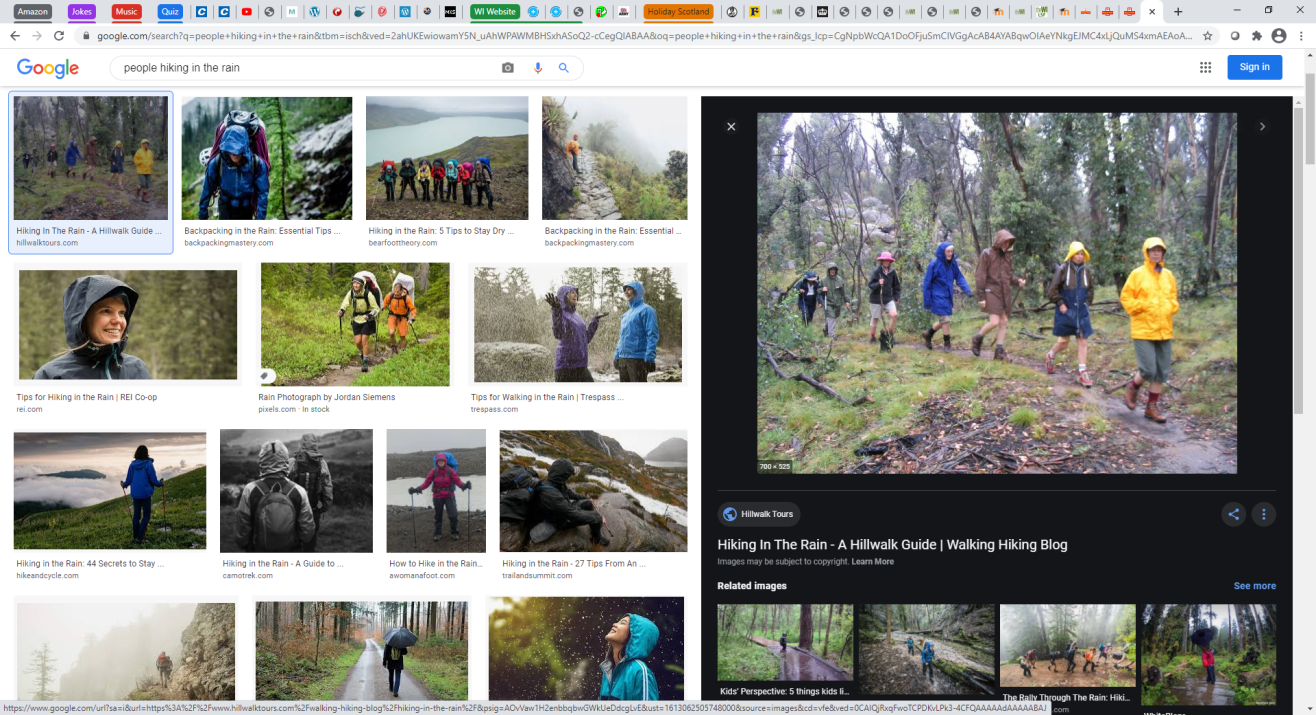
