

BEGINNERS MAP READING JOINING INSTRUCTIONS

RICHMOND PARK, 2021



 *Nature's Ways*

natureswaysuk.com

MEETING POINT:

ST MATTHIAS' CHURCH, CHURCH ROAD,
RICHMOND TW10 6LS.

The walk will start from the meeting point at 10.30am. If you are going to be late or cannot attend at the last minute, please contact me on 07917 008 773.

- The meeting point is St Matthias' Church, Church Road, Richmond TW10 6LS. You will see a low wall to the right of the main entrance, if you follow around the right hand boundary of the church – we will meet here.
- There is a bus stop outside the Church (Bus 371 towards Ham)
- There is cycle parking further up the street (towards Sainsbury's, near the zebra crossing).
- It is not advised to travel by car. There are car parks in Richmond Park but they are often closed and become very full, very early. There are general car parks in Richmond.
- Directions to the church from Richmond Railway Station: Within the station, look for small exit to the right of the toilets, signposted Church Road. Follow the path alongside the station and when you come out at the bridge, turn right. Continue up Church road, cross over Sheen Road and continue uphill. It will take approximately 20 minutes from station to church. It is an uphill walk so leave plenty of time!



The day will end back at St Matthias' Church.

WHAT TO WEAR / BRING

- Please wear trainers or walking boots that you can comfortably walk in for 3 hours. Terrain is a mixture of concrete paths, mud and grassy tracks. You are likely to get muddy if the ground is wet. Please do not turn up in unsuitable footwear (eg flip flops) as you will not be comfortable and will ruin the experience for yourself and others!
- Waterproof jacket and at least one warm layer. Other waterproofs such as waterproof trousers and hat if you wish.
- It is recommended to wear long trousers, rather than shorts or a skirt, to limit the risk of tick bites.
- Rucksack or other bag that is comfortable to carry for a long period of time.
- Your own hand sanitiser, face mask, tissues etc.
- Notebook and pen.
- Compass if you have one (not compulsory).
- Small first aid kit containing plasters and any essential medication for yourself.
- Packed lunch and a filled water bottle. Snacks such as energy / chocolate bars / fruit, hot drink in a flask if you wish.

PRACTICALITIES

- There will be up to five other people plus the walk leader on the workshop.
- **Duration:** The workshop will take approximately three hours, including comfort breaks, stopping to talk and tasks / exercises. Walking will be at a leisurely pace.
- **Equipment:** Maps and technical equipment will be provided (all will be sanitised in advance). Please bring the equipment listed above.
- **Toilets:** Toilets are available at Richmond railway station and we will be stopping at toilets within the first hour of the walk. Please let the leader know in advance if you may require more frequent visits.
- **Food and drink:** Please bring your own food and drink. There is a planned opportunity to purchase hot drinks and extra snacks but please do not rely on this as opening times may be erratic due to covid-19.
- **Covid-19 measures:** Please be mindful of 'hands, face, space' and try to keep a social distance of 2m from other participants. You must not attend if you have had a positive test within 10 days of the course and you must let the organiser know if you receive a positive test within 10 days after the course. A risk assessment will be provided on the day.
- The workshop will go ahead in most weathers. If you are concerned please call me on the number provided at least one hour before the start time. If the weather means that the adventure has to be cancelled, I will text you at least two hours before the start time to let you know. Refunds will be given if an alternative date cannot be arranged.

OTHER INFORMATION

In advance of the day of the course please inform me (by email) of:

- Emergency contact number for each participant.
- Any medication needs.
- Relevant allergies.
- Any other relevant information; relevant illnesses, phobias, level of fitness etc.
- If you think that you might have difficulties being on your feet / walking for up to three hours, so that I can plan accordingly.

Disclaimer: Whilst I am fully trained and insured, outdoor environments can be unpredictable. I do not accept liability for personal injury or death of any participants howsoever caused, or for the loss or damage of property while participating.

By taking part, you accept that there is an element of risk and agree that Nature's Ways will not be liable.

Insurance and other certificates are available upon request, please do ask.