

For all potential members

From: Group Chairperson, Angela Dunlop.

Welcome,

We would like to invite you to join the Derby and South Derbyshire Group of the Ramblers.

We are one of the local groups in the Derbyshire Area offering a variety of organised walks throughout the county. By becoming a member of The Ramblers you will not only receive information about all Ramblers walks, but you will be helping the association in its work of improving public access to our paths and countryside.

We hope the following information will answer most of your questions but please don't hesitate to get in touch with us if you have any queries (see contact names at end of letter).

Walking with us

Our walks programme

Derbyshire offers us a marvellous choice of walking country and we make sure that our walks programme offers plenty of variety from the challenging hills in the Peaks to the rolling hills and farmlands of the Derwent and Amber Valleys. The south of the county and adjacent counties, in particular Staffordshire and Cheshire, are very beautiful and offer us some excellent walks. Such a diverse landscape allows our group to offer an excellent programme of walks to suit all tastes and abilities and you will have a choice of walks every week for most weeks of the year.

When?

Sunday Walks vary in challenge and length from week to week. Walks for the more energetic from 10 to 15 miles, together with a shorter walks programme of around 5 miles.

Wednesday Walks of 8 to 10 miles are of moderate pace and provide an ideal opportunity for a midweek break.

Where?

Meeting points for each walk are detailed in our programme. This will mainly be at the starting point of each walk, details of which are given in our programme, including a grid reference and car parking details.

Don't drive? We try to share cars and give lifts to non-drivers. Get in touch with the walk leader or programme secretary who may be able to put you in touch with someone who can give you a lift. As you get to know people you will be able to make arrangements with other members. For some walks we meet at Darley Park Drive car park (off A6 Duffield Road, opposite Embers pub) so that cars can be shared. We contribute to the driver's petrol costs.

Who?

All our walks are led by an experienced leader and the number of walkers on each walk varies from about 8 – 25.

Web Site

The Derby and South Derbyshire Group has an excellent web site which is packed with information, including our walks programme. Just visit <http://www.derbyramblers.org.uk/>. Late changes to walks are published on the web site.

The main Ramblers' site is <http://www.ramblers.org.uk>

New To Walking?

We welcome new walkers. Our group is a mix of experienced walkers and others (like myself) who are relatively new to the experience. Here are a few ideas for making your first walks as enjoyable as possible.

- Begin with the shorter, easier walks. Ask the walks leader for their advice.
- Wear sturdy, supportive, comfortable boots or shoes.
- Wear several layers of clothing rather than one thick jumper (avoid denim jeans as they hold water in the rain).
- Take a small rucksack to carry waterproofs and your day's refreshments.
- Expect rain! Take a waterproof cagoule, perhaps waterproof over-trousers. No rucksack is water-proof so use plastic carrier bags inside to keep things dry – they're useful to sit on too.
- The outdoor clothing shops in Derby, Belper, Bakewell, Nottingham and Ashbourne offer a good selection of gear. There's no need to spend a lot and you'll get a good discount at most of them when you are an RA member!

HOW TO JOIN

By post see membership leaflet
online go to <http://www.ramblers.org.uk/join>
or phone the Ramblers on **020 7339 8500**

When you join the Ramblers, you will be allocated to one group according to your post code or preference, so mention if you want to be assigned to Derby and South. Once a member you can walk as often as you like, and with any group in the country. You can also receive the walks programme from any other group by contacting their membership secretary and asking to be added to their circulation (there may be a small charge) – or search online for walks in all areas.

For any further information, please contact:

Chair:	Angela Dunlop	01332 666017
Secretary	Chris Vaughan	01332 558552
Programme Secretary	Marie Kennedy	01332 863165
Membership Secretary	Petra Hedges	07941 606011

Walking is one of the best ways of taking exercise. It gives a view and contact with the countryside not possible by other means. Come and walk with us. You are sure of a welcome and the company of others from all backgrounds who share a common enjoyment of the countryside on foot.

We look forward to meeting you.

About the Ramblers

The Ramblers is Britain's biggest organisation working for walkers, a registered charity with 120,000 members across England, Scotland and Wales. We've been looking after Britain's footpaths and defending its beautiful countryside for more than 65 years by

- **protecting** Britain's unique network of public paths -- all too often, they are illegally blocked, obstructed or overgrown. We work with local authorities to make them a pleasure to walk on;
- **providing** information to help you plan your walk and enjoy it in safety and comfort.
- **increasing** access for walkers -- our work is helping to establish statutory rights of access to our countryside;
- **safeguarding** the countryside from unsightly and polluting developments so that walkers can enjoy its tranquillity and beauty;
- **educating** the public about their rights and responsibilities and the health and environmental benefits of walking so that everyone can enjoy our wonderful heritage;
- **walk** with any Ramblers group anywhere in the country - when elsewhere on holiday, for example.

We can only do these things with your help. Join the Ramblers and in return, you'll get membership of a local walking group offering regular walks, social events and the opportunity to get involved in practical and campaigning work, together with a lively quarterly magazine, *Walk*; packed with useful walking information and places to stay; and discretionary discounts on outdoor clothing and equipment.

We have about 450 Groups across Great Britain, organised into around 50 Areas. The governing body of the Association is its General Council, which consists mainly of delegates appointed by Areas. They elect an Executive Committee, which establishes policy and uses funds in pursuit of the association's objectives. There are also Councils for Scotland and Wales, and offices in London, Cardiff, Wrexham and Kinross.

The Ramblers is not affiliated to any political party and is required by its constitution to be non-sectarian. The Association is a democratic, voluntary organisation, registered as a charity (no. 1093577) and as a company limited by guarantee (registered in England and Wales, no. 4458492).

For more information see <http://www.ramblers.org.uk/> or contact the Ramblers main office 2nd Floor Camelford House, 87-90 Albert Embankment, London SE1 7TW, UK
Tel +44 (0)20 7339 8500

Other Ramblers Groups in Derbyshire

Amber Valley	01773 853207 or www.ambervalleyramblers.org.uk
Derbyshire Dales	01335 300340 www.derbyshiredalesramblers.org.uk
Erewash Group	0115 917 0082 or www.erewashramblers.org.uk
Notts & Derby Group aimed at 20s & 30s	www.ndwg.co.uk
One Step Walkers aimed at 40s	www.onestepwalkers.co.uk

