

HSWC – Newsletter July 2026

The 'new' walk schedules have now been published on the web site and you will no doubt have spotted that we have a few vacant slots. Please do volunteer to put a walk on – we will be only too happy to help out. It is great that we have some enthusiastic leaders but the vacant slots tell their own story – we need a few more please. Do have a chat to any of the Committee if you would like to explore how you can help out.

To the walk leaders that we have – thank you – your endeavours are much appreciated. We are fortunate to have a good and diverse schedule with some excellent walks.

Warm Weather Walking

As I write this it is another hot, sunny day (I quite like them!!!) But I know not everyone feels the same way. At the risk of 'teaching grandmother...' do think about the heat and sun exposure – take sufficient fluids and take sun protection. I know the leaders are looking at possible shady options (solar-wise) but it is not easy to plan the walks and the weather! Help them out by being well prepared. Heat exhaustion is real – take fluids.

Hadrian's Wall Trip

The walks for the 16-19 October trip to Hadrian's Wall are now researched and plotted. I know some of you have your Hexham accommodation booked and transport sorted. Please let me know as you firm things up. Additional walkers welcome. At least one set of members are going a day early to fit in an additional walk. The scenery is wonderful around there – clearly there is the Wall itself but the views are great.

Walk Leader Workshops

We will be running a couple of informal workshops soon. We are sorting out the venues and will announce more shortly.

The content will include

- what to do in the event of an incident
- what sort of incidents have we experienced
- what we have in our first aid kits – I know there is some uncertainty about what to use and how to use some of the items
- how to use the technology to report your location – first aid related or broken stile etc
- some information sharing about using The OS map App – many of us use it – but not all in the same way... (other apps are available).

These workshops will not replace the more formal, instructor led first aid course that is also to be organised. Although the workshop will have a leader, the format is that we all 'chip-in' with questions, advice and experience sharing

Walk Descriptions and Pace

I have been approached by a few people about the speed of walking and accuracy of the walk description. Again, I reiterate – thank you to the walk leaders. However, we can help our fellow

walkers if we help with the description so that they are not too exhausted at the end and do not feel that they have been on a SAS vetting exercise!!! (even my Brecon routes!!). Getting the walk length close to 'right' is especially important for the longer walks. People need to be able to decide if a walk is appropriate for them. It is great that we do have a good range of walks – we are not all the same. We are quite happy (very happy) to run parallel walks as we do with Welsh walks – so feel free to come up with additional walks that suit you better – but help people decide with a good description.

It is also important for us to manage the different walk speeds. We have people with different leg lengths and stamina levels. We need to allow the slower (and perhaps not slow...) walkers to catch up and have a rest before we set off. This is especially true in the hot weather – a proper breather with liquid is important.

This observation is hardly unique to us. A recent mountain rescue team posting struck a chord – have a quick read.

<https://www.facebook.com/groups/friendsofthebreconbeacons/posts/3343155065846832/>

Linked to this is not losing the members at the back – this has happened a couple of times recently without unfortunate consequences, but we need to keep an eye on our walking companions and ensure that the front is in contact with the rear.

Defibrillator training

Not organised by us but of interest, I think. There is to be some free defibrillator training in Highworth on 22nd September at the Town Council Offices. It is good to know how these devices work – follow the link to find out more.

<https://www.facebook.com/groups/highworthonline/posts/3222681267940630/>