

Booking Process

1. To book a FREE place on any walk, please email the walk leader for the relevant walk. They will then email you the starting point and walk details.
2. When you contact the walk leader, please give them **your mobile number** and an **Emergency Contact number** of a friend or family member.
3. Once you have booked a place, please let the walk leader know if subsequently you cannot make the walk. There maybe people on a waiting list wanting to join that walk.
4. Check the weather for your walk and dress appropriately. On our walks we bring hot and cold drinks with us, plus food to have a mid-morning stop and lunch on a longer walk.
5. Please note assistance dogs only are permitted.
6. Photos will be taken for social media purposes with your consent.