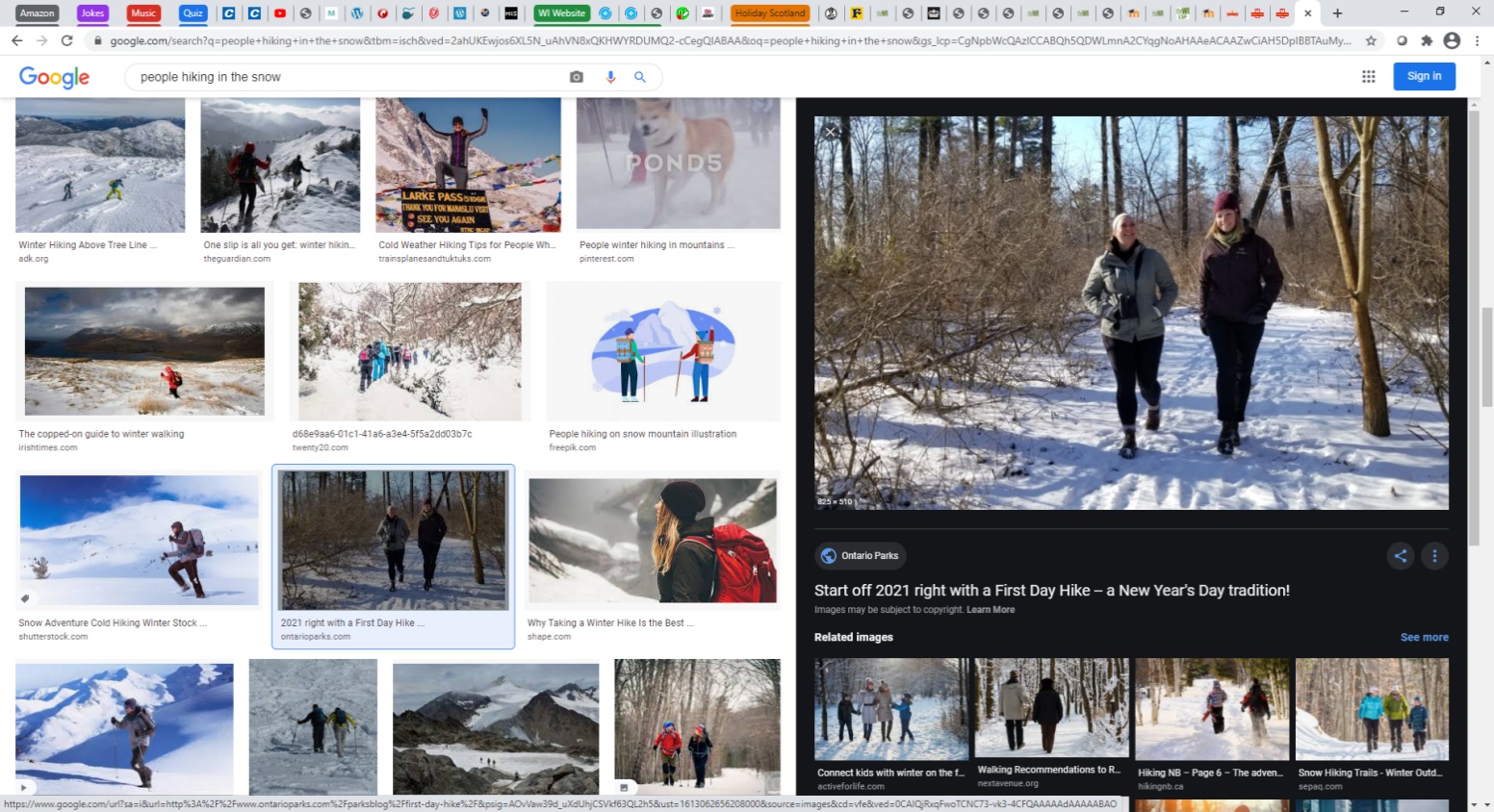
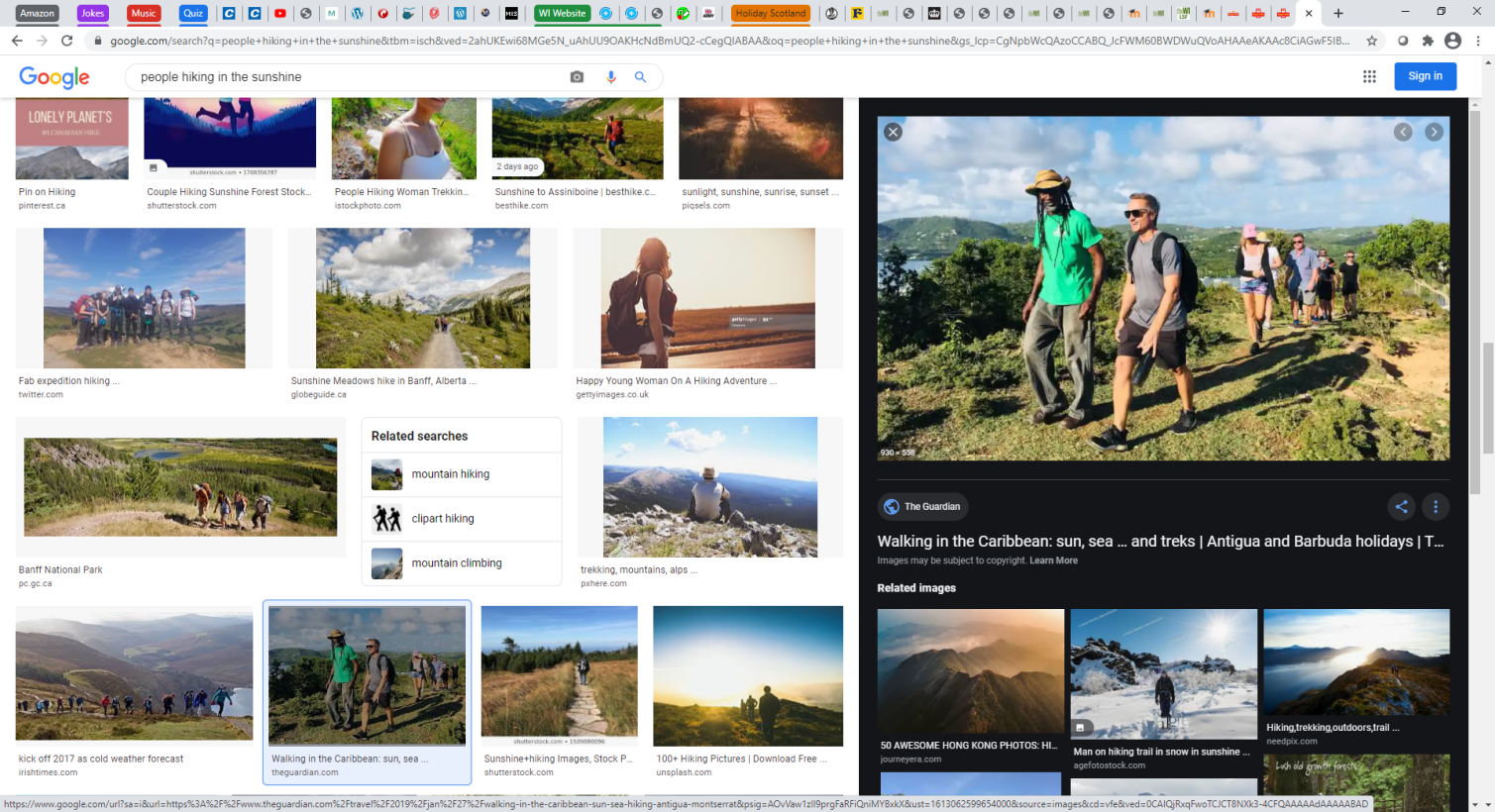
**Walks Around the Federation**

