

WHITE CLIFFS RAMBLERS: Walks programme Oct. – Nov. 2020



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
- You are required to self-isolate following your return to the UK from a designated high-risk destination

Group led walks

Following on from our successful return to Group led walks we have been able to make some changes to our programme:

- We are now able to offer a mix of both long and short walks. However, we are still not able to offer a long walk on a Thursday and a long and short walk on a Sunday:
- Following conversations with our walk leaders the numbers permitted to attend each walk has been increased. Each walk leader has determined the number of walkers allowed, up to a maximum of 20:
- You will still need to book a place in advance – booking details are to be found for each separate walk: and
- We will need to keep a list of those attending each walk for contact and trace purposes.

By taking a careful step at a time, we will not be immediately resuming a four-month programme of walks, but rather plan for 6 – 8 weeks. This will allow us more flexibility should the current restrictions be relaxed further, or conversely should tighter restrictions be re-imposed.

Restrictions on numbers

Ramblers led walks are exempt from the 'rule of 6' regulations because as an organisation various protocols and processes have been put in place to permit 'outdoor physical activity events'. To enable us to continue to offer a walks programme please follow these guidelines as they are part of the protocols and processes referred to earlier.

(For more details regarding this exemption please see the White Cliffs Ramblers Newsletter – September 2020).

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:

- Only book a place for yourself and up to one other member of your household. Do not attempt to book places for a group of friends.
- As we have been able to increase the number permitted to attend each walk, we have lifted the restriction of booking only 2 walks per month. However, please do be reasonable.
- 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 not able to attend. This will allow the place to be allocated to someone else.

- 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

Getting to 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**

Food & Drink

- Bring your own food or snacks and plenty of water, as cafes or pubs may still be closed.

Clothing & Equipment

- 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 & 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.

WHITE CLIFFS RAMBLERS: WALKS PROGRAMME OCTOBER / NOVEMBER 2020

Date	Walk	Map ref. Postcode	Time	Miles (Kms)	Grade	Contact
Sunday 27/09/2020	Lyminge Meet at the village hall car park. This walk is for a maximum of 20 people (including the walk leader and back marker). BOOKING IS ESSENTIAL. To book a place please CALL 01303 862862.	TR158408 CT18 8EW	10:00	7 (11.3)	Mod. 3	Lorna / Len J 07980 309419 or 01303 862862
Thursday 01/10/2020	Guston Round Dover Ramble. Meet near The Chance Inn. Park on nearby roads. Lunch stop in River. A hilly walk. This walk is for a maximum of 20 people (including the walk leader). BOOKING IS ESSENTIAL. To book a place please CALL Graham on 01304 367853.	TR324445 CT15 5EW	10:00	12 (19.3)	Mod. 4	Graham S 01304 367853 or 07815 453324
Sunday 04/10/2020	St. Nicholas at Wade Figure of 8 walk. Meet in Potten Street Road (north of the A299), by the footbridge and industrial estate. Lunch stop - we'll picnic in St Nicholas (there are pubs and a shop). Re-start at 13:45. BOOKING IS ESSENTIAL. To book a place please TEXT 07855 898234 (Bookings will not be accepted on the morning of the walk).	TR266672 CT7 0NB	10:00	13 (20.9)	Mod. 2	Chris B 07855 898234
Thursday 08/10/2020	Aldington Meet by the playing field opposite the Walnut tree pub. Please park considerately on the road. Walk via Sellindge, Brabourne Leas, and Mersham - le - Hatch and return via the East Stour Valley. Please bring a packed lunch. Maximum of 12 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please PHONE or TEXT Andrew on 07754 797848 or EMAIL andrewswarbrick13@googlemil.com	TR063366 TN25 7DT	10:00	10 (16.1)	Mod. 2/3	Andrew 07754 797848 or 01233 720513
Sunday 11/10/2020	Deal Meet near Sandown Castle, park on nearby roads. Lunch stop in Sandwich - pubs and cafés. This walk is for a maximum of 10 people (+ the walk leader). BOOKING IS ESSENTIAL. Maximum of 10 places. To book a place EMAIL leepickup@icloud.com	TR375542 CT14 6QU	09:30	11.5 (18.5)	Mod. 2	Lee

