

WHITE CLIFFS RAMBLERS:



Walks programme April / May 2021

PLEASE READ THESE NOTES CAREFULLY

Covid – 19

Due to COVID-19, we all need to take extra steps to stay safe. Please follow all safety advice given by the walk leader, including the latest guidelines on physical distancing.

Please do not attempt to join any walk if:

- you have had any of the following symptoms during the previous 7 days – a high temperature, a new continuous cough, the loss, or a change to your sense of smell or taste: OR
- If you have recently (within the previous 14 days) had contact with someone who has tested positive for Covid – 19

Group led walks

Ramblers led walks are considered to be an organised outdoor physical activity that has an exemption from the rules that limit other gatherings to six people. This exemption stems from the procedures that Ramblers have put in place to meet the requirements of the government and Sport England.

Restrictions on numbers

In common with many other Ramblers Groups, we have decided that for this initial programme of walks we would limit the numbers who may attend each walk. Our walk leaders have told us how many people that they are comfortable with leading. As a Group we have said that the maximum number permitted should not exceed 20 (including the walk leader). We will keep these requirements under review.

Booking onto a walk

To manage the numbers, we are continuing with a booking system. The details of how to book are explained in each separate walk description. Please do not try to book by any other means. To ensure that everyone has a fair chance of getting onto a walk, please take account of the following points:

- Do not book a place if you feel uncomfortable or uncertain as to the potential number of other walkers.
- Follow the government guidance to remain local. This has not been defined, so use your common sense as to what this might mean for you.
- Only book a place for yourself and up to one other member of your household.
- When booking a walk please ensure that you give your name and contact details (phone number or email address).
- Please do not turn up for the start of a walk if your booking has not been confirmed. Once your place has been confirmed it is important that you turn up for the walk, or at least let the walk leader know twenty-four hours in advance if you are unable to attend. This will allow the place to be re-allocated.
- Please do not turn up on the day of the walk without booking in the hope of joining the walk – there is a strong chance that you will be turned away.

Before the walk

- Plan how you will get to the walk. Remember you are not allowed to share a car with someone outside of your household or social bubble, and it may not be possible to use public transport.

- Plan to arrive at the start location no more than 15 minutes beforehand – this is particularly important where there are walks on the same day starting from the same location but with staggered start times. If you do arrive early, please keep your distance from any group that it is preparing to set off.
- Please do not congregate in groups of more than 6 until called for the pre-walk briefing
- Bring your own food or snacks and plenty of water, as cafes or pubs may still be closed.
- Wear suitable clothing and footwear for the conditions. While we may still enjoy some good weather, a hat and sun-screen might be advisable on hot sunny days. Warmer clothing and water-proof clothing will be needed as the days get colder and wetter.
- You are advised to bring your own alcohol-based hand sanitiser, gloves, face covering and first aid supplies. There is no requirement to wear a face covering during the walk, but it may be needed in case someone gets into difficulty during the walk and you need to close the distance between you in order to assist them.

On the walk

- Follow the government guidelines on social contact and physical distancing. Listen to the walk leader’s briefing so you know what to do and follow the latest guidelines.
- The 2-metre rule still applies on all walks. Take care not to get closer to someone who is not a member of your household – they may not be comfortable with you encroaching into their safe space.
- Be prepared to bring a picnic lunch with you for those longer walks where there is a planned mid-walk break. The ‘rule of 6’ may apply during these breaks.
- Where possible, avoid touching gates and path furniture. If you do – wash your hands as soon as possible. Carrying alcohol-based hand sanitiser is recommended.
- Do not share food & drink, or equipment such as walking poles
- Walk responsibly. When other walkers are passing, remember to stand back and give way. Let the walk leader or backmarker know if you are having problems, feel unwell, or need to slow down or stop.

After the walk

- At the end of the walk do not congregate in larger groups, ‘the ‘rule of 6’ will now apply.
- Walk leaders are currently required to keep a list of contact details of members of each group as a coronavirus precaution for a period of 21 days after the walk. During this period, if required by NHS Track and Trace, these contact details may be shared with them. After this, the lists kept by the walk leaders will be destroyed.
- If within 7 days of the walk you have a positive Covid test or are informed by NHS Track and Trace that you have been in contact with someone who has tested positive, please contact your original walk leader.

