

# Haslemere u3a – New 5 Mile Ramblers Group - 2025-26

## Notes for Group Members

All walkers must be a member of Haslemere u3a. If there is space, we will accept members of other branches with which we have a reciprocal arrangement.

We walk on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month, starting in September and finishing at the end of July. There is a break at Christmas. We publish a list of walking dates for the year and this is periodically updated with details of the walks and their leaders. An email is sent to members about 10 days beforehand with detailed information about the next walk.

There is an expectation that, if you are accepted into the group, you will endeavour to walk regularly. We walk in all except the worst of weathers and we expect members to wear appropriate footwear and clothing for the weather conditions. We also require people to have a reasonable degree of fitness as many of our walks involve lengthy or steep climbs.

All walks, unless otherwise indicated, will be approximately 5 miles long and start promptly at 10am usually from a pub. We do not confine ourselves to the Haslemere area so walks may involve car journeys of 30-45 minutes.

Group members take turns to lead walks and as we walk approximately 21 times a year everyone has to be willing to take their turn as leader. We expect new members to work towards leading a walk. We give novice leaders plenty of support and help with planning and leading including pairing up with more experienced members. We have a catalogue of over 300 walks together with books and OS maps for members to borrow.

As well as choosing and reconnoitring their walks, leaders are responsible for collecting the names of those walking and for organising lunch arrangements. We are a sociable lot so most of the group have lunch at the pub but it is not obligatory. It is important that members let the walk leader know by the time stated in the email, which is usually a few days before the walk, whether they will be walking, walking and lunching or not attending. Some pubs are happy for us to order before we set off on the day but others need to know beforehand. If the latter, walkers are expected to notify the leader of their menu choices by the stated time.

Walking is one of the healthiest and safest of outdoor activities. However, neither Haslemere u3a nor the walk leader has control of the environment of the walks, the weather, animals or indeed of the walkers themselves. Whilst taking normal precautions, providing reasonable help and assistance as necessary, they cannot accept responsibility for any circumstances affecting the health and safety of the walkers in the party.

Walks organised by u3a groups automatically receive Public Liability Insurance cover through the Third Age Trust. This is designed to protect leaders against claims for damage to property and for injury or death, which might have been occasioned on the walk. This is not a personal accident insurance and accordingly participants on walks

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are responsible for their own health and safety and the safekeeping of their belongings, equipment and clothing.

Purely as a precaution, we ask all members of the group to carry a card on their person (or in their rucksack) with details of their emergency contacts, GP, medication taken and any allergies etc. The walk leader carries a first aid kit but you might also wish to carry some basic first aid items eg plasters and anti-histamine cream. Members have a responsibility to the group not just to themselves so if you are not feeling well it is better not to walk than risk being a liability.

Participants on walks should follow the advice or instructions of the walk leader in order to minimise any risk to themselves and should ensure that they do not endanger any others in the party. To help achieve a problem free walk we do not allow dogs.

John Penwarne  
Group Organiser

20/08/25