

# Llanelli Ramblers



## Welcome back to group walking!

Ramblers Cymru has put together a few pieces of advice to help us prepare for a walk so that we can all have an enjoyable and safe experience. You may find the tips below useful when you are planning to join one of our walks.

**Covid-19:** If you have symptoms or have been asked to self-isolate, please do not attend a Ramblers group walk. We will be pleased to welcome you on another walk soon!

### Choose a walk

- Check the Walks Programme or the group's 'walk details' email and choose a walk that's suitable for you. If you have any questions about the walk, please contact the walk leader or named contact for further information.
- Please book onto the walk in advance. Please follow the guidelines given in the walk details and contact the named person to book your place on the walk after the registration period has opened. Please note that some walks may have limited places. When you register for a walk, please would you provide your contact details (name and telephone number) to enable the walk leader to keep in touch with you, if need be, before the walk and for contact tracing purposes, if needed. Your details will be kept for 21 days for this purpose.
- If you need to cancel, please let the walk leader know as soon as possible as there may be others on a reserve list who can then be invited to join the walk.

### Get ready for the walk

- Please wear suitable clothing and footwear for the conditions – if in doubt, please ask the walk leader.
- Please bring sufficient food and drink/water to sustain you for the duration of the walk.
- You are advised to bring hand sanitiser and a face covering.
- When travelling to and from the walk, please follow the latest advice from government and transport operators to keep yourself and others safe.

### Enjoy the walk

- When you arrive at the location of the walk, please ensure that the walk leader knows you are there and that your name and contact details are on the registration list.
- Please listen to the walk leader's welcome briefing about what to expect on the walk.
- If you feel unwell, or need to slow down or stop, please let the walk leader or backmarker know.

Llanelli Ramblers: Information for Walkers September 2021 (based on information and guidance issued by Ramblers Cymru) (V2: Updated: February 2022)

- Please walk responsibly and follow the Countryside Code. Please be considerate to fellow walkers and path users and respect other people's space.

**Have a lovely time and enjoy the walk in the company of like-minded people!**