Sunday 11/10/2020	Deal Meet near Sandown Castle, park on nearby roads. Lunch stop in Sandwich - pubs and cafés. This walk is for a maximum of 10 people (+ the walk leader). BOOKING IS ESSENTIAL. Maximum of 10 places. To book a place, please EMAIL lfworrell@gmail.com	TR375542 CT14 6QU	10:00	11.5 (18.5)	Mod. 2	Linda W 01304 768447
Thursday 15/10/2020	Blean Meet near Blean village hall. Park considerately on nearby roads. Walk heads towards Dunkirk, then onto Hernhill and return via Victory Wood. Bring picnic lunch. Maximum of 10 people (including the walk leader) BOOKING IS ESSENTIAL. To book a place, please TEXT Chris on 07786 738460.	TR123608 CT2 9HR	10:00	12 (19.3)	Mod. 3	Chris P 01227 463231
Sunday 18/10/2020	Minnis Bay Meet on the seafront. The walk heads along the coast towards Reculver, before heading inland along the Wantsum Way and return via the outskirts of Birchington. BOOKING IS ESSENTIAL. Maximum of 12 (including the walk leader and back marker). To book TEXT Tony on 07976 944396.	TR284694 CT7 9QP	10:00	5.2 (8.4)	Mod. 1/2	Anne and Tony 01304 372814 or 07976 944396
Thursday 22/10/2020	Walmer Meet at Kingsdown Road car park (opposite Granville Road). An undulating inland route via country paths and quiet streets. BOOKING IS ESSENTIAL. Maximum of 12 places (including the walk leader). To book a place please CALL Diana on 01304 372090.	TR378505 CT14 7LH	10:00	7 (11.3)	Mod. 2/3	Diana 01304 372090
Sunday 25/10/2020	Staple Meet / park at the village hall (donation of £1.00 per car). BBOOKING IS ESSENTIAL. Maximum of 12 people (including the walk leader and back marker). To book a place please CALL Rowena on 01304 614789.	TR274565 CT3 1LB	10:00	6.5 (10.5)	Mod. 2	Rowena 01304 614789.
Sunday 25/10/2020	Lympne Meet at the village hall. This walk will go via Sandgate and Westenhanger before returning to Lympne. Bring packed lunch. BOOKING IS ESSENTIAL. Maximum of 20 people (including the walk leader). To book a place please TEXT Richard on 07774 184007.	TR120349 CT21 4LE	10:00	11 (17.7)	Mod. 3	Richard F 07774 184007

Thursday 29/10/2020	Ash Meet in the churchyard. Park in one of the Ash car parks or considerately on the road. Bring a packed lunch. BOOKING IS ESSENTIAL. Maximum of 12 places (including the walk leader and back marker). To book a place please CALL Rowena on 01304 614789.	TR287583 CT3 2EW	10:00	10.5 (16.9)	Mod. 2	Rowena 01304 614789
Thursday 29/10/2020	Waltham Meet near the church. BOOKING IS ESSENTIAL. Maximum of 15 people including the walk leader. To book a place please CALL Richard on 01233 812510	TR113485 CT4 5SQ	10:00	7 (11.3)	Mod. 3/4	Richard B 01233 812510

Sunday 1st November, 2020. The White Cliffs Ramblers Annual General Meeting is to be held on this date. The arrangements, including a possible walk, are still being finalised. Please watch for further announcements.

