

Safety

1. All walks are undertaken at your own risk and you are responsible for your own safety.
 2. The walks have all been walk-checked but paths can become blocked or dangerous so it is recommended that you take a walking map - Ordnance Survey (OS) recommended - of the area with you; so, if possible, you can find a way to avoid it.
 3. If walking on your own, it is worthwhile letting somebody know before walking or take a mobile phone in case you have difficulties whilst walking.
 4. Check on the weather before walking and wear relevant clothing and footwear. Walking poles are recommended in bad weather. Take sunscreen if necessary.
 5. It is worth taking a basic first aid kit and plenty to drink.
- The walk grade is there to inform you how physically testing the walk is and are only a guide. The grades are as follows:

- **Easy Access** - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections, please take care using this grade.
- **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Leisurely** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.
- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.

Start locations and parking

1. Each walk specifies where to park. Parking may be limited.
2. Each walk specifies the start point by description, nearest Post Code, OS Grid Reference and 'What3Word' location.
 - Post codes will only get you to the vicinity of the start location and you may have trouble locating the exact start location by using this on a satnav. In the countryside locations can be very unreliable.
 - The OS 6 figure Grid Reference (e.g., TQ 572 843) can be used on the specified OS map by eye. Follow the link for instructions: <https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-to-grid-references/>
 - 'What3Word' locations are specified by 3 words separated by full stops (e.g., line.spectacle.defining) They define a unique 3 metre square on the surface of the earth and are therefore very accurate at specifying a start location. Each walk has a link that you can click on. (e.g., <https://w3w.co/line.spectacle.defining>) This will open the 'What3Word' website in your internet browser with a map showing the located square you can zoom out to see how to get there. If you have the 'What3Word' app. on your smart phone, clicking on the link will also take you to the map. If you click on the navigate button below the map it will let you display the location on your preferred mapping app. such as GoogleMaps, so you can then display directions to get there from your current location by car or by foot. 'What3Word' is used by 80% of the rescue services in Britain and can be used by them to locate you anywhere.

Maps and .gpx files

1. Each walk has an OS Explorer map of the walk on the last page of the Self-guided Walks leaflet. It can be printed and used to navigate the walk. The OS map has contours so you can assess the difficulty of the walk and has field boundaries to help you follow the path.
2. Each walk has a link to download a .gpx file (e.g., [Click here to download GPX file](#))
3. These files can be easily imported into a mapping app. on your phone or tablet to help you navigate the walk by showing the route, along with your current location at all times. The OS Maps app. is excellent for this giving you access to all Explorer maps across Britain but costs £25 per year. However, there are also free apps that support this feature.