Please note that the leader may change the walk because of adverse weather or for other reasons. Leaders will try to set a pace within the capabilities of the entire party. Members must co-operate and stay within a reasonable distance so that the party does not split up. This is important especially for large parties and/or poor visibility. On high level walks it is highly desirable that everyone should carry a map and compass and should know (or learn) how to use these.

SAFETY: Members **MUST NOT** walk out of sight or sound of the leader. Slower walkers have to be considered and encouraged and especially in poor weather conditions Members can easily become separated from the main party.

GRADES OF WALKS:

'A' Strenuous. For the fit, usually over hilly and rough terrain. Could involve steep ascents and descents. Some 'A' grade walks are designated "at an easy pace" for those who find the normal 'A' grade pace too fast. In dubious weather it is advisable to contact the leader for advice.

B+ Moderate to Strenuous.

'B' Moderate. Lower hills and/or undulating ground. Suitable for anyone of average fitness. DISTANCE USUALLY MORE THAN 8 MILES.

C+ Easy to moderate. Mostly on level ground but could involve either short uphill sections, rough ground or longer distance than 'C' grade walks. DISTANCE APPROXIMATELY 7-11 MILES.

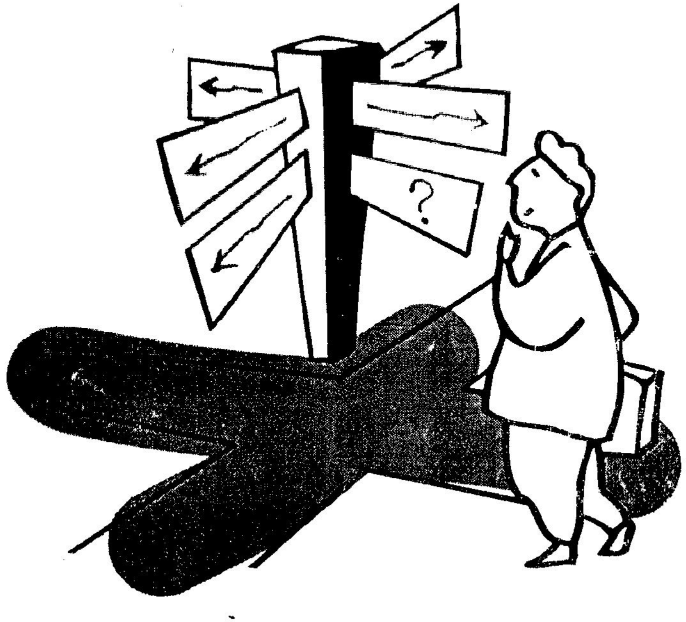
C Easy - Mainly on level ground usually on paths, tracks or minor roads. DISTANCE APPROXIMATELY UP TO 8 MILES. Please note that the gradings given for walks are intended only as a rough guide. For further information on a particular walk contact the leader.

EQUIPMENT/WHAT TO BRING: Warm and waterproof clothing should be carried and strong footwear should be worn. Walking boots are essential on all 'A' grade walks and on most 'B' grade walks and desirable for 'C' grade walks. Neither the Group not the leaders of walks in the programme can accept liability for any accident which may occur on any group walk. Personal Accident insurance for ramblers and mountaineers is available from British Mountaineering Council Service Ltd, Crawford House, Precinct Centre, Booth Street East, Manchester M13 9RZ.. Leaders phone numbers are given so that members can check on details such as public transport arrangements etc. Prospective new members are welcome to come along on a few walks as visitors.

WE REGRET NO DOGS ALLOWED

RAMBLERS ASSOCIATON

PAISLEY GROUP



WINTER/SPRING
2000/01