

**WALKS PROPOSAL**

Walks usually start at 10 am on Sundays but 10.30 am on Tuesday, Wednesday or Thursdays. City walk start times vary but normally 9.30. The description of the walk should include places en route and the location of the lunch stop.

**NOTE:** For **INSURANCE REASONS** Leaders must carry a copy of the **Club's Accident Report** form and a **First Aid Kit**, available from Val Starr (tel: 01932 226001).

If you give your surname, mobile phone number and email address this information will be published on the club website and the printed club programme.

This form can be printed from the web page or is available from the Walks' Co-ordinator, Pat Massey, 24 Thetford Road, Ashford, TW15 3BW (01784 245993) to whom the completed proposal should be returned.

PLEASE PROVIDE THE DETAILS REQUESTED BELOW IN BLOCK CAPITALS:

**Preferred dates**.....  
.....

**Dates to be avoided**.....  
.....

**Day of Week**:..... **Start Time**:.....

**Start of Walk**:.....

**OS Map No**: ..... **Grid Ref. (NGR)**: .....

**How to get to start**: .....  
.....  
.....  
.....

**Type of walk**: Hilly/Undulating/Flat-Easy **Distance**: .....miles

**Other comments**: .....

**Places en route**: .....  
.....

**Lunch stop Pub**: Y/N **Name**:.....

**Leader's First Name**: ..... **Surname**:.....

**Home Tel**:..... **Mobile on day**:.....

**Email**:.....