

Ramble Programme 2025



In Beddgelert Forest, Snowdonia. 2024. Photo by Marian Andrews

Dates	Locations	Pages
AGM April 6th at 14:30	Virtual by Microsoft Teams	Link to Teams Meeting
April 28 th – 2 nd May	Sussex South Downs Tour	5
May 12 th – 16 th	North York Moors Tour	7
June 16 th – 20 th	Derbyshire Tour	9
July 7 th – 11 th	Worcestershire Tour	11
September 17 th – 21 st	Pembrokeshire Tour	13
October 6 th – 10 th	Hertfordshire Tour	15

Contact Information

Ramble Information. For queries about a ramble, please contact: John Cuthbertson, Rambles Organiser. chairman@disabledramblers.co.uk

Membership. For any queries or comments about membership please contact: Judy Cunningham, Membership Secretary, membership@disabledramblers.co.uk

Bookings. **Bookings open on 10th February 2025.** Please send your bookings to: Rhiannon Robinson, Bookings, bookings@disabledramblers.co.uk

Making a Booking

2025 bookings can be made at any time from February 10th onwards. Until February 25th priority will be given to Loan Scooter bookings received from members who first joined after October 2024

Please read the Booking Information on the Booking Form, then complete and return it to Rhiannon (Bookings). Please make your payment at the same time. Your booking will be acknowledged, then you will receive Joining Instructions 2 -3 weeks prior to each ramble.

Note - Regional Rambles are advertised periodically by email and on our website. These rambles are booked directly with the Ramble Organiser or the Ramble Leader.

Disclaimer & Consent

The Disabled Ramblers cannot accept any financial or other liability arising from the cancellation of rambles.

All participants take part at their own risk.

We plan to run the rambles advertised in this booklet on the dates advertised. However, this is subject to any matters arising outside our control.

Dates and venues may occasionally need to be changed, sometimes at very short notice. We will make every endeavour to let members know if this is the case. Contacting you by mobile phone or email are the best options - please help us to help you, by giving us an up-to-date email address and phone number – and on the booking form give contact details for the person you would wish to be contacted in an emergency.

Booking Accommodation

You should check the refunds policy of your accommodation and/or take out appropriate travel insurance to protect you in the unlikely event of a Ramble Tour having to be cancelled or postponed at short notice.

The Disabled Ramblers cannot accept any financial or other liability arising from the cancellation of rambles.

Rambles may be limited in terms of numbers including walkers, and you should have completed a booking form for a National Ramble in advance to be able to attend.

All scooter users should be members of the Disabled Ramblers (not just Facebook members) or attending their trial ramble in anticipation of becoming a member.

Loan scooters and toilet facilities will be provided by Disabled Ramblers only on National Rambles.

To book a Regional Ramble, please contact the ramble leader directly by email/phone, and we also ask that you help our funds by donating £5 by BACS before the ramble or donating £5 cash into the envelope provided at the ramble.

Signing-On at Rambles: Everyone attending a ramble, including your guests, will be required to sign on when they arrive at the start of each ramble. You will be signing to say that you consent to:

- taking part at your own risk;
- waiving all claims against The DISABLED RAMBLERS Ltd and its members howsoever arising, and to indemnify the Charity and its members against any claim due to negligence on your part;
- the use of your image – on a photo or in a video taken on this ramble – for our website, for our publicity and publications, and in our campaigning work. (Unless you wish to withhold consent for the use of your image, in which case you must let us know when booking your place on the ramble.)

COVID: You must not attend the ramble:

- **If you are showing any of the main COVID 19 symptoms which are a high temperature; a new, continuous cough; a loss or change to your sense of smell; any other Covid symptom.**
- **Or if you have recently been in contact with someone showing any of the main COVID symptoms, or if they have tested positive unless you have taken a Lateral Flow/Rapid Antigen test either the evening before the ramble, or on the morning of the ramble and it shows that you are clear.**

Ramble Categories

Cat 1 is suitable for all wheelchairs etc. However, we rarely run Cat 1 rambles.

