

Welcome to the Ross and District Walking Group!

Now you are a member of our group we hope you enjoy our diversity of walks and social activities throughout the year. Most of what you need to know is on our website- rosswalkinggroup.co.uk but if you haven't time to go online here are a few essential bits of information for you to read.



Who's who...



Chairman Kath Baldwin
See contact link on website

Membership Secretary/Treasurer Cindy Smith
See contact link on website

Getting ready to walk...



Meet at the Sports Centre, Wilton, we share cars from there
Please inform leaders if you intend to go directly to the start of the walk, plans can change
Prepare for the weather suitable boots, warm/cool clothing, waterproof, hat, gloves, sunhat, suncream etc
Carry food and drink for coffee stop/lunch as advertised. Water is essential
Carry an essential medical kit especially for allergies, diabetes and any other personal requirements
Pop in your bag contact details of next of kin
Take your RTVD (Recommended Transport Voluntary Donation) to be paid to the driver to help offset some of his/her petrol expense. Also you might need to make a contribution to car parking.

Walkers walk at their own risk – come prepared!

The grades of walks explained....

The Grade Numbers (revised 2025) refer to hazards which may be encountered on a walk such as steep climbs, difficult stiles etc. The distance for any grade can be of any length, but it will generally be expected that Grades 1 and 2 will not exceed 6 miles.

Grade 1-Leisurely walk, usually shorter and generally flat, good paths with few gradients. If there are stiles these should be well maintained. Suitable for all members. (Leisurely)

Grade 2-Walks for the reasonably fit person. Paths will be good but a few sections could be muddy or overgrown. Obstacles such as stiles and steps may be encountered along with short and gentle ascents/descents. Suitable for most members. (Easy)

Grade 3-Walks suitable for fit and regular walkers. Likely to include un-surfaced rural paths, open country, moderate ascents and descents, stiles and other obstacles. (Moderate)

Grade 4-As Grade 3 but with long ascents and descents. (Fairly hard)

Grade 5-Walks for the more experienced walker with a good level of fitness. Likely to include steep and extensive ascents and descents, significant obstacles and rough ground. (Hard)

When considering going on a walk please refer to the grade and the distance and if it is not suitable for you don't go. If in doubt, ask the leader!



On the walk....

- There will be two leaders and both should know the walk. One will act as 'back marker' to keep the group together etc.
 - Any instructions from the leaders must be respected.
 - Keep behind the walk leader (exception being steep banks) and in front of the 'back marker'.
 - Let the back marker know if you are stopping for any reason.
 - Public rights of way over fields have a maximum width of one metre - do remember this when walking across planted fields. Single file is preferred if possible.
 - When walking on any metalled road do not walk more than two abreast and walk on the right hand side of the road, when safe to do so.
 - There may not be a qualified first aider on the walk. Nor may there be a first aid kit unless you bring your own.
 - Be aware of the system of signalling with whistles.
- One blast means **STOP**,
two blasts mean **GO TO THE WHISTLE SOURCE, THERE IS A PROBLEM.**
- In case of injury or incident, the injured person and the walk leaders/witness should complete and submit the accident form on the RWG website



Leading a walk...

The Group encourages everyone to try leading or co-leading a walk, with experienced members very willing to assist or advise. As a new Club Member we hope you will feel able to eventually contribute a minimum of one walk per year to the programme. **There are past walks advertised in the Walks Archive on the website and these can be used by members. We recommend that members contact previous leaders (see initials) as a courtesy and for assistance before the walk is advertised again.**

You might wish to...

Pre-register your phone with the emergency SMS service, which will allow text contact via 999 if there is an emergency and no phone signal. Details can be found at -**SMS to the Emergency Services or Emergency SMS and elsewhere on the internet**

