



Notes for participants taking part on Balmoral Ranger Service guided events

Fitness

Day long walks usually take place high up on Balmoral Estate. They require a good level of fitness and stamina. If you are not a regular hillwalker we strongly recommend that you undergo some training before coming along on one of these events. The best form of training is to climb lower hills first.

Weather

The walks are often weather dependant, but every effort will be made to get out on the hill even in poor weather. Walkers must therefore be physically and mentally prepared to endure a long day on the hill in poor weather.

Kit

Kit required includes; good walking boots with a strong heel, waterproof jacket and trousers, hat and gloves, spare warm clothing. The rangers leading the walks are under no obligation to take a member of the public on the walk if they are inappropriately dressed. Other kit which may be useful includes sun screen, gaiters, walking poles, midge spray, sun hat, spare gloves, first aid kit, mobile phone and personal medication.

Terrain

All of the walks take place on rough, uneven and often very boggy terrain. Some of the walks may have sections which involve scrambling, crossing of boulder fields or some exposure to heights. Participants should have some prior experience of this and be prepared for all the hills have to offer.

Food and drink

Please bring along plenty of food and drink for the day. On a hot day bring plenty of fluids. On a very hot day up to 3 litres of drink is recommended. Normal diluting juice is adequate. Some high energy sports drinks can be too concentrated and increase the risks of dehydration. We do not recommend that walk participants drink water from streams.

Ticks

Ticks are very common and are known to transmit Lyme disease. Please make sure you cover up and wear long trousers and long sleeved shirts for all our public events. Gaiters are recommended as well as the use of insecticide on clothing. Please check yourself thoroughly for ticks when you return home and remove them using tweezers or tick hooks as soon as possible.

Moving as a group

Guided walks are a group activity. A key part of our safety precautions is that group members stay together at all times. This means that at times you may be moving slightly slower or slightly faster than you might prefer. If you want to leave the group at any time, please let the ranger know.

Timings

Although we try our best to stick to advertised times, participants must be aware that walks can sometimes finish earlier or later than advertised.

Medical conditions

Please inform the ranger, prior to the walk, if you suffer from any medical conditions which might affect you on your walk, for example, heart conditions, asthma or walking difficulties