Cat 2 may include rougher surfaces and hills up to 1:8 and is suitable for robust outdoor powerchairs and medium scooters. However, the weather might cause the track to become muddy, slippery and covered in puddles. (Some very fit manual wheelchair users might cope with Cat 2 but consider the distance.) All Cat 2s and Cat 2+ are suitable for a first ramble with the Disabled Ramblers.

Cat 3 means rough, stony and rutted surfaces with significant mud, cross-slopes and/or steep hills and is for experienced riders on robust off-road scooters. Cat 3- and Cat 3+ indicate easier or harder than Cat 3. Very few powerchairs are suitable for any Cat 3 rambles. Contact chairman@disabledramblers.co.uk for advice if you think your powerchair would be suitable. Our preferred option is for you to use one of our Loan Scooters. Some Cat 3 rambles are suitable as a first ramble. If this is the case, it will state this next to the category type on the programme. Cat 3 rambles which have been assessed as being safe for a first ramble with us should have no steep drops at the side of the track and the steepness of hills and cross-slopes are not too severe.

If in doubt as to the suitability of your mobility vehicle, please contact John Cuthbertson at chairman@disabledramblers.co.uk to discuss.

Ramble Timings

Start. Rambles usually start at 10am for 10-30am, but check the Joining Instructions for each ramble. Please arrive with plenty of time to get yourself ready, in order for the leader to be able to start the ramble on time. If you are running late or have to cancel at the last minute, let the ramble leader know by phone or text message (A text message is more likely to get through in areas of limited reception.)

Breaks. There is a coffee break in the morning and a lunch break. Please bring your own refreshments, unless joining instructions say otherwise. At lunchtime an accessible portable toilet is erected for your use if there is no alternative toilet available.

End. Rambles usually end by 16:00.



Great Langdale from Stickle Gill. 2024. Photo by Marian Andrews

2025 Ramble Locations on [Google Maps](#)

Sussex - South Downs Tour

2501 Beachy Head BN20 7YA

Monday 28th April

A circular ramble, starting at Beachy Head Car Park, heading NE along the downs then turning W and following a bridleway down to Cornish Farm. Returning to the downs then climbing up to Bella Tout (an old Lighthouse) followed by a gentle climb (one of two short steep bits) back to the starting point. The views are magnificent and far reaching on this ramble, weather permitting.

Dogs Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Eastbourne 4 miles

6 miles, Cat 3 Suitable as a first ramble

Surface: Mainly grass downland and firm farm tracks

Scooter: Suitable for Class 3 scooters such as Trampler or TGA SuperSport



Beachy Head. 2013. Photo by John Cuthbertson

2502 Stanmer Park, Brighton BN1 9PZ

Tuesday 29th April

Stanmer Park is on the downs overlooking Brighton. The route takes us along some good wide paths, some of which could be muddy, through woods and across open meadows with many long views.

Dogs Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Brighton 4 miles.

5 miles, Cat 3 Suitable as a first ramble

Surface: Mainly good width forest paths, some of which can become muddy. Part of the route will cross open grass fields, some on a slope.

Scooter: Suitable for Class 3 scooters such as Trampler or TGA SuperSport

2503 Southease Station to Firle Beacon BN8 6JS

Thursday 1st May

Starts from the YHA car park, close to the River Ouse, and for the first mile goes up hill on to the top of the downs. From there it continues along the ridge, with some gentle slopes, to Firle Beacon. As you proceed up the hill you very quickly realise that the views are stunning, even at the lower levels you look down on the River Ouse as it wends its way from Lewes to Newhaven. As you go higher the full magnitude of the scenery becomes clear with long views over the sea to the south and way beyond the South Downs to the north

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Lewes 5 miles.

8 Miles, Cat 3 Suitable as a first ramble

Surface: Mainly downland grass tracks, some areas of chalk and some meadows

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.

