

GROUP LEADER NOTES FOR WALKERS.

This group is for the fitter and more energetic members of the U3A. Some walks will be less strenuous and some will be more so but rarely beyond the range of medium*** difficulty. Consult the walk description to determine the level of difficulty.

Walks will provide group members with an opportunity to see and appreciate the Costa Blanca at its best and to gain a different perspective of the region, its countryside, wildlife and coast. At times the walks will be local and other times they will be further afield. Dates and times for walks will initially be decided by the group leader but once we have established a regular group of walkers, we can discuss potential walks and decide together where and when to go.

There is no restriction on participation but walkers must make a proper assessment of their physical ability to undertake and complete a walk.

Safety advice and information is posted on the U3A Group website for each member to read and understand before they join the Group. Each member will be required to confirm their understanding of it, and adherence to it, at the beginning of each walk.

Our walks also serve as a great opportunity for members to meet up with each other before, during and afterwards. Most walks are organised to start and finish at or near a bar or restaurant. New members will be warmly welcomed.

*** Difficulty levels are determined by distance, elevation gain, and terrain.

For example, an easy trail would not have much elevation gain or would be a shorter distance.

Easy trails - can be long flat trails such as rails-trails.

Hard trails - could have a significant amount of elevation gain and be also long in distance or have some sort of terrain component that makes it challenging.

Moderate trails - are somewhere in between Easy and Hard.