Thursday 05/11/2020	Chilham Figure of 8 walk - re-start at 13:45. Lunch - bring picnic or 2 pubs and a tea-room in the village. BOOKING IS ESSENTIAL. Maximum of 20 people (including 2 walk leaders). To book a place please EMAIL maglou1@yahoo.co.uk or rosie12hall@gmail.com	TR066536 CT4 8BZ	10:00	12 (19.3)	Mod. 3	Margaret M-W / Rosie 01795 843927 or 01795 435797
Sunday 08/11/2020	Goodnestone Meet in front of Goodnestone Park House. This walk will take in Chillenden and Fredville Park. BOOKING IS ESSENTIAL - MAXIMUM 10 PLACES. To book a place please EMAIL lfworrell@gmail.com	TR254546 CT3 1PQ	09:30	7 (11.3)	Mod. 2/3	Peter W 01304 768447
Sunday 08/11/2020	Goodnestone Meet in front of Goodnestone Park House. This walk will take in Chillenden and Fredville Park. BOOKING IS ESSENTIAL - MAXIMUM 10 PLACES. To book a place please EMAIL lfworrell@gmail.com	TR254546 CT3 1PQ	10:00	7 (11.3)	Mod. 2/3	Linda W 01304 768447
Thursday 12/11/2020	Lyninge Meet at the village hall. Walk via Great Shuttlesfield Farm, Paddlesworth, Arpinge, and Tolsford Hill. Please bring a packed lunch. Maximum of 12 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please PHONE or TEXT Andrew on 07754 797848 or EMAIL andrewswarbrick13@googlemail.com	TR159409 CT18 8EW	10:00	8.5 (13.7)	Mod. 4	Andrew 07754 797848 or 01233 720513

Sunday 15/11/2020	Bridge Figure of 8 walk. Meet in Patrixbourne Road, by the recreation ground. Lunch - picnic in Bridge (also pubs and a shop). BOOKING IS ESSENTIAL. To book a place please TEXT 07855 898234 (Bookings will not be accepted on the morning of the walk).	TR185543 CT4 5BL	10:00	12.4 (20)	Mod. 3	Chris B 07855 898234
Thursday 19/11/2020	Newnham Meet by the church - please park considerately in the village. Lunch stop in Stalisfield Green. Pub - The Plough but bring packed lunch in case. BOOKING IS ESSENTIAL. Maximum of 20 places (including the walk leader). To book a place please CALL Ross on 01227 657886 or 07962 810138	TQ954576 ME9 0LL	10:00	11 (17.7)	Mod. 3	Ross 01227 657886 or 07962 810138
Sunday 22/11/2020	Etchinghill Meet at the village hall. Bring a picnic lunch. Maximum of 20 people (including the walk leader and back marker. To book a place please EMAIL Rob at rgoodfellow33@icloud.com	TR167392 CT18 8NQ	10:00	11 (17.7)	Mod. 3	Rob G / Margaret M-W 07580 039671 or 01795 843927
Sunday 22/11/2020	Elham Meet in The Square. Please park considerately in The Square or nearby roads. Walk via Hall Downs, Whitehall Farm, Redoak and Bladbean and back via Grimsacre. Maximum of 12 people (including walk leader). BOOKING IS ESSENTIAL. To book a place please PHONE or TEXT Andrew on 07754 797848 or EMAIL andrewswarbrick13@googlemail.com	TR177439 CT4 6TL	10:00	6 (9.7)	Mod. 3/4	Andrew 07754 797848 or 01233 720513
Thursday 26/11/2020	Kearsney Meet at Kearsney Abbey car park (parking charges may apply). Maximum of 10 people (including the walk leader). BOOKING IS ESSENTIAL. To book a place please EMAIL esoppitt@gmail.com	TR285437 CT16 3EE	10:00	5 (8)	Mod. 3	Ev 01304 824344 07813 524000
Sunday 29/11/2020	West Hougham Meet near the village hall. Please park considerately on the road. Bring a packed lunch. Maximum of 20 people (including the walk leader and back marker). BOOKING IS ESSENTIAL. To book a place please EMAIL Rob at rgoodfellow33@icloud.com	TR265401 CT15 7BE	10:00	9 (14.5)	Mod. 3	Rob G / Margaret M-W 07580 039671 or 01795 843927