



Congratulations on securing a place on the first ever Clyde Muirshiel Walking Festival. We're looking forward to sharing the Regional Park's stunning landscapes and scenery with you.

Please find below some additional information you may need before attending your walk.

### What should I wear/bring?

We recommend that all walkers wear comfortable and supportive footwear with good ankle support.

Suitable clothing includes items such as waterproofs, breathable layers and quick-drying trousers (no denim). You may also require sunscreen, sunglasses, insect repellent, gloves and protective headwear. If there has been a lot of rain some routes will be muddy and gaiters may also be a good idea.



Moderate and Strenuous walks will be out for a long time period so please bring a packed lunch, snacks, drinks and walking poles if required.

You might want to consider a camera to capture the wonderful views along your walk – share your photos on our facebook or using #cmwalkfest on Twitter or Instagram.

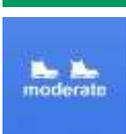
*Walk leaders reserve the right to refuse to take anyone on the walk if they are not adequately equipped or if they place their own or the safety of other walkers at risk. This is particularly important on the longer, more strenuous walks, where there are unlikely to be escape points, from where walks can be shortened.*

### Walk Grades

See below walk grades, to make sure you have chosen a walk to suit you. If you are unsure about a walk, please telephone us on 01475 521 458.



**Easy (E)** - These are walks with no steep ascents or descents and few stiles, taken at a leisurely pace.



**Moderate (M)** - Walks are for people with rural walking experience and a good level of fitness. Moderate pace. Moderate walks tend to be longer and the route will be over rougher ground. These are best for regular walkers who are accustomed to the rougher terrain.



**Strenuous (S)** - Walks for experienced walkers with a high level of fitness. Moderate to brisk pace. Walks should not be undertaken unless you are suitably fit and know you are capable of coping with tough terrain and a faster pace.

### Weather

May vary in temperature and conditions. If we are unlucky and have bad weather, you may find each walk tougher than described, the Walk Leader reserves the right to change the route on the day. Please check the forecast in advance and prepare appropriately.

### Medical conditions and In Case of Emergency (ICE) forms

If you have a medical condition that does not stop you walking, but might, on a rare occasion, cause you some difficulties, then please make the Leader aware at the beginning of the walk.

You will be issued an ICE form for completion by the Walk Leader. Please place in an easily accessible (preferably a top pocket) of your pack along with any medication so it is easy to locate should it be required.

### Which walks can children do?

Children over the age of 10 are welcome on easy or moderate walks if they are accompanied by a responsible adult. They too must wear appropriate clothing and footwear. The accompanying adult will be responsible for the welfare and supervision of the child/children at all times. Each child must have their own place booked on the walk.

### Are dogs allowed?

As there are new lambs in much of the Regional Park and we can't guarantee that other members of the group are OK with dogs we have decided that guided walks are not suitable for dogs.

### Transport

Where possible we will have started walks in locations that are accessible by public transport. However given the size of the Park and location for some of the walks this may not always be possible. If you have booked to come on a walk and have no transport to the starting point, please contact us on 01475 521 458 and we will attempt to help or advise you.

### Cancellations

Clyde Muirshiel Walking Festival events are free however if you are unable to attend please let us know by emailing [bookings@clydemuirshiel.co.uk](mailto:bookings@clydemuirshiel.co.uk). ASAP so we can offer your place to others.

Finally, Clyde Muirshiel would like to thank all volunteer Walk Leaders, organisations and participants involved in the first Clyde Muirshiel Walking Festival. We hope you enjoy your walk and we look forward to seeing you again in 2019! #cmwalkfest

