

Covid-Secure Guided Walks

We are delighted to be offering guided walks again but these may look a bit different as we have put new measures in place to keep everyone safe.

- Group size is restricted to a maximum of 6 including the walk leader
- You'll need to physically distance from anyone not in your household
- By registering a place on a walk, your contact details will be collected in line with our [Privacy Policy](#) and may need to be used in support of the Government's Test and Trace system
- Be aware of any localised lock-down or other movement restrictions that might affect your ability to attend

1. Booking a Place

You will need to book in advance – if you just show up, unfortunately we will be unable to accept you on the walk, even if we have spaces.

If things change and you can no longer make the walk, please let us know as soon as you can so we can offer your place to someone else. With such limited capacity we are likely to have a long waiting list!

Donations are always welcome to support our work but please note we can no longer take cash on the day, so please use our online donation facility or call the office instead.

2. Attending the Walk

Check for any updates from the Trust before setting off to join the walk. We may need to make last minute changes to comply with local lock-down or other restrictions.

If you have any of the Covid-19 symptoms, however slight, you must not attend the walk.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Wear suitable clothing and footwear for the conditions. Sturdy walking shoes or boots are recommended for most walks. Bring water and something to eat. You may want to bring your own hand sanitiser, face covering and small first aid kit.

3. On the Walk

Listen to the walk leader's safety briefing at the beginning of the walk.

Maintain social distancing from people outside your family group. When other walkers are passing, please step aside and leave enough room whenever possible.

Avoid touching gates and stiles whenever possible. If you do, wash your hands with sanitiser immediately afterwards.

Do not share food or drink, or equipment such as binoculars or books.

If you are having problems, feel unwell or need to slow down, please let the walk leader know. They will be first aid trained but may not be able to attend to you in the event of a minor scrape or cut. They will have a fully charged mobile phone to call for emergency assistance if required.

4. After the Walk

If you develop Covid-19 symptoms after the walk, you should apply for a Covid-19 test and follow advice on NHS contact tracing.

Leave feedback using the anonymous feedback survey link we will send you. This will help us improve our events for all.

Useful Links

[Countryside Code – Covid-safe poster](#)

[UK Government Travel Advice](#)

[NHS Coronavirus Information](#)

