

Grading Table covering all walks

Wednesday 1	1	2	3	4	5	6										
Wednesday 2			3	4	5	6	7	8								
Friday 1						6	7	8	9	10	11					
Friday 2								8	9	10	11	12	13			
Sunday 1								8	9	10	11					
Wednesday 3 & Sunday 2											11	12	13	14	15	16

Check with the Grading shown on the programme for each walk to satisfy yourself that you are able and competent to go on that particular walk

General Notes

Please ensure that the Secretary has your up to date e-mail address. marinawalkers@outlook.com

Height and Gain

The height figure represents the maximum height the walk will reach and the gain is the cumulative amount of ups done to get there. Not all walk coordinators are equipped to accurately state these statistics and that whilst we will try to correct obvious errors we will still have to accommodate best guesses.

Dogs.

Due to the nature of walks DOGS are not allowed on Wednesday (3) or Sunday (2) walks. Dogs on other walks are at the discretion of Walk Leaders

Walks are open to everyone without subscription. Please note the **Distance, altitude and grade** of each walk, plus the things you should bring, i.e. drinks and suitable footwear. Leaders have the right to refuse participation on a walk if people are inadequately equipped

Remember it's cooler in the mountains and your clothing should reflect the season,

e.g. a jacket for protection from the cold winds and or rain Experienced and trainee leaders are always welcome.

N.B. Wed. 1 & 2 walks will finish in time for Menu to be taken at a restaurant of your choice.

Fri. 1 walks are Menu or Picnic (varies) Friday 2, Wednesday 3 and Sunday 1 & 2 require a picnic

GPS Co-ordinates

Co-ordinates are given as Degrees, minutes and seconds.

Emergency Services Phone Numbers 112

LEGAL DISCLAIMER

We are a collection of people who meet on occasions for walks in the countryside.

It is essential to carry your SIP Card, EHIC or Proof of Travel Insurance with you **Walkers take part entirely at their own risk and no legal liability is expressed or implied**



Please wear suitable footwear

