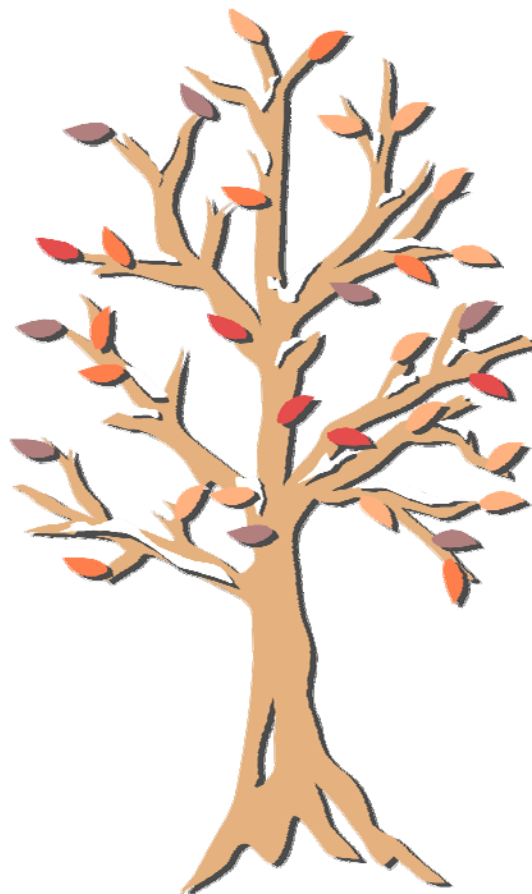


NAILSEA AND DISTRICT FOOTPATH GROUP

(Affiliated to HF Holidays)

Autumn Walks

1st October 2018 to 31st January 2019



Membership:

£4 for adults, persons 18 years and under are free.

Temporary membership:

New members may walk free for two walks but for insurance purposes must thereafter join the group as full members by payment of the subscription.

Conditions for Walking:

- All walkers walk at their own risk.
- All walkers are required to wear appropriate footwear and clothing and to take sufficient drink with them.
- For insurance purposes "Dogs/Animals to be kept on a lead and if appropriate to be muzzled."
- Dogs will not be allowed on coaches.
- The leader reserves the right to change the route of the walk, e.g. in adverse weather conditions.
- Should a walker wish to stop walking (for any reason) the appointed 'back-marker' shall be advised.
- The Countryside Code shall be followed:
Countryside Code - advice for the public
Be safe - plan ahead and follow any signs
Leave gates and property as you find them
Protect plants and animals, and take your litter home
Keep dogs under close control
Consider other people

General:

- For walkers own peace of mind they may wish to take out their own insurance cover and should carry their own First Aid kit, to include any medication needed in an emergency.
- Most walks are taken at an average of two miles per hour (3.25 kph). The leader will halt the group specifically for breathers/refreshments at intervals determined on the day according to group capability, weather and terrain conditions.
- All members are asked to assist in the organisation of lifts, especially for the Thursday walks.

Committee

Chairman:	Gordon Bennett
Tel:	01275 810067
Secretary:	Pete Dixon
Tel:	01275 855788
Treasurer:	Nigel Guy
Tel:	01275 855850
Footpath Officer:	Bill Tate
Tel:	01275 852118

Committee Members

Cynthia Gardiner	01275 857426
Cliff Mallinson	01275 856177
Dot Coward	01275 857431
Judy Hall	01275 853627
Tony Tublin	01275 853112
Margaret Dean	01275 794630
Heather Weston	01275 603202
Jan Dowman	01275 854116

General Walks Information

Grading:

* Easy	Fairly level, moderate gradients
** Moderate	Mixed levels, comfortable gradients.
*** Challenging	Rougher, undulating, longer and steeper gradients.
**** Strenuous	Harder hill and coast walks. Rough, rocky, stony, and boggy. Long sections of steep gradients.

Walk Contact: The contact number for the leader is given for every walk listed. It is suggested that you contact the leader before the day of the walk if you intend joining away from Nailsea.

Tuesday Morning Walks will be approximately 5 miles (8 kilometres) in length, circular. Meet at the far end of the Nailsea Tesco Store car park at 9:30am

Thursday All Day Walks will be approximately 8 miles (13 kilometres) in length, circular. A packed lunch is required. Meet at the far end of the Nailsea Tesco Store car park at 09:30am.

Thursday Morning Pub Walks will be approximately 5 miles (8 kilometres) in length, circular. They will start and finish at a Pub. Walkers should meet at **9.45am** at the pub, so they can pre-order their meal ready for a 10am start, contacting the leader for the start point. If you wish to be notified of the start by e-mail, contact Gordon Bennett: gb1@blueyonder.co.uk.

Please note that pub car parks are for the use of patrons only.

Morning Strolls will be 2 - 2½ miles in length over easy terrain and at an easy pace. Please contact leader for start point.

Shorter, Slower Strolls start at 10.30 on alternate Thursdays. Distance up to 2 miles, but taken at a slower pace and allowing time to investigate local features of interest en route.

