



Website: <https://u3asites.org.uk/torfaen/home>

Torfaen u3a Walking Group FAQs

How often do the walks take place?

We aim to do two walks each month, weather permitting. If we have to cancel because of bad weather we will try again the following week.

When do the walks take place?

The walks are normally scheduled to take place on the **first and third Thursday mornings of the month.**

Where and when do you meet for a walk?

We meet at Woodland Road Social Centre for a **prompt** departure at **10.00**. Any changes to this time will be given in the pre-walk information.

Do I have to come down to the meeting point?

Normally, yes. However, if you live closer to the actual start of the walk you could go directly to the actual starting point, where the rest of the group will join you. We suggest that participants bring along a hot drink and/ or water.

Where do you walk?

Historically, most of our walks have taken place within the boundaries of the old county of Gwent. However, we have occasionally gone further afield to places such as the Vale of Glamorgan, the outskirts of Cardiff, and Merthyr Tydfil.

How difficult are the walks?

The pace of the walking is set to accommodate the abilities of **every** member taking part. Our aim is to ensure that **everyone** enjoys the experience.

How far do you walk?

We don't measure the mileage, as a mile on the flat land near the Severn estuary takes a lot less effort than one in the Black Mountains. Instead we give an indication of how long a walk is likely to last. **Walks may take between 1½ and 3½ hours.**

How will I know when a walk is taking place?

The walks convenor will send you all the details as an email attachment. A typical example is shown below. If you don't use email then you would need to link up with someone who can give you the information.

Thursday June 18th Garndyrys and Pwll Ddu (2½ HRS) Moderate

This is an interesting walk that combines features of early iron-working with fine views over the Usk Valley. There are no steep ascents or descents; the walking is largely over moorland and along a section of Hill's Tramroad, with a section of roadway part way through. Underfoot going is generally good, although upland ground could have occasional boggy sections after rain. There are **2 stiles**. **Boots are essential**, and **walking poles are highly recommended**.

This walk starts at Keeper's Pond car park. OS Ref: 1086/ 254108.

Walk participants:

- Should ensure that they are equipped in line with the walk leader's published recommendations.
- Must inform the walk leader **before the start of the walk** of any form of medical condition (e.g. diabetes, epilepsy, joint problems, etc) that they might have.
- Should bring with them a contact number that could be used in case of emergency. This may be in the form of an ICE number on their mobile phone, or simply written down. In the latter case the walk leader should be informed as to where it could be found.
- Who choose to go directly to the start of the actual walk to telephone the walk leader (on the number provided with the walk details) **no later than 5 minutes before** the arranged departure time from Woodland Road (normally 10.00AM).
- Should they wish to do so, may choose to carry their own small first-aid kit.
- Who bring along a guest for the first time, must ensure that he/ she is made fully aware of all the guidelines listed in both sections above.

Recommended equipment

It is recommended that walking group participants equip themselves with the following items as a minimum:

- A stout pair of walking shoes, with good soles that can offer sound footing on slippery surfaces. (Even better would be a good pair of walking boots which would provide ankle support).
- A good, comfortable pair of thick socks (proper walking socks would be best).
- A waterproof jacket.
- A small rucksack in which the jacket and any other items could be carried.

The following items would also prove useful on occasions:

- A walking stick/ walking pole.
- Waterproof trousers.
- A warm hat.
- Warm gloves.
- A water bottle.
- A small first aid kit (see above)
- A mobile phone.