

GWC Guidelines for Walkers:

- Select a walk that matches your ability, experience and fitness level on the day. All walkers should endeavour to keep pace with the main body of the group.
- It is the individual walker's responsibility to ensure that they wear and carry the appropriate footwear, clothing and equipment for the walk.
- GWC operates a car-pooling system, currently €5 p.p. per walk. This helps to minimise the Club's carbon footprint, and to reduce the number of vehicles driving to, and parking at walk locations.
- Listen to the Walk Leader's description and instructions at the start of the walk. Follow the Walk Leader's guidance and advice at all times.
- Notify the Walk Leader discreetly of any relevant medical condition(s) before the start of the walk.
- The Walk Leader may extend, curtail, or alter the walk on the day, for the safety of the group, or in response to the weather conditions.
- On public roads, walk on the **right hand side** of the road, **in single file**, facing on-coming traffic, in groups of less than 20. Leave adequate distance between groups to enable the passage of approaching vehicles.
- Wear a yellow high-viz vest when walking on public roads, and when visibility is poor on the hills. Walk Leaders normally wear orange vests.
- Leave gates as you find them, open or closed. If you must climb over a gate, always do so one at a time on the hinged/hung side only.
- Follow established paths and tracks where possible.
- Show respect at all times towards landowners, their property and land, their animals, wildlife and the environment.
- **Hillwalking, climbing and rambling are activities that can be dangerous and may result in personal injury or death. All walkers should be aware of and accept these risks and be responsible for their own activities and involvement (Mountaineering Ireland).**
- "If you bring it in, take it out" (Leave no trace of food waste or litter).
- Dogs are not allowed on any club walk.
- Bring a change of clothing and footwear, a towel and a bag to stow your wet clothing, dirty boots and gear in the driver's car after the walk.