

# Llanelli Ramblers



## Walking with Llanelli Ramblers

You may find these tips useful if you are thinking of joining us on one of our walks.

### Choose a walk

- Check the Walks Programme, the group's 'walk details' email or the programme page of our website ([www.llanelliramblers.org.uk](http://www.llanelliramblers.org.uk)) and choose a walk that is suitable for you. If you have any questions about the walk, please contact the walk leader or named contact for further information.
- Please book onto the walk in advance. Please follow the guidelines given in the walk details and contact the named person to book your place during the registration period. Please note that some walks may have limited places. When you register for a walk, please would you provide your contact details (name and telephone number) to enable the walk leader to keep in touch with you, if need be, before the walk and for contact tracing purposes, if needed. Your details will be kept for 21 days for this purpose.
- If you need to cancel, please let the walk leader know as soon as possible as there may be others on a reserve list who may then be able to join the walk.

### Get ready for the walk

- Please wear suitable clothing and footwear for the conditions - if in doubt, please ask the walk leader.
- Please bring sufficient food and drink / water to sustain you for the duration of the walk.
- As we are in post-Covid times, you are advised to bring hand sanitiser and a face covering.
- When travelling to and from the walk, please follow the latest advice from government and transport operators to keep yourself and others safe.

### Enjoy the walk

- When you arrive at the location of the walk, please ensure that the walk leader knows you are there and that your name and contact details are on the registration list.
- Please take note of the walk leader's welcome briefing about what to expect on the walk.
- If you feel unwell, or need to slow down or stop, please let the walk leader or back marker know.
- Please walk responsibly and follow the Countryside Code. Please be considerate to fellow walkers and path users.

Llanelli Ramblers: Information for Walkers September 2021 (based on information and guidance issued by Ramblers Cymru) **(V3: Updated: October 2022)**

**We look forward to welcoming you on one of our walks and hope that you will enjoy walking with us!**