

# Join Us

If you are interested in joining Rossendale Ramblers, you are most welcome to come along on any of our walks to sample the friendly atmosphere and assess the standard of fitness required to walk with us. We look forward to seeing you soon!

We walk around 10 miles every Wednesday and every first Sunday. We also run 6-ish mile local walks on the 2nd & 4th Sundays of most months. Finally, we have 2 hour local evening pub walks on the first and third Thursdays of the summer months, and also on the morning of the third Saturday of Feb, March, April, Oct, & Nov. You can see all the details in our [Walks Schedule](#). Our walks are graded as:

- **E – Easy**
- **M -Moderate**
- **I – Intermediate**
- **H -Hard**

*Our 10-ish mile walks are usually graded as Moderate, and are only suitable for people with country walking experience and a good level of fitness. They may include some steep paths and open country, and can be at a brisk pace. Intermediate and Hard walks are correspondingly more difficult, and can be challenging. Easy walks are shorter, with less ascent, and are usually over less rugged terrain, so they are suitable for people with a reasonable level of fitness and health.*

After 2 or 3 sample walks, if you enjoy them and feel it is for you, then you would be expected to join The Ramblers. Details of how to join and the charges, etc., can be seen [here](#). If and when you do join The Ramblers, all we ask is that you specify Rossendale Ramblers as your local group.

***Please note** that if you do not join The Ramblers, and continue to walk with us, then you will not be covered by The Ramblers' third party liability insurance.*

## Safety

- *Please make sure that you are fit enough to undertake the walk you intend to join. If you're unsure of your fitness level, try an easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.*
- *For your own and others' safety please read and abide by the advice and guidelines on this page, read the information about the walk published on our 'Latest News' page just before the walk takes place, and be sure to heed the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk, and it is your responsibility to behave sensibly and to minimise the potential for accidents.*
- Please note our [safeguarding policy](#) regarding children and vulnerable adults.

**Dogs** are allowed on our 2 hour walks, **but only** if the leader agrees in advance. This is for the safety & wellbeing of all concerned.

- *If you have any questions about a particular walk that you are thinking of joining, or would just like a chat about walking with us, then please call Jean, our Walks Co-ordinator (07764 160240), and she will be glad to help. If necessary, she can arrange for the walk leader to contact you. The leader's details are usually provided when the final details of the walk are posted on the web site under 'Latest News', generally 3-7 days before the walk takes place.*

## **Equipment**

- A pair of strong walking shoes or hiking boots are essential, as we usually have sections of the walk that are 'off the beaten track'.
- Clothing – jeans are not usually a good idea – if it rains, they hold water against the skin, take ages to dry out and any wind can make your legs feel extremely cold.
- Waterproofs – yes, this is the UK and it rains – sometimes for hours. A good waterproof jacket and trousers are a wise choice. In winter, fleeces and other layers are a good idea. With all this and some food & drink to carry, a rucksack comes in very handy.
- The Ramblers site has some excellent advice on [equipment](#), and there are many specialist shops to supply all your needs. Ramblers' members often get 10% on production of their membership card, while Cotswold Outdoor gives a discretionary 15% off.

## **Food & Drink**

- On our longer walks we normally stop for coffee and a snack around 11 am, so a flask and a banana are good choices to bring. We stop again at lunch time, so again a flask and some food sustains us for the afternoon. A 'sit mat' or small piece of foam is useful for something to sit on, especially if the grass is wet.
- Dehydration – when walking, some people can lose a lot of fluids through perspiration. It is said that if your body becomes only 10% dehydrated, your performance will suffer by as much as 30%. At 10% dehydration you are unlikely to even feel thirsty – in fact by the time you feel thirsty it is too late. So bring plenty of water or other fluids to drink.