

Guidance for Hikers

The guidance below is for everyone walking on a Rambler Hike and should be read in conjunction with the Guidelines for Leaders published in every edition of the Rambler. Even if you are not a leader, you have a duty to act responsibly on the mountains, both for your own safety, and for the safety and enjoyment of fellow hikers.

Preparing for the hike: -

- Please ensure you bring the Hiking Essentials listed with the hiking programme in every Rambler
- Try to car share if possible.

At the start of the hike: -

- If this is your first hike with the Ramblers or you are an Associate Member, introduce yourself to the leader.
- Don't be afraid to inform the leader if you have forgotten something. Help is always at hand.

On the hike

- Walk on existing paths and avoid widening paths, even if it means muddy boots.
- Cross walls, stiles and fences in single file.
- Replace any stones dislodged from walls.
- Open gates in preference to climbing them, making sure to close them afterwards.
- If climbing gates, use the hinged side.
- Observe the Leave No Trace Policy
- Consider picking up some litter as you go.

Responsibility towards the Leader

- ***At all times, stay within visual contact of the leader. This could mean walking at a slower pace than you would like to as conditions dictate.***
- If you can't continue on the hike or wish to leave the hike route at any point, be sure to let the leader know, either directly yourself, or by telling someone else; otherwise, the leader could get concerned about your whereabouts and waste time looking for you.
- If you are injured or fatigued, the leader will arrange for someone to accompany you back to the start by the easiest route. If you leave the hike for any other reason, you are then responsible for yourself.
- **N.B.** If you go too far ahead of the leader and lose contact, then you are considered to have left the hike and are responsible for yourself.