Thursday More Challenging Walks will normally be longer than the usual Thursday all-day walks and may be 10 or more miles. They may be taken at a slightly quicker pace and will usually be unreccecd. Meet at the far end of the Nailsea Tesco Store car park at 9:00am. To receive details of these walks, contact Carole Venner at carole.venner8@gmail.com or Judy Hall on 01275 853627.

Notes

By joining a walk a person agrees to follow the instructions of the Leader, but also takes responsibility for his/her own actions.

We have an arrangement with the manager of Tesco to use the far end of the store car park on walk days but **ONLY** if car registrations are notified via the leader.

Suggested mileage rate

Passengers are expected to pay their share of transport costs. Based on the AA's cost of motoring for an average car, it is suggested that a rate of **18p per mile** be divided amongst all those travelling in the car. So, for example, if the total distance to and from the start of the walk is 50 miles, the total cost would be £9.00. If there are 3 people in the car, the driver plus 2 passengers, each would contribute £3.00, and the 2 passengers would pay this amount to the driver. A share of any parking fees or tolls should be paid in addition to this sum. Drivers should feel free to increase or decrease the suggested mileage rate according to the size of their car and running costs.

A SNIP IN TIME SAVES NINE. If you are able, please carry secateurs and assist with path clearance whilst on walks.

Tuesday 2nd October

Morning walk
Leaders: Ginny Watts

Wednesday 3rd October

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 4th October

All day walk
Leaders: Jan and Tony Dowman

Sunday 7th October

All day walk (packed lunch)
Camelot and Orcas
Meet: Clevedon Road car park at 9am
Distance: 10 miles
Terrain: ** moderate
Leader: Chris and Ginny Watts

Wednesday 10th October

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 11th October

Pub walk
Leader: Pam Billingham

More challenging walk
Leader: Nigel Guy

Shorter, slower stroll
Leader: please see page 5

Tuesday 16th October

Morning walk
Leader: Brian Webb

Wednesday 17th October

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 18th October

All day walk
Leader: Nigel Guy

Saturday 20th October

All day walk (packed lunch)
Looking over the Wye Valley
Meet: Clevedon Road car park at 9am
Distance: 6½ miles
Terrain: ** Moderate
Leader: Diane Bennett

Sunday 21st October

Afternoon walk
Meet: Nailsea Library at 2pm
Leader: Christine Morgan

Wednesday 24th October

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 25th October

Pub walk
Leaders: The Clapton Girls

More challenging walk
Leader: Gordon Bennett

Shorter, slower stroll
Leader: please see page 5

Tuesday 30th October

Morning walk
Leader: Maurice Edwards

Wednesday 31st October

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 1st November

All day walk
Leader: Ginny Watts

Wednesday 7th November

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 8th November

Pub walk
Leader: Carole Venner

More challenging walk
Leader: Tony Dowman

Shorter, slower stroll
Leader: please see page 5

Sunday 11th November

All day walk (packed lunch)
One of Jan's favourite walks
Meet: Clevedon Road car park at 9am
Distance: 8 miles approx
Terrain: ** Moderate
Leader: Jan Edwards

Tuesday 13th November

Morning walk
Leader: Sue Pharo

Wednesday 14th November

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 15th November

All day walk
Leaders: Diane and Gordon Bennett

**easy
walk**

Saturday 17th November

All day walk (packed lunch)
Ashton Court and Leigh Woods
Meet: Clevedon Road car park at 9am
Distance: 8 miles approx
Terrain: ** moderate
Leaders: Gordon and Diane Bennett

Sunday 18th November

Afternoon walk
Meet: Nailsea Library at 2pm
Leader: Sue Sheehan

Wednesday 21st November

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 22nd November

Pub walk
Leader: Maurice Edwards

More challenging walk
Leader: Tony Tublin

Shorter, slower stroll
Leader: please see page 5

Tuesday 27th November

Morning walk
Leader: Carole Venner

Wednesday 28th November

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 29th November

All day walk
Leader: Lin Visser

Wednesday 5th December

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 6th December

Christmas Lunch
Leaders: Gordon and Diane Bennett

More challenging walk
Leader: David Southwood

Shorter, slower stroll
Leader: please see page 5



Sunday 9th December

All day walk (packed lunch)
A winter walk around Failand.
Meet: Clevedon Road car park at 9am
Distance: 8/9 miles
Terrain: ** moderate
Leader: Jill Wilkins

Tuesday 11th December

Morning walk
Leader: Margaret Dean

Wednesday 12th December

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 13th December

All day walk
Leader: Pat Stephens

Wednesday 14th December

Morning stroll
Leader: please contact Cliff Mallinson

Sunday 16th December

Christmas Jaunt
Meet: Sawyers Arms
Time: 10:30am
After the walk there will be complimentary refreshments in the Sawyers
Leader: Maureen Brake



Thursday 20th December

Pub walk
Leader: Diane Bennett

More challenging walk
Leader: Tony Tublin

Shorter, slower stroll
Leader: please see page 5

Saturday 22nd December

All day walk (packed lunch)
A local walk
Meet: Clevedon Road car park at 9:30am
Note start time
Distance: 7 miles approx
Terrain: ** moderate
Leader: Val Baldock.

