

Saltash u3a Roamers Plus Walking Group

Our walking group meet on the fourth Tuesday of each month, and we walk approximately 6 – 8 miles.

Walkers are encouraged to take turns to lead walks, and we meet 0915 at Saltash Leisure Centre, to share lifts.

We will be walking along tracks, quiet country lanes, fields, coast path and open moorland. We may encounter livestock so dogs, unfortunately, are not allowed on our walks.

We aim for our walks to be enjoyable and informative, although some may be more challenging than others. Some of the obstacles we may encounter include stiles, muddy parts, and hilly ascents and descents and these will be briefed to walkers before the start.

There will be a coffee stop, and a lunch stop during the walk.

For a comfortable and enjoyable experience, wear suitable clothing for the conditions. Good quality footwear is important, additional waterproofs if rain is likely, and walking poles are particularly useful on descents.

Chris Masterson, group coordinator