust the above data slightly to accommodate SAT NAVs. Also, the Ramblers GB Walk Manager system may display slightly different values rather than the one we add to the web site.

How to grade your walk

This is how Ramblers nationally, tell participants if a walk is right for them

Note that it's always a good idea to give walkers as much information as possible, especially if any are new to the group, so this is why we ask you to give details about the terrain etc as well as the walk grading.

There are **six** categories listed below and a description can be read on the following pages:

- Leisurely
- Moderate
- Strenuous
- Technical
- Easy Access
- Easy

Leisurely

If you have:

- at least a **little bit of experience** of walking in the countryside and
- you have a **reasonable level of fitness**, these walks will be suitable for you.
- The walks **may include unsurfaced rural paths** and
- we **recommend** you wear **walking boots** and bring warm, waterproof clothing as appropriate for the season.

Moderate

- These walks may include…
- **some steep paths and open country** walking.
- They **will be at a brisk pace** so
- you will need a **good level of fitness** and
- **experience of walking** in the countryside.
- **Walking boots** and warm, waterproof clothing are **essential**.

Strenuous

- These walks….
- **will be at a brisk pace** and
- may include **hills and rough terrain**.
- They are recommended **only for experienced country walkers** with
- an **above average level of fitness**.
- **Walking boots** and warm, waterproof clothing are **essential**.
- If you are new to walking with the group, please contact the walk leader in advance to check the walk is suitable for you.

Technical (*Swansea Ramblers do not at present offer this level of walk*)

- These walks are suitable for experienced and very fit walkers
- with additional technical skills such as scrambling and use of ice axes or crampons.
- All participants should contact the walk leader in advance for further details.

Easy Access

- These walks use easy access paths and…
- **are suitable for everyone**,
- including people with **wheelchairs and pushchairs.**
- **You don't need walking boots**, comfortable shoes or trainers will be suitable.
- It's possible wheelchair users may need some assistance on some sections so
- please contact the walk leader to discuss if you are a wheelchair user.

Easy

- These walks are suitable for anyone who:
- has **some level of fitness** and…
- who **doesn't have a mobility** difficulty **or health** concerns.
- The walks are generally **suitable for pushchairs** (*but they may need to be lifted over occasional obstructions*).
- **You don't need walking boots**, comfortable shoes or trainers will be suitable.