INTRO TO LONG WALKING GROUP

The Long Walks Group has been in existence for so many years that nobody can remember exactly when it was set up! What we do know is that we have all become very good friends and as well as enjoying walking, we really enjoy each other's company.

There are twenty-five walkers listed for the group, though not all of them are regulars, and it is very rare that more than fifteen or sixteen people join a walk.

Walks are organised on Tuesdays on a fortnightly basis and the distance generally ranges from eight to eleven miles. Each walker takes a turn as walk leader, deciding on the location, undertaking a recce of the route and leading on the day.

As a rule of thumb walk destinations are within a fifty-mile radius of Northallerton, giving us fantastic opportunities to see and experience the delights of the North York Moors, Yorkshire Dales, the North Yorkshire coastline, Nidderdale Area of Outstanding Beauty and lots more places in between.

Walks tend to start at 10am – though walk leaders can request an earlier start if they think it would be desirable. The group tends to have a coffee stop an hour or so after commencing the walk and packed lunch when everyone's ready. Walks tend to be completed by around 3pm.

Except during times of pandemic, car journeys are shared where possible.

As you might expect, walks of around ten miles are more of a challenge than those tackled by other walking groups. As well as distance, we often choose walks that are described as strenuous, which involves considerable ascent and often more difficult terrain. All walks are described in the U3A diary so walkers can check the difficulty of scheduled walks and decide whether they feel they can manage them.

Because of the nature of the walking that this group tackles, it is essential that those joining walks are properly equipped – boots, weather-proof gear, walking poles, back-pack and sun cream!

New members are always welcome. If you like a good chat and great walking, the Long Walks Group should be right up your street!