Walk grades:

We use the following grading system to categorise our walks:

Pace		Terrain	
EASY	LESS THAN 2.5 MPH	1	FLAT
MOD.	2.5 – 3.0 MPH	2	FLAT WITH SMALL INCLINES
FAST	3.0 – 3.5 MPH	3	FLAT WITH SOME SMALL HILLS
V. FAST	OVER 3.5 MPH	4	UNDULATING WITH SOME STEEPER HILLS
RADO: Registered Assistance Dogs Only		5	MIXED SMALL AND STEEP HILLS

WHITE CLIFFS WALKS PROGRAMME: 15TH APRIL to 16TH MAY 2021

Date	Start time	Map ref. Postcode	Walk	Distance Miles Kms	Grade	Contact
Thursday 15/04/2021	10:00	TR158346 CT21 5AX	<u>Hythe</u> Meet in Portland Road car park (£2 charge for all day - or you could park free along A259 Dymchurch Road/Military road - on either side of the Military Canal) behind the disused Duke of York pub. Walk is via Hythe watermill, - if the weather is fine I will suggest a slight detour at the start to walk along the seafront at Hythe -this will increase the distance slightly to around 8 miles - Saltwood Castle, Brockhill Country Park, Pedlinge, Lympe Hill and the Royal Military Canal back to Hythe. Hilly in places. You may wish to bring a packed lunch and drink though there will be a stop at West Hythe to give an opportunity to buy food and drink to take out. Maximum of 12 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please TEXT Andrew on 07754797848 or EMAIL andrewswarbrick13@googlemail.com	7.3 11.7	Mod. 3	Andrew 07754 797848 or 01233 720513
Thursday 15/04/2021	10:00	TR244576 CT3 1DW	<u>Wingham</u> Meet at the car park in St. Mary's Meadow. This is walk is flattish with 1 small hill. Varied scenery, via mill at Seaton, arable land, meadows by a river, woodland, and lanes. Maximum of 6 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Rowena on 01304 614789.	5 8	Mod. 2	Rowena 01304 614789
Sunday 18/04/2021	10:00	TR164410 CT18 8HH	<u>Lyminge</u> Meet at the library car park. Bring your own refreshments. Maximum of 10 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please EMAIL Les at les@skynet4595.myzen.co.uk - please include a contact number in your email.	7.2 11.6	Mod. 3	Les P 01303 863495 or 07526 557663
Sunday 18/04/2021	10:00	TR326422 CT16 1HW	<u>Dover</u> Meet at Bleriot Memorial car park (Broadlees Bottom). This walk follows coastal countryside paths to South Foreland Lighthouse. The return is along the iconic White Cliffs. Some flights of steps and uneven ground. Light refreshments at either the Lighthouse cafe (if open for take-aways) or at the NT cafe. Maximum of 15 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Helena on 07940 544211 between 7:30pm and 8:30pm	6 9.7	Mod. 2/3	Helena 01304 820445