2504 Petworth Park GU28 9LS

Friday 2nd May

A ramble around the Deer Park at Petworth Park, owned by the National Trust. The route will be mainly across grass tracks and will include views of the House, the lakes and, possibly, deer.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Petworth 2 miles

6 miles, Cat 3 Suitable as a first ramble

Surface: Grass paths which may get a bit muddy when wet

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Petworth Park Photo © Des Blenkinsopp (cc-by-sa/2.0)

North York Moors Tour

2505 Sutton Bank YO7 2 EH

Monday 12th May

The route heads south on the escarpment to the Kilburn white horse with views of James Herriot country. The path is level and smooth with many seats and viewpoints. We then follow the edge of the gliding club field. Return to the visitors centre for lunch. After lunch we join the Cleveland way with more stunning views.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Thirsk 7 miles

6 Miles, Cat 3 Suitable as first ramble

Surface: Gravel tracks and forest trails

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.

2506 Old Byland to Rievaulx Abbey YO62 5LG

Tuesday 13th May

Farm tracks and country roads takes us on a circular route from Byland (scene of a bloody battle in 1322) to Rievaulx Abbey for lunch. The return includes a ford (which can be bypassed) – see video on [OutdoorActive](#)

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Thirsk 9 miles

7.2 Miles, Cat 3

Surface: Country lanes and farm tracks with some steep, bumpy inclines

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Old Byland. 2017. Photo by John Cuthbertson

The route climbs gently onto Spaunton Moor to the top of Rosedale chimney bank, past the large Anna Cross. We pass the old ironstone mine workings and after lunch we return the same way. Dogs under close control to protect the nesting sites of the rare Ring Ouzel.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Pickering 7 miles

6 miles Cat 3 Suitable as a first ramble

Surface: Moorland tracks, compacted sand, parts of which are bumpy

Scooters: Suitable for all terrain mobility vehicles such as the SuperSport and Tramper.



Anna Cross. 2017. Photo by John Cuthbertson

We take bridleways along National Trust land with views of Blakey Topping and standing stones. Forest tracks through the forest to a lunch stop at the viewpoint, return the same way.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Pickering 7 miles

7 miles Cat 2+ Suitable as a first ramble

Surface Compacted farm and forest tracks

Scooters: Suitable for all terrain mobility vehicles such as the SuperSport and Tramper.

Derbyshire Tour

2509 Chatsworth DE45 1PP

Monday 16th June

From the car park the route heads uphill behind Chatsworth House and into Stand Wood to the Hunting Lodge with panoramic views over the countryside. Passing the Emperor and Swiss Lakes. After lunch the route goes north to Park Lodge and the Golden Gate over the compact gravel tracks and grassy footpaths returning close to the River Derwent.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Bakewell 5 mile

6 Miles, Cat 3 Suitable as a first ramble

Surface: Compacted gravel surfaces with some rutted areas in the Stand Wood area. After lunch some grassy sections and compacted gravel paths which can be muddy after rain.

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Chatsworth – Swiss Cottage. 2015. Photo by John Cuthbertson

2510 Monsal Trail from Bakewell DE45 1AH

Tuesday 17th June

The ramble travels uphill to overlook the town of Bakewell before passing through the glorious hilly Derbyshire countryside. We pass the Old Hassop Station which has been renovated and continue through a lit tunnel to the viaduct, with splendid views of Monsal Head where we stay for lunch before returning to Bakewell.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Bakewell 1 mile

7.5 Miles, Cat 3 Suitable as a first Ramble

Surface: Compact gravel can be rough in places with puddles under the trees after rain

Scooter: Requires a fully charged mid-range scooter which is capable of this mileage.

From the Visitor Centre at Carsington Water we ramble in an anticlockwise direction around the reservoir with its breathtaking views, wildlife and relaxing scenery as we follow the well-marked cycle route.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Ashbourne 6 miles.

