

## Walking Hints

If you are new to walking in the countryside, you might like to consider the following...

### What to wear and take

Strong, comfortable footwear will help you get the most from an outing in the countryside and, depending on the weather, waterproofs or a sun hat may be handy. Some people find a small rucksack useful for carrying food, drinks, and so on, as it distributes the weight you are carrying and keeps your arms free.

### Weather

Weather suitable for walking is a matter of choice - providing you're prepared. It is a good idea to check the forecast before leaving in case you might need an extra layer of clothing, waterproofs, or suntan lotion. You should remember that strong winds or rain make for muddy paths and soggy maps, and may also slow you down.

### Company

If you are going to an area you don't know well why not go with friends or family for company? If you do decide to walk alone tell someone where you are going and what time you expect to return.

### Planning

Plan your route before you go. Using the scales on the map work out how long it will take. As a rough guide walking speed is about 4 km (2½ miles) an hour for someone of average fitness, but remember hills will reduce your speed.

### Transport

To be 'green', you could use public transport to reach the start of your walk. Information on public transport in Hertfordshire can be found on [HertsDirect](#).

### Finding your way

It is very unlikely that you will get seriously lost whilst walking in south east England. If you become unsure about where you are, the primary rule is . . . DO NOT PANIC. Try to remember the last time you were certain of your location, and how far you have walked since then. This will give you an idea of which part of the map you are in. Have a slow look at your surroundings. You may be able to see a church spire or electricity pylons, or perhaps you'll be able to hear a road which you can then find on the map.

Try short simple walks to get used to using your map before attempting anything more adventurous - maybe practicing in an area you know already. You could also try using a CMS walk leaflet with your Ordnance Survey map as footpaths and other features are described.