

Ramblers group walks | Information for walkers

It's great you're planning to head out on a Ramblers group walk! Here are a few tips to prepare and make it an enjoyable walk for all.

Covid-19: If you have symptoms or have been asked to self-isolate, you must not attend a Ramblers group walk. Please stay at home and we'll see you for another walk soon!

1. Find a walk

- **Check the walk listings** and find a walk that's suitable for you. If you have any questions, contact the walk leader or named contact.
- **Book onto the walk in advance, if possible.** Some walks have limited spaces so please follow the instructions in the walk listing if it asks you to book your place.
- **If you need to cancel,** let the walk leader know as soon as possible.

2. Get ready for the walk

- **Wear suitable clothing and footwear for the conditions** – if in doubt, ask the walk leader.
- **Bring food and water,** depending on the length of the walk.
- **Pack hand sanitiser and a face covering,** if you would like to do so.
- **When travelling to and from the walk,** follow the latest advice from government and transport operators to keep yourself and others safe.

3. Enjoy the walk

- **Listen to the walk leader's welcome briefing** about what to expect on the walk.
- **Register your attendance.** If requested, please provide the walk leader with your contact details so we can provide this to NHS contact tracers if needed.
- **If you feel unwell, or need to slow down or stop,** let the walk leader or backmarker know.
- **Walk responsibly and, most of all, enjoy it!** Be considerate to fellow walkers and path users. Respect other people's space and have a great time.

Always follow the [Countryside Code](#) or [Scottish Outdoor Access Code](#).