8 Miles, Cat 3 Suitable as a first ramble

Surface: Compact surfaces, gradients and can be rough in places

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Carsington Water 2013. Photo by John Cuthbertson

From the Visitor Centre follow the start of Lady Spencer Walk, downhill and across the field passing the Stone Centre and through the Duck Decoy area to Great Pond and Miller's Pond. Follow the bridleway uphill to the road at Ault Hucknall. At the road turn right. Turn 1st right and then right again into the Hardwick estate passing the hall and gardens and returning to the Visitor Centre.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Sutton in Ashfield 7 miles

5 Miles, Cat 3

Surface: Some compact surfaces prone to muddy sections. Hilly and rough in places crossing the grassy areas. 2 quiet country roads.

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.

Worcestershire Tour

2513 Wyre Forest DY14 9XQ

Monday 7th July

Wyre Forest is home to some of the oldest coppiced oaks in the country and to the [Arboretum](#) with its rich variety of specimen trees. It is also home to a wide variety of wildlife including woodpeckers, pied flycatchers, wood warblers, tree pipits and cuckoos. Our ramble is mainly on forestry roads and along part of the disused [Wyre Forest Line](#)

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Worcester 17 Miles

6 Miles, Cat 2 Suitable as a first ramble

Surface: Relatively smooth Forestry tracks of compressed stone.

Scooter: Class 3 scooter or off-road powerchair

2514 Croome Landscape Park NT WR8 9DW

Tuesday 8th July

Enjoy a masterpiece in landscape design, which was 'Capability' Brown's very first. The ramble passes Croome Court, once the home of Lord Coventry to view the restored Rotunda. Passing along the ridge we get a view of RAF Defford with its iconic golf ball RADAR domes. Park Seat (also known as the Owl's Nest) provides us with a splendid setting for lunch before returning along the lakeside and touring the gardens.

Bring your National Trust card or pay the entrance fee

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Worcester 9 Miles

5 Miles, Cat 3- Suitable as a first ramble

Surface: A mix of surfaces including grass and a play with a ford if conditions allow for those who wish.

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Croome Landscape Park. 2024. Photo by John Cuthbertson

2515 Swinyard to Eastnor HR8 1EU

Thursday 10th July

From Swinyard Hill car park in Worcestershire, we pass Gullet Quarry and climb up 'The Gullet' to reach the spine of the Malvern Hills. We then enter Eastnor Deer Park and on to Eastnor Woodshed café for lunch.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Worcester 15 Miles

7 Miles, Cat 3+

Surface: Rough, steep track, mud, tarmac, grass

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Eastnor Estate 2014. Photo by John Cuthbertson

2516 Gardiner's Quarry to Broad Down WR13 6DN

Friday 11th July

A ramble reaching the ridge of the Malvern Hills giving great views all around Herefordshire & Worcestershire. Following the ridge, we cross the A449 at British Camp car park then climb to Broad Down for lunch.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Worcester 12 miles

5 Miles, Cat 3 Suitable as a first ramble

Surface: Generally compacted stone.

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.

Pembrokeshire Tour

Starts on Wednesday as Castlemartin is only open at weekends

2517 Blackpool Mill to Narberth SA67 8BL

Wednesday 17th September

Start at the 19th century Black Pool Mill. Route through Canaston Wood on a forest trail, then out to a quiet country road with passing places. Cycle track to the “HUB” for lunch. Here you will find several drink and food outlets.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Haverford West 7 miles

7 Miles, Cat 3 Suitable as a first ramble

Surface: Compacted gravel, forest trails and a country lane

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.

2518 Pantmaenog Forest, Rosebush SA66 7QU

Thursday 18th September

This ramble involves a long climb in the morning on forest tracks to a high point of 1500ft in the Preseli hills for lunch. Return is by a different route mostly downhill

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Fishguard 10 miles

7.5 Miles, Cat 3

Surfaces: Forest trails, compacted gravel

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Rosebush. 2015. Photo by John Cuthbertson

2519 Castlemartin West to Linney Head SA71 5DU

Saturday 20th September

A ramble on the south Pembrokeshire coastal path to Linney Head. Splendid coastal view throughout including interesting rock formations. Wild flowers and birds in abundance. This ramble is on an MOD firing range and special permission has been granted for this guided walk. We will be accompanied by a park ranger for the whole of this walk.

