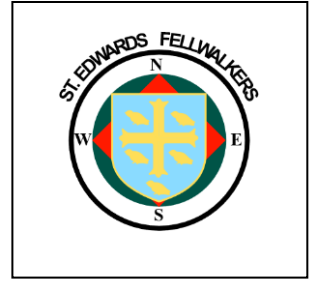


Information for New Members and Guests



Welcome to St Edwards Fellwalkers.

We are an all-weather, all-year round walking club, with walks taking place every alternate Saturday in areas such as the Lake District, Northumberland, Yorkshire Moors, Yorkshire Dales and Scottish Borders. You will get the opportunity to visit some of the most picturesque and scenic countryside, towns and villages some of which you have probably never even heard of!!

We have an active social calendar which includes activities such as Barn and Youth Hostel Weekends, camping weekends, theatre nights and social evenings. There is also the chance to take part in training activities such as map reading and first aid, plus the occasional challenge/long distance walk such as the Lyke Wake Walk or Three Peaks of Yorkshire.

1) Coach pick-up points

We use a 51-seater coach for every walk, and the coach follows the same route each week and collects members at a number of designated pickup points. The first pickup point is at Sainsbury's on the Broadway in Tynemouth. The coach then heads through Whitley Bay and Monkseaton and along the Old Coast Road to South Gosforth (see map for all coach pickup points). Some of our members bring their cars to park at their nearest pickup point. The coach company we currently use is Rowells of Prudhoe.

2) Which walk?

To join the club you have to be fit enough to walk a minimum of 6 miles comfortably.

For your safety, and that of others, members and guests should familiarise themselves with the Club Guidelines and the Generic Risk Assessment, which are included on the Home & Downloads pages of our website. If you do not have access to a computer, please contact us for a hard copy.

On the day there is usually a choice of five walks, which vary in distance and height climbed, to cater for the varying levels of fitness of members. These will often depend on local conditions, but are typically: -

1. A 15-16 mile walk, which will tend to reach the higher hills and is intended for the stronger faster walker. Examples include Lake District peaks & ridges and the higher hills of the Cheviots. (Average walking speed about 6 km per hour).
2. A 12-13 mile walk that may be fairly high but over a shorter distance. (Average walking speed about 5 km per hour).
3. A 9-11 mile walk, similar to the 2nd walk but with perhaps less height gained. (Average walking speed about 4 km per hour).
4. A 6-9 mile walk that is essentially low level with minimal hill walking. (Average walking speed about 3-4 km per hour).
5. A 4-6 mile walk, again a low level walk with very little or no hill walking (Average walking speed about 3 km per hour).

Choose a walk which you consider you can finish on the day, in the time allowed (usually between 5 and 6 hours), taking into consideration the weather, the expected conditions underfoot and your own level of fitness. Please don't learn the hard way about the need to make a suitable choice of walk before starting out. Maps will be circulated on the day which will show the distance, height and terrain of each walk and information is always posted on the club website in the weeks prior to the walk.

3) What shall I bring with me?

We believe in all members and guests enjoying their walk in safety and comfort. That said, if you are inadequately prepared for a given walk you may become a danger to others, as well as a danger to yourself. The best thing you can do for your own safety is to be properly prepared and equipped.

3a) Essential equipment - should include rucksack, walking boots, waterproof jacket, packed lunch, hot or cold drink, (1 litre water minimum - although more will be required in summer months). Waterproof trousers, hat, gloves and warm clothing will be required for winter months. Remember that synthetic fibres have much better breathing and drying qualities. Cotton clothing should be avoided and **jeans should never been worn on a walk**. You should also bring a first aid kit, bivvy (survival) bag, whistle and spare clothing. A torch & spare batteries should also be carried during the winter months.

3b) For additional safety - you may wish to bring a map and compass (and know how to use them).

3c) A change of clothes - as we walk in all weathers we can often end up quite wet and muddy so we will change into dry, comfortable clothing for the evening stop at the pub. You can leave your spare clothes in a separate bag on the coach.

4) A typical day out

You should plan to be at the bus stop at the designated time. Look out for other members and of course the coach, operated by Rowells. Please be aware that other walking clubs may use the same pick up points, so make sure you get on the correct coach! Rucksacks and bags containing your change of clothing should be placed in the side lockers of the coach. We usually turn up already dressed in our walking gear & walking boots.

Once all pickups are completed the club Chair (or deputy) will announce the format of the day. The walking routes for the day will be circulated and you will get the opportunity to put your name down for your chosen walk. A good rule of thumb if you are not sure which one to do, is to start with the shortest and work your way up. About half way to our destination we will stop somewhere for toilets, coffee or breakfast, although some people prefer to stay on the bus and bring their own refreshments.

After you have chosen which walk to do find out who the walk leader is (there will be one for each walk). This person will lead the group for the day's walk. **Please note that you undertake walks at your own risk and your safety is up to you.**

The club Chair (or deputy) will announce when it is time for your walk to get off the coach, there will be time to get your rucksack out of the side lockers and put on any waterproofs etc. Each walk will have a stop for lunch, the duration and time of the stops vary depending on the weather and walk distance. The walks may be linear or circular but you will always meet the coach at the end of the walk. Don't worry, your fellow club members will keep you right, so don't be afraid to ask.

Once back at the coach you can, if you wish, change out of your walking gear (most of us do). We usually all meet up in a local pub/hotel where the walk has finished giving you the chance to socialise and get an evening meal if you so wish (some do, some don't). The coach usually leaves at around 6.30 pm and arrives back in Tynemouth between 8.30 and 9 o'clock.

5) Membership

The cost of joining the club is £15, which is renewable (£15) every January. Please complete the Application Form (available on the website) and return it to the Membership Secretary. Prior to joining, you might want to try a walk as a **guest** (see 5b below).

5a) Bookings

- Each walk costs £12.50 regardless of the destination, which reserves you a seat on the coach for that day.
- Walks can be booked up to six weeks (three walks) in advance.
- Bookings can be made online via the website (stedwardsfellwalkers.co.uk) or by contacting Clare Sarin at bookings@stedwardsfellwalkers.co.uk or tel. 07732010362.
- Walks can also be booked prior to the committee meetings which are held in the Community Room at Morrisons supermarket, Tynemouth (NE29 9QR) from 7 pm on the Wednesday prior to every walk.
- For safety reasons, bookings & payments taken on the coach on a walk are kept to a minimum.

5b) Coming out as a guest

- Before committing to full membership you can join our walks as a **guest**. The cost is still the same as above (see 5a).
- To book onto a walk you should contact the Booking Secretary, as described above.
- You'll need to provide your name, full address, contact phone number(s), email address and next of kin name & phone number(s). This is simply so we can contact you if necessary, or in the unlikely event of an emergency on the day.
- Please note that for walks in high demand, priority for bookings is given to members.
- Normally, we allow guests to come on a maximum of 3 walks, after which we would ask that they become a full member.

5c) Cancellations & credits

- A full credit will be given for walk bookings that are cancelled no later than 6:00 PM on the Sunday prior to that walk.

5d) Additional benefits

- Your club membership may also entitle you to a discount at a number of local outdoor gear shops, including Walk Outdoors in Whitley Bay. Please remember to take your membership card with you.

6) Walk programme

The walk programme is arranged annually in advance and a copy is available to download from the club website.

7) What next?

If you need any further information or have any questions, please don't hesitate to contact me.

Ray Salkeld