



PUB WALK SAFETY TIPS *developed by* **CAMRA and Ramblers**

1. Check the weather forecast before you set out, take a waterproof and keep an eye on the sky. Remember, the weather can change quickly if you're in hills or mountains.
2. Make sure you feel comfortable with the length and difficulty of the route you're attempting.
3. On longer walks, try taking off your shoes to give your feet a chance to dry off and cool down.
4. If you're walking in a group, take special care of kids and look out for anyone who might need extra help. Don't just follow the person in front - look around you and be aware of what's going on.
5. Stick to the Highway Code when walking on roads, and always use the pavement and designated crossings.
6. Let someone know where you're going and when you're due back.
7. Make sure you have enough food and drink and wear suitable clothing.
8. Wear comfy shoes that you've worn in and a good pair (or two) of socks to help prevent blisters.
9. Pack some plasters, just in case!
10. Take a suitable map for your route, and know how to read it; bear in mind that things may have changed if the map is a few years old.
11. Don't forget a fully charged mobile phone.

For more on walking safety, visit www.ramblers.org.uk/safety

Walking in a group

Are you considering getting a group together for your pub walk? Check out these tips below!

What makes a good group walk?

- Convenient time and starting point
- Appropriate length, pace and terrain
- Interesting and varied environment
- Safe and attractive surroundings
- Good leader
- Friendly crowd
- Commentary on points of interest
- Socialising afterwards

Where to find your route

- Ramblers Routes www.ramblers.org.uk/ramblersroutes
- CAMRA Walks book series <https://shop.camra.org.uk/>
- Contact your local CAMRA branch <http://www.camra.org.uk/camra-near-you>

- Guidebooks
- Walking websites
- Other walk leaders
- Your local walking network

Good group walking practices:

1. Before the walk

- Choose your route.
- Think about the location, length and timing, and whether you want a linear or circular walk.
- Consider the season, terrain, climbs, and the likely ability and fitness of the group.
- The route you chose may be one you already know, or may be taken from a map or guidebook. Think about any points of interest along the route.
- Check transport options, including public transport and parking, and arrange a central meeting point ideally with refreshments and toilets.
- If possible, do a recce of the route, making a note of tricky navigation spots, hazards and problems. Change the route if necessary. Check timings, rest and toilet stops, escape or alternative routes, any access restrictions and mobile phone coverage.

2. The day before

- Check weather forecasts. If you're going into the mountains, check www.mwis.org.uk. Be prepared to cancel or change the route if the weather is too bad.
- Check public transport again, and let any pubs and cafés know if you plan to stop there – check they'll be open!
- Check personal gear and first aid kit.
- Charge mobile phone.
- Be prepared to answer queries from members of the group.

3. On the day

- You may want to think about whether you want all walkers to carry an emergency contact number and medical details, or whether you want to record these details yourself.
- Give people chance to let you know of any relevant medical conditions in private.
- Be early and welcoming.
- Where appropriate – for example if you're facing challenging terrain or bad weather – check the equipment of walkers and be prepared to turn people away if they don't have adequate clothing.
- Appoint someone to stay at the back of the group (as a backmarker) so no one gets left behind.
- Introduce yourself and the backmarker and give details of the walk: the route, estimated finish time, refreshment stops and points of interest.
- Mention any expectations you have of walkers, and make them aware of any places where they need to take particular care.

- If there are dogs in the group, keep them under close control, particularly during the bird breeding season on moorland (the months of March to July).
- Count the size of your party and set off together for the start of the walk.

4. On the walk

- Frequently check that you can see your backmarker, or keep in touch with them by phone. Allow people to re-group as needed.
- Set a pace to suit the fitness and capabilities of the party.
- Check your route frequently against the map.
- Mention any points of interest.
- Make sure everyone is OK going over stiles, through gates and forests, across roads and in poor weather. Occasionally do a count to make sure everyone is present.
- Be alert to any problems with individuals, weather, road walking or crossings.
- Importantly – enjoy the walk!

5. At the end of the walk

- Check everyone has returned and can get home, and thank them for coming.

If you don't fancy arranging your own group walk, join one of the Ramblers' group walks – there are over 48,000 a year across Britain:

www.ramblers.org.uk/groupwalks

Or contact your local branch – many of which organise “RambALEs”!

<http://www.camra.org.uk/camra-near-you>