Dogs: Essential to keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Pembroke 7 miles

7 Miles Cat 3

Surface: Compacted gravel

Scooter: Suitable for all terrain mobility vehicles such as the SuperSport and Tramper.



Green Bridge of Wales, Castlemartin 2015. Photo by John Cuthbertson

2520 Westfield Trail, Neyland SA73 1LS

Sunday 21st September

This is a linear trip starting at the quay in Neyland with views over the Milford estuary. We will pass by a large marina and then through the Westfield nature reserve with views of the wetland and lagoons. After turning at half way we will make a short detour to the Huntsman pub for the lunch stop.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Pembroke 4 miles

6.5 miles, Cat 2+ Suitable as a first ramble

Surface: Tarmac

Scooter: Suitable for all mobility aids capable of the distance and a steep hill.

Hertfordshire & Essex Tour

2521 Lee Valley Regional Park EN9 2EF

Monday 6th October

A gentle and easy ramble, mostly on surfaced and level paths. We will meander through the 1,000 acre wetland park on the northern edge of London. Our route takes us past lakes, alongside parts of the River Lee, through grassland and meadows; the Park is a haven for all manner of wildlife, including otters and especially birds. At the southern end of our route, we will go past the Lee Valley White Water Centre (home of the white-water events in the 2012, where we may be able to see some of the action on the white-water course.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Waltham Cross 2 miles
ramble

7 Miles Cat 2+ Suitable as a first

Surfaces: Mostly level and hard surfaced paths. One section of about half a mile on narrow, unsurfaced track. Much of the route is alongside waterways and lakes – no barriers though most paths are quite wide, but concentration needed!

Scooters: Suitable for most scooters, including robust pavement scooters.

2522 Epping Forest E4 6AR

Tuesday 7th October

Epping Forest stretches over 12 miles from east London into Essex and covers over 2,500 hectares (nearly 6,200 acres). A former Royal Forest, it was used by Kings and Queens of England as a hunting ground. Look out for some of the internationally important ancient trees along the way, some more than 1,000 years old. This delightful ramble passes a number of features.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Waltham Cross 7 miles

6.6 Miles Cat 2 Suitable as a first ramble

Surfaces: Mostly firm, flat woodland tracks, some steeper uphill and downhill sections. 4 road crossings, 2 of which are quite busy.

Scooters: Suitable for all terrain mobility vehicles such as the SuperSport and Trampler.



Epping Forest. 2021.

Hunsdon Airfield was home to squadrons of de Havilland Mosquito fighter-bombers and the base for Operation Jericho in 1944. Now rough & bumpy arable fields, they lead to various sections of roads and farm tracks and a winding track through woodland.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Harlow 5 Miles

7.5 Miles Cat 3 Suitable as a first ramble

Surfaces: Varied - concrete, rubble, grass, field edges and across arable fields, some smooth and some quite bumpy, with a few inclines. Some short sections on minor roads, using pavements in places.

Scooters: Suitable for all terrain mobility vehicles such as the SuperSport and Tramper.



Hunsdon Airfield. 2021.

In 1100, Henry 1st declared the area a Royal Hunting Forest. Now under the care of the National Trust the ramble follow broad, grassy rides, narrow paths and a section of the former Bishop's Stortford to Braintree railway line. We pass the site of the Doodle Oak, Hangman's Coppice and the Portingbury Hills Iron Age settlement.

Dogs: Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Nearest Town: Bishops Stortford 6 Miles

6.5 Miles Cat 2 Suitable as a first ramble

Surfaces: Mostly level, including section of boardwalk, compacted gravel, grass and woodland tracks. Can be slippery if wet and bumpy if dry.

Scooters: Suitable for all terrain mobility vehicles such as the SuperSport and Tramper.

Important Information

Routes: We do not warrant the condition of any route. Each person, disabled or able-bodied, is responsible for deciding where they feel able to go. Members are entirely responsible for their guests (walkers) and for keeping them with the ramble party.