**All walks start at 10.30am £2 for members, £2.50 for non-members.**

In the hope that we may be able to get together, outside at least, as the year progresses, we are starting with some mid-distance walks around the Federation area. We’ll be hoping for the sunshine in the middle picture rather than the rain on the left or the snow on the right but the main thing is to enjoy the walk.

Should circumstances change, we may see if we can organise somewhere for lunch afterwards for those who wish it but the real aim is to get out and enjoy the countryside that we are so lucky to live in. The planned walks are as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Date of Walk*** | ***General Area of the Walk*** | ***Distance*** | ***Reference*** | ***Closing Date for Applications*** |
| *Wed 21 April* | *Woolsthorpe by Belvoir* | *3¾ miles* | *WOOL21APR* | *Tue 13 Apr* |
| *Tue 18 May* | *Thurlby & Dole Wood* | *4¾ miles* | *THUR18MAY* | *Mon 10 May* |
| *Fri 25 June* | *Frampton Marsh* | *3 or 4½ miles* | *FRAM25JUN* | *Tue 15 Jun* |
| *Thu 15 July* | *S&N Rauceby* | *3¼ or 4¼ miles* | *RAUC15JUL* | *Tue 6 Jul* |
| *Mon 23 Aug* | *Billingborough* | *4¾ miles* | *BILL23APR* | *Mon 16 Aug* |
| *Wed 15 Sep* | *The Deepings* | *4¼ miles* | *DEEP15SEP* | *Tue 7 Sep* |

Please note that all walks are subject to change or cancellation or numbers may be curtailed dependent on circumstances, including any Covid restrictions. Places will be allocated by ballot if necessary.

To apply for a place on a walk either:

1. **E-mail/BACS (preferred application method).** Send an e-mail to [fedoffice@lsfwi.org.uk](mailto:fedoffice@lsfwi.org.uk) with the reference from the table above as the subject by the closing date for the walk you wish to attend.*Ensure that you include the 8 pieces of information requested overleaf.***DO NOT make a BACS payment until your place is confirmed** when you will be sent the bank details and asked to *pay by 3 days prior to the event* to secure your place.
2. **Cheque/letter.** If you need to pay by cheque, send your cheque payable to **LSFWI** *the 8 pieces of information requested overleaf* to *LSFWI, Suite 10, Pattinson House, East Road Trading Estate, SLEAFORD NG34 7EQ* to arrive prior to the closing date***.*** Any cheques received where a place is not allocated will be destroyed.

*To minimise costs, any WI able to consolidate applications into one cheque should do so but the information overleaf must be sent for each individual.*

**Walks Around the Federation**

**PLEASE READ PRIOR TO APPLYING FOR A PLACE**

All members must be aware they walk at their own risk and they are responsible for their own safety and happiness on the walk.

The walk leaders will lead the walk and will carry a small first aid kit but will not have specific medical training. The walk leaders will show their group the way on the walk but it is up to the individual to be careful in following them and to know their own capabilities and limitations.

You must carry a contact name and telephone number with you which could be used should the need arise. This may be stored on an unlocked mobile phone under the name “**ICE**” (In Case of Emergency) or be accessible as an Emergency Contact/Medical ID on a locked phone *e.g. for iPhone details are stored under Health, click on circle with your initials, Medical ID and Emergency Access needs to be set to Show When Locked.* You will be given the walk leader’s mobile number on the day.

Should any member have any underlying health problems such as diabetes or asthma that may affect them during a walk or any medication that they may need, they must ensure that this is included in their application, ensure that appropriate medication is brought with them, and either the walk leader or a trusted companion knows what to do in the event of any problem.

All participants must arrive with:

Suitable footwear i.e. trainers or walking shoes/boots

(Unless the route recce in the days prior to the event shows otherwise, trainers are sufficient for these walks but please consider the walk leader and before you pick up your loafers or flip flops that you may be perfectly capable of walking the distance in but the walk leader will not know that. She should not be put the difficult position of having to discuss it with you in case you cause a problem for the group as a whole)

Water/fluid

Any medication that might be needed

Mobile phone that is switched on throughout the walk

Suitable clothing for the day (e.g. a waterproof if wet, a sun/rain hat, )

Suntan lotion applied if hot

**Information that MUST be included in your e-mail/ with your cheque**

1. **Which walk you want to join** *e.g. 2½ miles Monday 10th August*
2. **Your Name**
3. **Your WI**
4. **Mobile Number**
5. **Contact Telephone Number** *if different from mobile*
6. **Emergency Contact Name**
7. **Emergency Contact Telephone**
8. **Whether you have medical conditions that may affect you on the walk? If so, give details?**