

Hello folks

## CLUB WALKING PROGRAMME

As you know, due to Covid 19 and in the interests of safety of members, we were forced to suspend the club's walking programme some months ago. As the lockdown is gradually being relaxed and as people have begun to walk again, the committee now believes this is a good time to restart our programme of walks. We plan to do this from **Saturday 1 August with the Sallagh Braes Walk** as advertised in the 2020 Program on our website and also the evening and weekend walks already scheduled for August.

Whilst dates for the evening walks in August have been scheduled, we need suggestions for walks and volunteers to lead them! Please check the programme on the website and if you can help out on any of the dates, please let Cowan or me know.

Future club walks will follow the Covid 19 guidance which can be found on the Ulster Federation of Ramblers website and which we all become familiar with recently. These precautions include:

- social distancing before and during walks
- using hand sanitiser when going over stiles or through gates
- avoid touching other walkers' poles, maps etc.
- avoiding car sharing where possible

Hopefully, for the remainder of this year, we can return to our normal programme including those holidays which are still in the programme.

Good luck and stay safe.

Jim