Helping on difficult paths: While help in pushing scooters out of mud is appreciated, **with permission of the scooter rider and while wearing a face covering if appropriate**, walkers should keep well out of the way when riders are negotiating a difficult section of path. These scooters are very powerful and heavy and cannot be stopped or moved by a person. Give the riders a clear path for them to choose their own route.

Helping and Touching: Please remind your guests that before helping anyone on a ramble, they should first ask that person if they would like help, and how they would like to be helped. **Anyone helping must wear a face covering if appropriate.** As well as being courteous, not everyone wants, or even needs, help. Also, there are often medical reasons why an individual member needs to be approached or touched in a particular way - or not touched at all.

Help with Care or Moving: We have no paid staff and any able-bodied people accompanying us are volunteers, friends, family and sometimes, carers of our members. They frequently help us by holding gates or seeing us across roads but are not expected or trained to lift people or provide care to others. **If you need help** with unloading or loading your scooter, personal care, or transferring etc. **you must bring a Carer with you.**

Medical: Anyone with a condition which could involve an unusual emergency response should understand that **there may be no mobile phone reception where we are rambling.** Please consider this before booking on a ramble.

Age: All under 18s must be accompanied by an adult who will be responsible for them. Drivers of powered mobility vehicles must be at least 14 years old. Loan Scooter users must be at least 18.

Toilets: Our accessible toilets use a Porta-Potti. Hand rails are provided. Access is from your scooter. We provide baby wipes and an alcohol spray in lieu of water for your hands. We aim to have an Accessible Toilet at the start, lunch stop and finish of each ramble. **Please note this cannot be guaranteed.** This will be confirmed prior to the ramble in the joining instructions.

Dogs: Welcome on most rambles but check with individual ramble details. Please keep your dog close and under effective control on a short lead and please familiarise yourself with our [Dogs on Rambles policy](#).

Assistance Dogs may be present on all of our rambles. Please do not distract these working dogs – ask permission from the owners first if you want to talk to the dogs.

Emergencies: We do not provide first aid. You are encouraged to carry a small First Aid kit & Space Blanket with you. We will endeavour to call the emergency services if the situation requires.

Times of Rambles: For most rambles, please arrive by 10:00 to be ready for a 10:30 start. **Please make sure you arrive on time.** If for any reason you are unable to come, or are delayed on the day, it is vital that you contact the leader by phone or text message to let them know as soon as possible before the start. Rambles usually finish by 16:00.

Scooter Breakdown: In this rare event, we will try to get your scooter to a suitable point for recovery.

Ramble Fee: £8 for each ramble per scooter rider. Accompanying walkers free.

Loan Scooter Fee: £20 per day

Booking Loan Scooters: Loans are limited to 8 rambles a year unless there is spare capacity. *Please let us know if you are interested in attending any additional rambles.* **New members** have priority when booking first opens. New Loan Scooter users will be given instruction and a brief assessment on the day when they

first use a Loan Scooter. Please return a completed *Loan Scooter Terms of Use and Medical Questionnaire* with your first Loan Scooter booking of the year.

Cancellation of a booked ramble or Loan Scooter: Please let Bookings know as soon as possible if you need to cancel: bookings@disabledramblers.co.uk We hope you will donate your fee. However, if you wish, it can be set against another ramble during this year or be refunded – send your bank Account Number and Sort Code and we will pay it in, or if necessary, a cheque will be raised. If you don't let us know we will assume that you are happy to donate your fee to our charity.

CAMPAIGNING FOR ACCESS FOR ALL

In addition to organising rambles for disabled people, the Disabled Ramblers are heavily involved in educating land managers and national & local authorities so that they better understand what can be achieved with modern mobility equipment.

Our key need is the removal of man-made barriers, such as stiles, gates and steps.

Read more about us and see our photos on our website.

THANK YOU

The Disabled Ramblers, would like to thank:

- all members & volunteer helpers for their roles in supporting these events.
- all Rangers and others who help us in the safe conduct of our rambles



Registered Charity No: 1103508