

Short Walks (Weds)

When and where we walk

We meet on the second Wednesday of the month. It is hoped that this will expand in the future to meet on 2nd and 4th Wednesday of each month.

Walks begin at 10am and are about 5 miles long. The walk will aim to start promptly, so please plan your journey allow time for any delays en route and to "boot up" on arrival and let the walk leader know if you will be late.

We finish around lunchtime, and usually offer the option to stay for a pub or café lunch.

Walks are typically within a one hour drive from Beverley. We often walk in the Yorkshire Wolds, with the ups and downs that this involves.

How are the walks organised?

Walks are either organised the Group Coordinator, or by group members who offer to lead walks.

Group sizes vary up to a maximum of twenty.

We usually take a break around 11am so you can bring with you a snack and drink e.g. a flask and cereal bar or piece of fruit. Additional supplies of water are always advised, particularly if the weather forecast is warm or hot.

Details for each walk are emailed to other group members a week or so in advance, with a request to indicate if you intend to walk and whether you will be staying for lunch. The walk leader will do a recce of the route in advance and the invitation email will give outline details of the terrain, whether there are stiles or muddy patches or other hazards, and will indicate whether there are any livestock to be aware of. Do note that the situation can change between the recce and the walk.

Emails are sent via the Beverley & District u3a database; this means that if you do not renew your membership in the Spring you will not receive details of forthcoming walks.

When replying to the walk leader we ask that you provide them with telephone contact details - preferably WhatsApp / mobile phone numbers so that you can be contacted if

you are not at the start venue on time, or if there are last-minute changes to arrangements. If you are delayed in your journey, please try to notify the leader.

Your Safety

Because the routes are mostly on country footpaths, sturdy walking boots or shoes with a good grip are required. Walks are very rarely cancelled due to inclement weather but it is nonetheless important to wear appropriate and adequate warm and waterproof clothing - Don't forget a hat !

Some walks will necessarily include stretches of minor road - we ask that you walk in single file and cross roads as an individual rather than as a group.

Please be aware that mobile phone coverage can be patchy in the areas we tend to favour. It is a good idea to download the what3words to your mobile phone –the emergency services can use them to locate any incident.

Walk leaders are not First Aiders and it is advisable to carry a small first aid kit in your rucksack to deal with minor cuts, blisters, grazes etc together with any medication you may need, and some sunscreen. Ticks are not usually a problem in the terrain we walk in, but it is sensible to check when you next shower after a walk.

Dogs substantially increase the risks of injury should we encounter cattle on the walk and so are not welcome on u3a walks.

Who can join in ?

The group is open to all members of Beverley & District u3a. Non-members of Beverley & District u3a can join one walk to see how they get on with the group, and whether they wish to participate in future walks. Thereafter they must become current members of the Beverley & District u3a in order that insurance requirements are not jeopardised. The u3a has insurance in the event of third-party claims and does not include personal injury insurance