**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 area followed by a pub or teashop lunch. Some summer walks are on a ‘BYO picnic’ basis. Our walks are normally 4 to 5 miles long, at a fairly brisk pace, starting and finishing at or near our lunch venue. Walking boots and waterproof clothing are essential.

We usually meet from between 9.45/10.15 depending on the walk length. Our meeting points vary and walk details aresent out by e-mail the week before each walk. These include the menu or a link to the pub web site as venues ask us to pre-order food. You will be asked to e-mail and let us know your food choice (usually by the Monday before the walk but often earlier) so we can give the pub the food order and total numbers**. Pre booking for walks and meals is essential** and we also **expect** you to **let us know** if you cannot join us.

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.

Sounds like something you’d enjoy? Please see below before applying……

1. Most importantly, can you make a regular commitment? This is a very popular group that usually has a waiting list. To be fair to other u3a members please think twice before applying if you know you will only be able to join walks occasionally. We realise of course that people have holiday, family and other commitments and cannot manage every walk but we always ask you to let us know whether or not you are joining a walk. If we do not hear from you for three walks in a row we will assume you have left the group and your place will be offered out to the wait list.
2. Are you fairly fit? Walks usually include stiles and hills and although we wish to be accessible we need to keep a good pace to make our booked lunch times and our walks do not include a ‘coffee break’. Please be confident you can keep up with 2 miles an hour. If you have doubts about this the Shorty Walks group may suit you better.
3. Do you have access to e mail and do u3a have permission for the group leaders to use it to contact you? Reading a long menu over the phone to each member of the group every fortnight is not an option and so email access is vital.

If you would like to know more please contact either of the joint group leaders – Jenny Robinson 01756 797205 and Brigida Martino 01756 796498.