

Just a few Guidelines regarding the Hill Walks.

These walks are intended for those of us who enjoy a good walk, tackling some gradients and uneven ground. Each walk description will give an indication of the difficulty so please read this and if in doubt, contact myself or the walk leader to discuss.

Participants should avoid walking alone. There should always be someone else within around 50m. This is to avoid walkers taking a wrong turn out of sight of other people. If there is a need to hurry ahead then at least two must go ahead together. Wait for others if you are unsure of the route.

On most walks there are likely to be some inclines where you will get out of breath and rather warm. Possibly there may be a shallow stream to cross and some paths are rocky. Wear comfortable walking shoes or boots which have a good grip.

A walking stick(s) is very useful for bad terrain and takes the pressure of the knees going downhill (available at Corte Ingles or Decathlon). Wear comfortable, loose clothing preferably of a light colour to reflect the sun if it is very hot (dark colours like black absorb rather than reflect the sun).

Apply plenty of suntan lotion on the face, neck and any exposed skin before starting and, we suggest, wearing a hat to keep the sun off.

Bring plenty of water to drink. Keep the bottle handy and stop to drink frequently to avoid the risk of dehydration. Bring some food to eat in order to maintain energy levels.

If rain is a possibility bring something water/shower proof.

Dogs are normally welcome but obviously you are responsible for their behavior and must be able to control them so that other walkers do not have their enjoyment spoiled in any way.

We leave the meeting points pretty much on time so until you get to know the meeting places allow yourself plenty of time to get there.

People participating in U3A activities are expected to be fully paid up members. However, members can bring guests and these can be people that are holidaying with them and pay a guest fee of 1 euro or people that are looking to sign up for the walks as U3A members. Guests or partners who wish to come more than once are expected to join. If a member brings a guest, the member is responsible for ensuring their guest is aware of our guidelines.

Participation in U3A activities is at one's own risk and neither the U3A nor the Group Leaders are responsible for any injuries, mishaps or losses however occasioned.