



4. POSTING A WALK DESCRIPTION

Other documents to read in conjunction with this document are **3. Notes for Walk Leaders** and **5. Leading a Walk - Frequently Asked Questions**. You can find these under the Walk Leaders tab on the ECR website.

HOW TO POST YOUR WALK

On the ECR website, select 'Notice Board' then 'Click here to post details of your walk'. Where indicated, select the Date of your walk and Type of Walk (see ECR gradings below). Then type a description of your walk – see the pointers below for what to include.

When you have finished your description, add your name in the box and select 'Save'. The webmaster will transfer your walk details from the Notice Board to the Programme on the Home Page.

WHAT TO INCLUDE

Title: Begin your description with a title to give an idea of the area to be walked e.g. Lyme Park circular. On the Programme page, the distance and ECR grade you give will be included automatically at the top right e.g. 5 miles (8.0 km) Moderate

Start time: Walk start time is up to the leader but as a guide to usual times: Stroller walks 10.30, Short and Medium walks 10.00. Long walks often start at 10.00 but 9.30 is also used, especially in winter when there is less daylight. Evening walks usually start at 19.00 or 18.30.

Start Place: Give a grid reference and a brief description of the starting point. ECR Webmaster will add the additional formats for starting points (Post Code, Lat/Lng Coordinates and What3Words). You can get details for all the start points (including grid reference) that we have used in recent years from the 'Start Points' tab on the ECR website. It is a good idea to check this to get the correct name for a car park or layby (as used by ECR/Google maps).

Parking: If you start at a car park which charges a fee, state what the parking fee is and whether payment is cash only or accepts cards, and if there is a phone app option.

Car Sharing: indicate if car sharing is available

Public Transport: say if the start point is accessible by public transport

Walk Length:

Stroller – no longer than 4 miles (easy, mostly flat walks, usually no stiles but if present they should be easily climbed and should be mentioned, kissing gates are fine)

Short – up to 7 miles but rarely less than 5

Medium – between 8 and 11 miles

Long – more than 11 miles but rarely more than 15

Degree of difficulty - this is somewhat subjective but as a guide:

Easy – mostly flat walking on good paths

Moderate – this covers the majority of walks; there might well be a steep hill or two but it will generally be on good paths in undulating terrain

Strenuous – expect a fair bit of uphill walking, maybe even some mild scrambling. We might leave paths for open country but not invariably.

If a walk doesn't fall neatly into these categories, Moderate/Strenuous or Easy/Moderate can be used.

Cumulative Ascent: this is optional but preferred. Add the source of ascent e.g. the name of a walking app, book or website, in parentheses after the figure e.g. 1500 ft (OS Maps App)

Route: Give a brief description or outline of the route, perhaps pointing out any potential tricky parts e.g. steep descent, mud etc. You could recommend poles or gaiters for these if you wish. You may wish to mention particular points of interest.

Waypoints: It is appreciated if sufficient named way points are given so the reader can follow the route on a map.

Refreshments: include 'bring food and drink for lunch and refreshment stops'
You may want to say if there are cafes, pubs etc. at the end of the walk.

Toilets: if there are toilets available indicate where and when walkers can access them.

Contact number: not obligatory, but if possible add a contact number so that walkers can contact you if required.

Dogs: The leader must stipulate "No dogs" if on the walk there are restrictions on Open Access land, ground nesting birds or fields with livestock. Otherwise it is up to the leader whether to accept dogs or not. In practice people rarely want to bring dogs.

Accessibility: say if the walk is particularly accessible e.g. if it is wheelchair/pushchair friendly or has no stiles