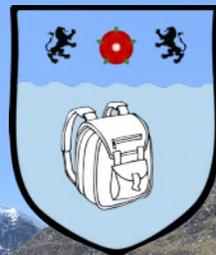


Lytham St Annes Rambling Club

Guidance for New Members



September 2018

Thank you for choosing to walk with Lytham St Annes Rambling Club. We want you to enjoy your day out with us, so we have set out below some information to help you prepare.

If you are an experienced walker, you will be familiar with the need for appropriate clothing, footwear and fluids for a day out on the fells. If not, we recommend taking a rucksack, packed lunch, drinks to stay hydrated during the day, a hat and gloves when it's cooler, and waterproofs (even if the forecast is good). Do not wear denim jeans, or other cotton clothing.

Maps, a torch, whistle and compass are recommended, but not essential on your first three outings with the club. We are out on the fells for 4 or 5 hours so suitable clothing and footwear is vital. Please bring spare footwear as muddy boots are not allowed on the coach. Some members bring a change of clothes for the meal stop, but that's entirely optional.

Please be at the designated pick up point at least 5 minutes before the stated time. Be aware that the coach may be unavoidably delayed, so allow at least 10 minutes after the stated time for the coach to arrive.

Under the terms of our insurance, guests are welcome to walk with the club on up to three occasions. For guests, there is a temporary membership fee of £1 per person per trip. Once you have completed 3 walks as a guest we are unable to allow you to continue walking with the Club without becoming a member. So, after 3 "visits", we ask that you pay the annual subscription of £10 and help to support the Club. The coach trip will cost £12 per person and is payable on the coach (cash only please). Children aged 15 and under are welcome at half fare, but they must be under the close supervision of an adult at all times. Sorry, but we are not allowed to take dogs on the coach.

A raffle is sometimes run, on the coach, (tickets £1, prizes of wine or chocolates etc.) to help defray the coach costs, but this is entirely optional.

We are a sociable club so after each ramble we arrange to go to a pub for a meal. The menu varies but generally meals range between £6 and £12. We are a bit restricted to pubs that can cope with a party of 40 to 50 but we usually find somewhere cosy for a chat and some good food. The food choices are listed on a board passed around the coach. The choices made are sent to the pub ahead of our arrival. You pay for your own meal at the pub, after you have eaten. The planned walks for the day are also circulated on a board on the coach, as well as having been displayed on our website beforehand.

Our walks vary in length and difficulty, and we grade them accordingly, from "Easy"(Grade D), through Grade C, Grade B and up to the harder and more challenging Grade A. Unless you are an experienced walker, we recommend newcomers should only choose a Grade D or Grade C walk. This is so that you can demonstrate your current level of ability and accustom yourself to the Club's method of grading the walks. When you sign up for the walk of your choice, please make a note of your walk leader's name.

Typically the walks are graded as follows:

A Walk: up to 12 miles and 4000 ft of ascent taking up to 6 hours

B Walk: up to 10 miles and 3000 ft of ascent taking up to 5.5 hours

C Walk: up to 8 miles and 2000 ft of ascent taking up to 5 hours

D Walk: up to 6 miles and 1000ft of ascent taking up to 4.5 hours

Usually, the start point of your walk is where the coach parks for the day. If this is NOT the case, this will have been flagged up in the walk description. So, in those circumstances, you need to be kitted up, ready to walk, before the coach reaches your start point. This enables a prompt start for your walk and avoids delays for the remaining walkers.

We have a designated walk leader on all our rambles, who is there for your safety. Please take note of any instructions and try to keep up with the pace of the group. Let your leader know if you are having difficulty, so that the pace (or even the route) can be adapted to make sure everyone gets around safely. The leader will have maps, a compass, a first aid kit, and emergency telephone contact numbers.

At the end of the day's ramble, and after our meal, we head home. Drop offs are in the reverse order of the morning's pick ups. (Note: No extra stops will be made.) It does vary according to the ramble location, but our return time to St Anne's is usually between 8:00 and 9:00 PM. Where appropriate, the club will pay any gratuities to the venue staff and the driver.

We have a website www.lytham-ramblers.co.uk which has all of the above information plus more about the club and its history. Details of the planned walks are on the website so you can see a map of the intended route and an elevation profile. Our latest programme can be found on the site and once you become a member you will receive a Membership card allowing discounts at Cotswold Outdoors plus a Members Guide, a Programme booklet with all the dates and destinations and contact details as well as other useful information about the club.

If you have not already done so, please let our membership secretary have your contact details so we can keep you informed of upcoming events and news. We will need your name, full postal address including post code, home telephone number, mobile telephone number and email address, and the name and phone number of an emergency contact.

We hope you enjoy rambling with Lytham St Anne's Rambling Club.

BOOKING: If you want to book for any of our rambles, Email

booking@lytham-ramblers.co.uk or call the BOOKING LINE on 01253 804014

Just let us know which ramble you want to join, how many seats you require and which pickup stop you will use. Pickup stops listed below. NOTE that the BOOKING LINE is VOICEMAIL ONLY. Please leave a message and your booking will be confirmed by Email or phone.

If you have any further questions then please call Allan or Angela Clarke on 01772 685073 or Email bulletin@lytham-ramblers.co.uk

A list of pickup points is below:

	PICK-UP	TIME		PICK-UP	TIME
1	G-Line Office 54 St David's Road.	07:50	10	Lytham Square (Ship)	08:15
2	Tesco Express St David's Road	07:50	11	Lytham: Dock Road	08:15
3	Highbury Road East Cohen's Chemist	08:00	12	Warton Old Post Office / School	08:25
4	Kilnhouse Lane / Blackpool Rd North	08:00	13	Freckleton: opp Lorenzo's Restaurant	08:30
5	Church Road Methodist Church	08:05	14	Kirkham: Freckleton St opp. Carr Rd	08:35
6	Church Road / St Thomas's Rd	08:05	15	Kirkham: Market Square.	08:35
7	Church Road / Smithy Lane	08:10	16	Wesham: Mowbreck Lane,	08:40
8	Ansdell: Fylde Rugby Club	08:10	17	M55 Jct 3 Villa Express ** request only	08:40
9	Lytham: West Bank Road	08:15			