

### **Disclaimer:**

Hill walking is an activity with a risk of personal or fatal injury. Club insurance is there only to provide public liability cover to Leaders and Committee members in the event of an incident. **The Club does not carry personal injury insurance. Each member is responsible for their own health & safety, actions and involvement.**

Each member should follow the Leader's instructions and wear suitable clothing and footwear.



### **Recommended Equipment & Clothing:**

Waterproof walking boots (Gore-tex is best)  
Waterproof jacket (Gore-Tex)  
Waterproof trousers (Gore-Tex)  
Walking poles  
Rucksack  
Hat & Gloves  
Orange plastic survival bag  
Foil blanket  
Hi-Vis vest  
Spare clothes in waterproof bag  
Food & drink (at least 2 litres of water in warm weather)  
Whistle (plastic)  
Sun glasses, sun cream, sun hat  
Gaiters (optional)  
Clothing (several light layers is best)

**Please do not wear jeans or trainers**

### **Rules of the club:**

1. Membership is primarily for the 50 + age group (we don't have a strict minimum cut off point at age 50, but the ethos of the club is to encourage the 50 + age group to enjoy the outdoors, to experience the health, well-being and social benefits that hill walking brings).
2. Only 2 free walks for non - members (insurance cover allows new potential members to take part in 2 walks only).
3. No dogs allowed on any walks.
4. Leave no trace (not even a banana skin or an apple core)
5. Prospective new members (who are not members of another hill walking club) must first come on a T walk and can progress to grade C and later to a grade B walk depending on their level of fitness.
6. On all walks, walkers should have waterproof walking boots with ankle support, coats and over trousers. Refer to our website for a full list of recommended clothing and equipment.
7. The walk leader can refuse to take a walker on the hills if they are not wearing the proper boots and clothing. The leader can also refuse to take a walker on their walk if they are not up to the standard of that grade of walk.
8. All walkers must stay behind the leader in charge, and in front of the leader at the back of the group.



### **Personal Responsibilities:**

It is the responsibility of each walker to notify the walk leader:

1. *Of any medical condition, injury or medication carried,*
2. *If they are unsure of their fitness and/or ability to undertake their chosen walk,*
3. *If they begin to feel unwell during a walk,*
4. *If they need to leave the group e.g. for a toilet break.*

### **Why go hill walking:**

Fresh air, exercise, increased fitness, the challenge of the terrain, the views and making new friends. We usually end up in a cafe or pub at the end of each walk for coffee, soup or whatever and a bit of social interaction – that's important too!

Then there are the away trips and the map reading and navigation workshops too.



So, if you have a pair of walking boots and suitable clothing then come along to one of our walks, the list is overleaf. Just turn up at the meeting point before 10am and introduce yourself. You'll be made welcome. You can try 2 walks with us before deciding to join.

Check out our website for more details and view the photos – these are our memories of where we have been.



# Kilbroney Ramblers

Hill walking for the over 50s



This club was formed in April 2013 primarily to cater for the 50 + age group.

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All walks start at 10am unless otherwise stated.

'T' grade walks, every Tuesday, are mainly in forest parks.

C, C+ & B grade walks are every Friday. They start at the same location and the same time but take different routes. The B walk is the most strenuous and challenging.

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(Affiliated with the Ulster Federation of Rambling Clubs)