

TawakCool Adventures Guidelines

Hiking in a group provides safety and can be great fun, but it also requires flexibility from all participants. Our hikes will run more smoothly if all participants adhere to the below guidelines

- TawakCool Adventures weekly hikes are for women 18+ years only.
- TawakCool Adventures family walks are designed for all ages and genders.
- TawakCool Adventures one off hikes are suitable for men and women 18+ years. Some hikes may be suitable for 14+ or 16+ years depending on hike difficulty and will be at the discretion of TawakCool Adventures hike leaders.
- When young people under the age of 18 years are permitted to join the hike, they must be accompanied by a parent/guardian at all times. The parent/guardian is responsible for the young person and their safety and behaviour throughout the entire hike.
- Participants join in our activities and events at their own risk.
- Hiking is a strenuous activity that requires a good level of fitness.
- Before trying a new physical activity you should seek medical advice, especially if you have existing health conditions.
- Our activities involve danger of personal injury.
- For their own safety, members wishing to join our hikes must first try out the distance and speed required for the appropriate level they wish to join. Please appreciate the group has no knowledge of new participants, their fitness levels or health conditions.
- You must book yourself or your family onto hikes or events in the way advertised by TawakCool Adventures for the relevant activity.
- The maximum number of hikers permitted to join weekly or one-off hikes will be dependent on the number of leaders available, location and level of difficulty of hike and other safety guidelines. This will always be at the discretion of hike leaders.
- Hike leaders will need to set a maximum participant capacity for each hike and then turn people away if numbers are exceeded.
- It is your responsibility to advise hike leaders of any medical condition before attending a hike.
- Participation in hikes is at the sole discretion of hike leaders who have the right to refuse participants to join.

- TawakCool Adventures advocates looking after the environment we enjoy. Therefore we encourage carpooling wherever possible. By occupying less parking spaces we are also being mindful of other users wishing to enjoy outdoor spaces.
- We strongly encourage those travelling as passengers to make a voluntary contribution to fuel costs.
- Always arrive early to the meeting place and be ready to begin upon arrival. This will allow us to start and finish on time. We will not wait for latecomers as this impacts the whole group.
- Listen clearly and adhere to all instructions given by hike leaders prior to and during hikes. This is imperative for your safety and the safety of the group. We will not accept responsibility for injury or accidents in the case of hikers not adhering to leaders instructions and safety briefing.
- Dogs are not permitted on any of our hikes.
- The group organises a hike most Sundays all year round.
- Weather conditions can however turn an easy or moderate hike to a difficult one.
- Hikes can be cancelled or changed due to adverse weather conditions, if the leaders feel it is in the best interest of the group to cancel.
- Hikes can also be cancelled if leaders are unavailable due to unforeseen circumstances or there are not sufficient participant sign ups.
- Participants wishing to cancel their space for weekly hikes are required to give 24 hours notice to hike leaders. Those who fail to notify us will not be allowed to join further hikes with us.
- Please do not leave an organised hike without informing one of the hike leaders.
- If you are struggling or having any issues please notify one of the hike leaders that will do their utmost best to assist you.
- Hike at a comfortable pace between the hike leader and the sweep leader at the back of the group.
- Please be appropriately equipped with the correct hiking equipment. This includes correct footwear, water for consumption, appropriate clothing depending on weather, waterproofs, hiking sticks (if needed), energy snacks and any other essentials you need to complete the hike comfortably. Unfortunately, if you do not have the correct equipment, especially footwear you will be turned away.
- Please be courteous and respectful to fellow hikers and dog walkers.

- Do not leave any rubbish behind, take only pictures, do not pick wildflowers, leave nature as you found it.
- At all times during the outing please be mindful that you are a representative of TawakCool Adventures. Help us to maintain our good reputation.
- Any participants wishing to lead hikes must have relevant experience and be aligned with the vision and ethos of TawakCool Adventures. You can contact one of the directors to discuss this further.
- Purchased tickets are non refundable and non transferable