

## Walkers information and Code - V2.0

Welcome,

We are pleased that you have shown interest in the walks notified through M3A.

As follow up to your contact, this document serves to clarify various aspects about these walks that you should take into account.

Before your first walk with a group, please confirm by mail that you are aware of and take on board the aspects raised below.

We are not an organisation of any kind, simply a group of friends that voluntarily take it on themselves to map out and lead various walks in Madeira, mainly in the mountainous regions and on levadas, providing opportunities to participate in various interesting and agreeable walks. These walks are open to all. If you bring guests with you on a walk, you are responsible for them and their conduct. We recommend that you acquaint them in advance with this document and advise them to email their agreement as indicated.

We have no rules and requirements, however we ask all to adhere to a set of norms that will lead to safer walks for all. There is no rigidity nor impositions, we leave each person free to make their own choices, taking care not to jeopardise their own physical health, nor that of fellow walkers, to enjoy contact with the surrounding nature, observing always a respect for others.

We believe that each person is entitled to his/her own opinion and behaviour provided that it does not jeopardise others.

We emphasise that during walks, participants should not smoke nor drink alcohol, to ensure that their and the group's safety is not at risk.

Nor should the ecosystem be damaged in any way, by leaving their rubbish on the trail, even items which may be biodegradable (eg fruit peels & skins). Participants should always pay attention to and follow the decisions of the leader(s) of the walk.

Pay attention to the following:

### **The route:**

The walk leader is responsible for choosing the route and taking decisions regarding weather conditions, hazards etc and these should be respected by all participants, provided that their own physical condition is not at risk.

The walk leader is often assisted by others who ensure the integrity of the group and ensure that the correct route is followed. Especially at the head and tail of the group of walkers, it is important to ensure that no one finds themselves walking alone.

**Transport:**

Each participant is responsible for finding their own way to the designated meeting point near the start. GPS coordinates of the meeting point are normally advised in advance.

Car pooling may be advisable, as in some places, there is not a lot of parking space available.

**Degree of difficulty:**

The difficulty of any walk is rated on a 1 to 5 boots scale, from the easiest to the most difficult.

Walks of 4 to 5 boots are only recommended for experienced walkers. There are very few of these that we undertake and a prior discussion with the host is always needed to determine suitability for such walks.

Walks of 3 boots present some difficulty and require reasonable physical condition, either for the length of the walk or the number and steepness of ascents and descents.

Walks of 2 boot are accessible to the majority of people.

Walks of 1 boot are simple level walks of moderate length along reasonably flat terrain.

Walk descriptions may also reference the “vertigo” risk if a particular route has sections that could affect those who suffer from vertigo.

**Safety:**

The walk leader(s) are not responsible for the safety of participants. Each is responsible for themselves.

We strongly recommend that participants have their own cover for this type of activity.

**Equipment:**

Comfortable footwear is recommended, preferably sturdy walking, mountain boots, but in any case anti-slip footwear. Comfortable clothing should be worn and a coat/windbreak worn or carried. For walks of longer time duration, water and some provisions are recommended.

**Signing up for a walk:**

This is done usually in the two weeks prior to any walk by replying to the notification mail. If a walk is extremely popular, numbers may be limited for safety reasons.