Thursday 27th December

All day walk
Leader: TBA

Wednesday 2nd January

Morning stroll
Leader: please contact Cliff Mallinson

Thursday 3rd January

Pub walk

Leader: Margaret Dean

More challenging walk

Leader: Chris Watts

Shorter, slower stroll

Leader: please see page 5

Tuesday 8th January

Morning walk

Leader: Pat Stephens

Wednesday 9th January

Morning stroll

Leader: please contact Cliff Mallinson

Thursday 10th January

All day walk

Leader: Bridget Gracey

Sunday 13th January

All day walk (packed lunch)

TBA

Meet: Clevedon Road car park at 9am

Leader: Lin Visser

Wednesday 16th January

Morning stroll

Leader: please contact Cliff Mallinson

Thursday 17th January

Pub walk

Leader: Sheila Dixon

More challenging walk

Leader: Bob and Joy Mills

Shorter, slower stroll

Leader: please see page 5

Sunday 20th January

Afternoon walk

Meet: Nailsea Library at 2pm

Leader: Bill Tate

Tuesday 22nd January

Morning walk

Leader: Pam Billingham

Wednesday 23rd January

Morning stroll

Leader: please contact Cliff Mallinson

Thursday 24th January

All day walk

Leader: Jan Edwards

Saturday 26th January

All day walk (packed lunch)

Troopers Hill and Arnos Vale

Details of bus travel will be sent by email at the beginning of January

Meet: Clevedon Road car park at 9am

Distance: 6 miles

Terrain: * Easy

Leaders: Diane Bennett

Wednesday 30th January

Morning stroll

Leader: please contact Cliff Mallinson

Thursday 31st January

Pub walk

Leader: Diane Bennett

More challenging walk

Leader: Jan Edwards

Shorter, slower stroll

Leader: please see page 5

Easy
Walk

Shorter, slower strolls

For details of the shorter, slower, strolls, please contact Stuart Arthur on 01275 853570 or by email at stuartarthur33@hotmail.com.

The number of people going on the shorter, slower stroll has dwindled recently, and it is becoming difficult to find leaders for every walk. If you would like to try one of these walks, or know anyone who might like to go on them, please have a word Stuart.

Ramblers Holidays Walking Partnership

Our Group is a member of Ramblers Walking Holidays Walking Partnership. If anyone goes on a Ramblers Holiday, an Adagio Holiday or a Chapters Experience Holiday, please quote our group name when you book. We will then receive a donation of £10 per person on UK holidays, £20 per

person on short haul holidays, and £30 per person on long haul holidays. If you forget to nominate us when you book, you can do so any time up until you travel.

We know that some of our members do go on Ramblers Walking Holidays, so we would be grateful if you would help us by quoting our name. You can find out more about these holidays by [clicking here](#).

Stroll leaders

For information on stroll leaders, please contact Cliff Mallinson by email (cliff.mallinson@gmail.com) or call him on 01275 856177 or 07970 887050.

Birthday cards etc.

As a friendly group, we like to send cards to people who have significant birthdays, are ill or have an injury so they cannot walk. However, we can only do this if we know when important birthdays are coming up or if someone is not well. As a guide, we would like to send a card to anyone who is 60, 70 and every 5 years thereafter. If you have a significant birthday coming up, know anyone who has, or know of anyone who is not well and will not be able to walk with us for a while, please let Dot Coward know on one of the walks, or by calling 01275 857431 or by email - dotcoward44@gmail.com.

Footpath Clearing Group

For several years a small group of volunteers from a number of local walking groups have met once a month to clear footpaths in the local area. The work these people carry out is very much valued by North Somerset, and enables work to be carried out which would not otherwise get done. The group have opened up a number of paths which had been blocked for many years, as well helping to clear paths which were getting overgrown. Unfortunately, the number turning out each month has recently decreased. If you would be interested in helping with this valuable work, which is not difficult, and only involves the use of hand tools such as shears and secateurs, could you please contact Tony Tublin on 01275 853112 or by email at Tonytublin@aol.com. There are a number of ladies who regularly assist, so anyone is welcome.

Discounts

Discounts are available to group members at the following stores.

Cotswold Leisure – 15% (Membership card needed. Online use promotional code AF-NDFG-Q8.)

The Gorge Outdoor Shop, Cheddar – 10% (Footpath Group membership card needed.)

Taunton Leisure – usually 15% off full price if you ask and say you are member of our group.

Group sweatshirts and polo shirts etc.

If you would like a group T-shirt, polo shirt or sweatshirt, please contact Gordon – 01275 810067 or by e-mail at gb1@blueyonder.co.uk.

Programme by e-mail

If you would like to receive your programme by e-mail, please send your e-mail address to Gordon at gb1@blueyonder.co.uk.



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