

Additional Information

We all hope you can join us for at least one of our events, and we look forward to seeing you! Remember there are no fees or charges for the activities, unless otherwise notified.

Family Events Only

We request that you book places on the activities that you wish to participate in, purely so we can organise enough equipment to provide a **fun**, enjoyable activity on the day!

Please contact Lesley on 01685 874672

Walks – no booking required

Remember if you are going on one of the walks to wear suitable footwear and clothing. This means wearing well fitting shoes designed for walking in the countryside, preferably with ankle support. Clothing should be sufficiently warm for the conditions with a wind and waterproof layer. Walking is strenuous and therefore food and sufficient drink should be carried, especially water in summer. It is also important to cover up or apply sunscreen to unprotected skin to prevent sunburn. For your safety, walk leaders have discretion to alter the route, cancel it altogether in sufficiently bad weather conditions, or refuse to accept you on the walk if you are not appropriately dressed.

N.b. For all walks and events a responsible adult must accompany children

HOW DIFFICULT IS THE WALK?

Use the distance, and the star grading below to check the walk is suitable for your level of ability. If in doubt telephone the walk leader for more details of the route.

*EASY GENTLE STROLL
**SOME EXERTION NEEDED

*** STRENUOUS
****VERY STRENUOUS

On walks, you can usually meet at Ystrad Sports Centre (check the time as they can vary) to share lifts to the start of the walk. A small donation to the driver to cover fuel would be welcome. To meet at the start of the walk please ring the walk leader for information.

WALK LEADERS TELEPHONE NUMBERS

Barry	01443 688391	Bill	01443 491819
Mob.	07957 912922	Mob.	07828 496404
Viv	01443 226459	Will	01443 432529
Mob.	07720 910552	Mob	07792168585