



## Semerwater walk

Thank you for registering to join us on this walk. Lake Semerwater and the area around it, is a great place to view the night sky from. We hope the sky will be clear on Saturday.

The walk will start at Semerwater foreshore car park at **tbc**.

The best way to approach Semerwater is from Bainbridge through Countersett, then down the hill to the lakeside.

Parking is available on the gravelled area next to the lake; a special rate has been negotiated of £1.20. This is payable at Low Blean Farm. Please ensure you have taken care of the purchase of your parking fee before **tbc**.

In order to be safe on the walk please take note of the conditions under foot. A lot of the walking could be wet and slippery. Our pre-walk risk assessment found that the majority of the path is fairly robust, however there are some boggy areas, so appropriate footwear should be worn, ideally walking boots, or wellies with good grips.

It is advised you wear several layers to keep you warm, waterproof jackets are essential as the weather is changeable, and over trousers are advisable. Please also bring either a headlamp or torch to help light your way, if we are walking in the evening.

Whilst the walk is relatively easy, there are some ups and downs, so a moderate level of fitness is required. We assess that the walk would be suitable for children over the age of 10 years, however if your child is younger and used to walking, then the decision is yours.

There will be two stopping points on the route, unless the weather is horrendous and then there will only be one. Our first stop will be at Stalling Busk ruined Church. Our second stop will be near Marsett where there will be refreshments of tea/coffee/juice and cake. There will also be an opportunity to get warm and go to the toilet if needed. If you only want to complete half the walk and not the full circular walk, then it is advised you arrange collection from Marsett at approximately **tbc**, otherwise you should be back to Semerwater foreshore, to collect your car no later than **tbc**, possibly earlier.

If you carry any medical equipment, or have a condition that might affect your health, please let me know prior to the walk. If you are coming on your own, I would appreciate you sending me the details of an emergency contact (just in case). There will be two trained first aiders on the walk, and I am insured to lead groups.

Looking forward to seeing you at Semerwater on **tbc**.

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