Thursday 22/04/2021	10:00	TQ955295 TN26 2AF	Appledore Meet at the village hall car park (The Street, Appledore). Bring own refreshments. Maximum of 15 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please TEXT Richard on 07710 689327 or EMAIL honeypotcottage2@gmail.com	10 16.1	Mod. 3	Richard Bx 07710 689327
Sunday 25/04/2021	10:00	TR149582 CT1 2AA	Canterbury Middle Ring - this walk completes the second half of this route. Meet St. Radigunds car park (£2.30 per hour). From the car park the route follows a path alongside the River Stour before joining the Middle Ring near Thannington. The walk back passes St Martin's Church and the back of the former army barracks. Maximum of 20 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please TEXT John on 07414 863194.	7.3 11.7	Mod. 2/3	John R P 07414 863194
Sunday 25/04/2021	10:00	TR328580 CT13 9AP	Sandwich Meet at the back of The Guildhall car park. Round Sandwich, towards Richborough along the River Stour, across meadows to Goldstone and back to Richborough Fort and Sandwich. A certain amount of road walking. Short refreshment stop, bring own snacks. Maximum of 6 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Rowena on 01304 614789.	8 12.9	Mod. 1	Val E-N
Sunday 25/04/2021	10:30	TR328580 CT13 9AP	Sandwich Meet at the back of The Guildhall car park. Round Sandwich, towards Richborough along the River Stour, across meadows to Goldstone and back to Richborough Fort and Sandwich. A certain amount of road walking. Short refreshment stop, bring own snacks. Maximum of 6 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Rowena on 01304 614789.	8 12.9	Mod. 1	Rowena 01304 614789
Thursday 29/04/2021	10:00	TR348499 CT14 8JJ	Ripple Meet in the car park opposite The Plough Inn. The walk will be via Northbourne. Maximum of 12 people (including walk leaders). BOOKING IS ESSENTIAL. To book a place please EMAIL Lee at leepickup@icloud.com	5 8	Mod. 3	Lee / Anne 07932 812514
Sunday 02/05/2021	10:00	TR023500 TN25 4DG	Challock (Kings Wood) Meet at the Forestry Commission car park on White Hill. This walk will follow paths through Kings Wood, when hopefully the bluebells will be displaying their full glory. Maximum of 20 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please TEXT John on 07414 863194.	6 9.7	Mod. 2	John R P 07414 863194

Sunday 02/05/2021	10:00	TR066536 CT4 8BZ	<u>Chilham</u> Meet in the lower car park. This walk follows, in part, the River Stour. Some hills and stiles. Bring own refreshments. Maximum of 20 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL or TEXT Ross on 07962 810138.	9 14.5	Mod. 3	Ross 01227 657886 or 07962 810138
Thursday 06/05/2021	10:00	TR066536 CT4 8BZ	<u>Chilham</u> Meet in the lower car park. Figure of 8 walk. Bring picnic for lunch-stop, or Shelley's Tea Room open for takeaway snacks and drinks. Maximum of 20 people (including walk leaders). BOOKING IS ESSENTIAL. To book a place please EMAIL Margaret at maglou1@yahoo.co.uk	10 16.1	Mod. 3	Margaret / Rosie 01795 843927 or 01795 435797
Sunday 09/05/2021	10:00	TR177438 CT4 6TN	<u>Elham</u> Meet in The Square, Elham. Park considerately in The Square, Pound Lane, or New Road by the school railings. Walk is via North Elham, Hall Downs, Breach, Bladbean and Upper Park Gate. Hilly with good views along the Elham Valley. Please bring refreshments if you wish. Maximum of 12 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please TEXT Andrew on 07754797848 or EMAIL andrewswarbrick13@googlemail.com	7 11.3	Mod. 4	Andrew 07754 797848 or 01233 720513
Thursday 13/05/2021	10:00	TR377505 CT14 7LH	<u>Walmer</u> Meet Kingsdown Road car park (bottom of Granville Road). Bring your own refreshments - stop in St. Margaret's. Maximum of 15 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Carol on 01227 374529	10 16.1	Mod. 3	Carol B 01227 374529
Sunday 16/05/2021	10:00	TR183541 CT4 5AR	<u>Bridge</u> Meet near The Red Lion - park on nearby roads, not the pub car park. A gently undulating walk, mainly on footpaths. Maximum of 10 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Diana on 01304 372090 after 5:00pm	6 9.7	Mod. 2/3	Diana / Evelyn, 01304 372090 or 01304 824344
Sunday 16/05/2021	10:30	TR183541 CT4 5AR	<u>Bridge</u> Meet near The Red Lion - park on nearby roads, not the pub car park. A gently undulating walk, mainly on footpaths. Maximum of 10 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Diana on 01304 372090 after 5:00pm	6 9.7	Mod. 2/3	Diana / Evelyn, 01304 372090 or 01304 824344