

SU3A Walking Group A walks programme April - June 2026

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Walking Group A: SU3A safety information and guidelines for all walkers

- All walkers are expected to take responsibility for their own safety at all times during the walk, and to look out for the safety of others.
- All walks start promptly at 10:30. Anyone who anticipates their late arrival on the day of the walk should attempt to contact the walk leader or another group member as soon as possible.
- Before taking part in any walk, all group members should assess the risk to themselves and others in the light of their general health, vulnerabilities and any new or ongoing medical issues.
- To safeguard your own health and that of other group members, please do not attend a walk if you are unwell or have a potentially contagious condition e.g. flu, a cold, stomach upset or Covid19.
- All walkers should carry their own food, drinks, medication and first aid kit, wear appropriate clothing and footwear for the route and weather conditions, and carry an ICE (In Case of Emergency) card in their rucksack.
- Follow the route set by the walk leader. If you need to leave the route temporarily (e.g. for a toilet break), inform the leader or back marker.
- If you get separated from the group, make sure your mobile phone is switched on and ring the walk leader or another member of the group.
- If you want to leave the group walk permanently and make your own way back, inform the leader or back marker. You will cease to be covered by SU3A insurance as soon as you leave the group walk unless you are in a breakaway group authorised by the walk leader.
- Dogs are not allowed on any Group A walks.

Date	Walk Description
Wednesday 1st April	A fairly challenging 5.5 - 6 miles from Longshaw area with some steep inclines to Grindleford and Nether Padley.
Tuesday 7th April (earlier start)	A tour of the SU3A gardens at Whirlowbrook to view the planting in memory of our late walking companion, Pat Crook. Followed by a 6 mile walk via Whirlow Brook Hall and Forge Dam.
Wednesday 15th April	A 6 mile walk in the White Peak from Hartington
Tuesday 21st April	5 miles from Thornbridge along Monsal Trail
Wednesday 29th April	A 6 mile walk around the bluebell woods of Sheffield's Moss Valley
Tuesday 5th May	A challenging 6 miles from Hathersage to Stanage Edge
Wednesday 13th May	A challenging walk on to Bamford Edge
Tuesday 19th May	TBA
Wednesday 27th May	6 miles from Tideswell
Tuesday 2nd June	5 - 6 miles under the skyline of Kinder Scout
Wednesday 10th June	5 miles from Hardwick Hall
Tuesday 16th June	6 miles from Firbeck
Wednesday 24th June	A 6 mile route from Bolsterstone and around Broomhead reservoir.
Tuesday 30th June	6 miles from Thornbridge Hall to Bakewell & Ashford-in-the-Water.

