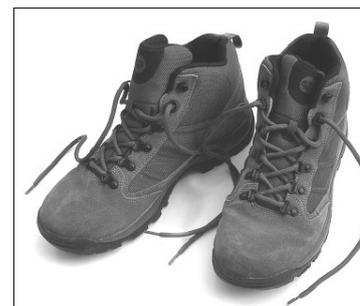


# BARMOUTH WALKING FESTIVAL

## INFORMATION



### How is the event managed?

Thank you for booking on our programme of guided walks. Barmouth Walking Festival has developed this event since 2002, taking expert advice to ensure a safe, interesting and variable programme for your enjoyment. Risk Assessments have been carried out to reduce the potential for accidents, though common sense plays a large part in outdoor pursuits of any kind. Participants are therefore requested to take every precaution and be aware of the needs of fellow walkers. Walk Leaders have been chosen for their local knowledge and experience; most are experienced local enthusiasts, but who will take all reasonable steps to ensure the walks they lead are safe. They are fully conversant with the needs of walkers at all levels of ability. Local historians and naturalists lead some walks.

Fundamentally, you have a responsibility for your own safety. We would ask you, therefore, not to join a walk unless you think you are physically fit enough to complete it safely, and are suitably clothed. Before departure the leader or other designated person will explain the walk and advise any particularly difficult stages. You should make known to the leader any medical conditions or special circumstances which may affect your ability to complete the course. If extreme weather conditions prevail the walk may be amended or curtailed at the leaders' discretion. As with all outdoor pursuits it is important that you check that your accident and medical insurance policies give adequate cover. You take part in this event at your own risk. **'Barmouth Walking Festival'** recognises that walking in mountainous areas is an activity with a danger of personal injury. Participants in this activity should be aware of and accept these risks and be responsible for their own actions and involvement. The Festival has public liability insurance for the event, but participants on walks take part at their own risk. Personal Accident Insurance is NOT provided – it is up to each individual to arrange their own cover should they wish to do so.

### What is the right walk for me?

If in doubt, take medical advice before booking. We can offer walks at all the listed grades. All walks have been graded to give you guidance, they have been calculated on an average walking speed of 1 to 2mph and take account of the gradients involved, the terrain to be encountered as well as normal weather conditions and allow time for refreshment stops and ample time to photograph our beautiful countryside (except for Walks 1 & 29 our Super Walks)

The grades are:

**A ++: Extremely Hard – For Experienced Walkers Only** - For those requiring a challenge of physical fitness and stamina rather than a sightseeing expedition. They should only be undertaken by walkers experienced over long distances with an extremely good level of fitness.

**A: Hard** – A walk that will have a number of areas that can place a demand on the physical and mental capability of the walker. There are a number of ascents/descents during the walk, the

route at times will require careful navigation and foot placement. Steep ascents and descents, wet ground and a long distance contribute to the designation "A" Note that a designation of "A+" has been used for even more challenging walks.

**B: Moderate** - a walk that will include one or two physically or mentally demanding stretches. There may be a number of ascents and descents which could be considered challenging again B+ may be a little more challenging

**C: Easier** - a walk that can be completed without undue stress or physical strain. Normally low level walks with easy escape routes to a village or town. A walk may be designated as 'Easy' though it could be demanding due to the distance and time taken to complete. Please note that most walks take place in the surrounding hills and involve some ascents, our beautiful town is surrounded by hills!

### **Clothing and Footwear:**

Stout Walking Footwear (made for mountain walks) which fit and provide ankle support and waterproof jacket and trousers, warm clothing, gloves, warm head wear, all of which should be suitable for changes in the weather, are required for all walks regardless of their grades. Our weather can change very quickly so always be prepared.

For mountain walks please be prepared for a long day, and, come with food, and drink, Lowland walks are to suit most ages and abilities, bring a packed lunch and drink.

**We reserve the right to turn walkers away if they are not adequately equipped or shod.**

### **Where does Walk Registration take place each morning?**

All walks commence with registration at the Dragon Theatre, which is centrally situated on Jubilee Road, next to the market car park, where toilet facilities are available. For directions to the theatre visit: [www.dragontheatre.co.uk](http://www.dragontheatre.co.uk) Dragon Theatre/Theatr y Ddraig, Jubilee Road, Barmouth, LL42 1EF. Our friendly registration team will be on hand to sign you in every morning and answer any questions that you may have and they will also have the coffee and home-made treat ready to tempt you (for a donation) and this year for those of you who have to leave your accommodation before breakfast is served, we will be providing a Breakfast Snack (at a reasonable price) to send you on your way. For anyone who has forgotten water that too will be available for purchase.

### **What about parking?**

Barmouth has several long and short stay (pay and display) car parks. The main (long stay) car park is on the beach side of the railway lines, directly opposite the theatre. At the time of writing the roadside next to the fairground (Marine Parade) is unregulated, free parking and there will often be spaces here in the early morning, when you are registering. High Street parking is only free for one hour.

**Ensure that you will not need your vehicle to reach the walk start point before paying for any parking.** (You could park for a short time in Jubilee Road outside the Dragon Theatre, to check first at registration to see if you will need your car)

### **Can I share a lift to the start of a walk if I have no car?**

There should always be room in another vehicle, but ask that a contribution towards petrol and parking expenses is made, this would be appreciated by the driver. Please make a note on your booking form it would help us ensure that there are enough cars available prior to the start of the walk.

## **Is it possible to meet at the start point of the walk?**

We do prefer that everybody meets at the Dragon Theatre, but understand that if the walk starts from the direction from which you would be travelling it would make sense to meet nearer the start. So, Yes, providing you have made prior arrangement with the festival organisers, having paid in advance, received, acknowledged and returned the Health & Safety disclaimer, the organisers will then forward you co-ordinates and details of the starting points.

### **Participants or their guardians** take responsibility for ensuring:

- That the activity offered suits their needs, expectations and capabilities
- That participants' actions conform to any safety guidance given during the initial briefing or by the leader during the walk.
- That you share any previous or existing medical issues or allergies with the walk leader prior to starting the walk and advise them of any medication you may be carrying or need during the walk
- That any distress or concern during, or resulting from, the activity is drawn to the immediate attention of the leader in charge or his/her assistants.
- They are aware of the recognised risks & hazards associated with the activity & prepared to accept them.
- That the equipment and clothing used is suitable for the activity
- That due regard is given to care of the environment and other users, and that the relevant Code of Conduct is adhered to.
- That for mountain walks please be prepared for a long day, and come with food, drink, waterproof clothes and good stout boots, which fit and provide ankle support and are worn as directed. Lowland walks are to suit most ages and abilities, but wear waterproof clothes and stout walking boots and worn as directed also bring a packed lunch and drink.
- That it is up to each individual to arrange their own Personal Accident Insurance cover should they wish to do so. Barmouth Walking Festival have taken all reasonably practicable precautions to ensure that our duty of care towards participants is observed and we have public liability insurance for the event, but participants on walks take part at their own risk

### **If You Have Any Other Questions Just Get In Touch:**

By post: Barmouth Walking Festival c/o Capel Dyffryn, DYFFRYN ARDUDWY,  
Gwynedd, LL44 2EH

By telephone: 01341 242 646 (talk to Lesley or Kirstie)

By Mobile: 07887 9060955 (talk to Kirstie)

By email: [hello@barmouthwalkingfestival.co.uk](mailto:hello@barmouthwalkingfestival.co.uk)