



## MUAB Guidance - Selecting your walks

### Introduction:

This advice has been prepared by the MUAB Committee with the aim of maintaining a safe and enjoyable walk experience for all our members, and to help walkers select a level of walk suited to their capacity and level of fitness. It is intended to maintain and continue our history and our practice of walk options as an inclusive club.

### Walk Selection:

To ensure an enjoyable walk for everyone the group needs to keep reasonably close together. This requires that the walking capabilities of the group are roughly equivalent. When a group of walkers gets too far ahead or behind there is the potential for problems to arise for both the Walk Leader and the Whip, who are jointly responsible for the safety of the group. It can also spoil the walk experience for other walkers who may have to repeatedly wait for others to catch up and may cause the slower walkers to hurry and miss out on a reasonable time to catch their breath. On those occasions when a serious mismatch of walk ability has occurred, and the anticipated walk time has been extended, disappointments and problems have at times ensued.

Our walks aim to provide an enjoyable walk for all who come on the day. The Walk Leaders check walk trails and circulate details of the walk to all members. The walks are given a grading, based on criteria outlined in the accompanying document 'MUAB Walk Grading'. Walkers self-select their walk and should discuss any potential problems, such as very steep terrain or rough and uneven tracks, with the Walk Leader.

Walkers should select a walk that is within their capabilities considering terrain, weather, expected walking pace, distance, and any current injury or disability. Please talk to the Leader should any problems arise. Safety of walkers is always a priority in walk planning and execution.

### MUAB Walk Groupings:

The Walk Leader generally provides two or three options on the monthly walk for walkers to provide an enjoyable walk for everyone.

1. Longer walk, potentially hard – Scramblers.

Distance 12 – 20 km. Hard to Easy-Medium grading.

Estimated walk time 4 to 5 hours plus reasonably short rest breaks

The walk may contain rough terrain, steep climbs and steep downhill sections covered at an average pace of 4km an hour (15 min per km). There are likely to be prolonged demanding sections. Poles and or very good balance are required.



## 2. Shorter walk – Ramblers

Distance 8 to 12 km. Medium-Hard to Easy grading

Estimated walk time 4-5 hours, including longer rest breaks. The walk may be over hilly tracks with some challenging sections., at an average pace of 3km an hour (20 min per km).

## 3. Easy walk – Amblers

Generally a self-guided walk in the area where we meet at the start of the walks. The track would be reasonably smooth without steep sections. The time of these walks depends upon how far walkers want to go and how long they wish to walk. Some walkers may come to enjoy painting, birdwatching, or quiet meditation.

## 4. Little Gems.

An all-inclusive walk group with the Walk Leader acting as a guide. Location is generally urban and coming by public transport will usually be an option. Little Gems provide exploration and walk experience at a gentle pace, within the area where we meet. The surfaces will be safe without steep sections, will usually suit walking aids and will generally not require poles. These walks will suit all members by providing a special interest activity and fellowship. The Little Gems Group extends MUAB participation beyond a capacity to attend monthly walks.

### Advice:

If you have any uncertainty about your fitness for the walk you select, you should discuss this with the Walk Leader or the Walks Coordinator. This is best done by phoning ahead of the day of the walk. Please understand there can be disappointment on the day if you are advised after arrival the walk is unsuitable for you. Walkers who would generally undertake the shorter walk, but would like to join the longer walk, would be particularly advised to check ahead of the day, or early on before the circle briefing. We are self-reliant, supportive of other walkers' enjoyment, and carry first aid packs. The Walk Leaders aim to walk at the pace of the group, arrive at the pace of the slowest walker, and leave no one behind.

MUAB Committee  
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