

## The layout (and suggestions for using the directions):

[If there are multiple locations in any text item - something I have generally tried to avoid - the details in the columns refer to the first one.]

The columns are as follows:

Direction number	Mins.	Text	OS	Miles
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**The most important is the 'Mins.' column:** keep a constant eye on this and **use it for a rough indication of how far it is between the directions given.** (I find this preferable to repeatedly and vaguely saying 'soon ...', 'next ...' etc.).

But please do not take these times too seriously as a planning tool! They simply refer to the time I took, walking alone: perhaps affected by weather or ground conditions, and certainly by stiles - which cannot be reflected in an objective calculation such as Naismith's rule! (In general Naismith would give times considerably faster.)

Having said that, I recognise that you might finish up using them for some kind of planning/monitoring etc. If so, you will probably find the speed involved quite relaxed. (I try to walk at a pace which has focus but stops short of being athletic!) But do add extra time (generally at least a third?) if leading a group of people without a regular walking background.

The distances (cumulative, of course) on the far right are simply there to enable walkers to monitor progress and be encouraged! They have been carefully measured on authoritative maps, so should be more or less right!

The OS references in the second-right column are at places where you might want to check your location, particularly after any tricky navigation. They are based on the assumption that you have an OS map, or GPS set to OS references - or perhaps both. (My directions might just about - if nothing changes - be good enough to get by with by themselves; but personally I would feel uncomfortable about embarking on any walk of substance without a map! And preferably, I suggest, look at the map with directions in hand before you set out.)

**The sketch maps:** These are now added at the start of the directions. I give no guarantee that they are precisely to scale, but I hope they are accurate enough to be helpful. (When new walks are added they might appear a few days after the direction pages.)