

Walk to Lunch Group – What we do and how it all works

Thank you for being interested in Walk to Lunch. We are friendly group with a maximum size of 30 who enjoy **fortnightly** Thursday morning walks in the Dales and surrounding area followed by a sociable pub or teashop lunch. This sheet is to give you an idea of what we do and how the system works.

Our walks are normally 4 to 5 miles long, starting and finishing at (or near) our lunch venue. We walk at a similar pace to the main group – 2 miles an hour or thereabouts – to make sure we are in time for our pre-booked lunch. Our walks include stiles and hills, so please be confident you are fit enough to manage the terrain and pace before you apply. You will need walking boots and waterproof clothing.

We usually meet at 10.15 for a 10.30 start, although this can be earlier if the leader thinks it necessary. Our meeting points vary each time and details will be sent out by e-mail by the Sunday evening before each walk, together with a brief description of the walk. We usually include the menu or a link to the pub web site; most places ask us to pre-order food for a group this size. This is why we organise the group via e mail - reading a long menu over the phone to 30 people really isn't a practical option. Agreeing to contact by e mail is essential for this group – we can't accept you without it.

You will be asked to e-mail and let us know (usually by the Tuesday evening but can be earlier if the pub requests it) if you are joining the walk so we can book tables and give the pub the food order. If something prevents you from joining us on the day we do ask that you let the walk leader know asap so your food order can be cancelled. If you know you will unable to join us for lunch on a particular day but wish to join the walk, that's fine, but please let us know you are coming so we don't leave without you.

As members come from different areas and our starting points vary each time, it isn't practical to operate a central 'meet and car share' for each walk. However, we have found that over the year members set up informal car share and lift arrangements between themselves and we encourage this where practical.

If you do want to apply to join the group, please be aware that this is a very popular group which usually has a waiting list so do apply in good time. As the group is so popular to be fair to other U3A members we would ask you to think twice before applying if you know you will only able to join the walks occasionally.

We realise of course that people have holiday, family and other commitments and cannot manage every walk. Please let us know if you can't join a walk. If you are away or unwell, we will of course hold your place for you – provided you let us know. If we do not hear from you for three walks in succession we will assume you no longer wish to remain with the group and your place will be offered to a person on our waiting list.

If you'd like to know more please contact either of the joint tutors – Jenny Robinson 01756 797205 and Brigida Martino 01756 796498.