

## WALKING GROUP

### February 2019/March 2019 Walks

<b>Date</b>	<b>Location</b>	<b>Distance</b>	<b>Grading</b>	<b>Leader</b>
February 5th	Lyme Park	5.5m	Easy	Sue Ward
February 13th	Reddish Vale	5m	Easy	Judith Lynch
February 20th	Chadkirk	5m	Easy	Val Bradshaw
February 26th	TBA			Maxine
March 6th	Mill Brow	4m	Moderate	Judy Rhodes
March 12th	Lantern Pike	5m	Moderate	Roy Bradshaw
March 20th	High Lane	5m	Easy	Sheila Stafford
March 26th	TBA			Gillian Cheesman

### Walk Grading

**Very Easy:** More or less flat, good surface, few stiles  
terrain      **Easy:** Small sections of hill, not too rough, limited stiles  
More climbing and/or more stiles      **Moderate:** Typical of local  
**Moderate +:**

**All walks meet IN Brabyns Park for prompt departure at 10am.** Car passengers are asked to contribute 10p per mile to petrol cost.

**Walking safety:** Footwear (walking boots), clothing and equipment needs to be suitable for the conditions likely to be encountered. This area is famous for changeable weather so come prepared for all eventualities. Bring your mobile phone and inform the leader of your phone number and that of an emergency contact. Provide your own first aid kit.

**Refreshments:** Bring more than adequate food and drink for the length of walk and weather conditions. Remember delays sometimes occur.

**(D)** Indicates that the walk is some distance away and will therefore take longer. All walks are subject to change.

Please stay with the group unless you have arranged with the leader to do otherwise.

All are welcome. Suitable walking clothing is essential, as is food for lunch. Full details on the Marple Bridge and Mellor U3A Web Site.