

Everything you might want to know before joining a hike.

Who are these hikes for?

These hikes are for people who want a friendly, non-competitive walking experience. The group is woman-led, but all genders are welcome. The focus is on walking, chatting, and enjoying time outdoors together - with space to reset, clear your head, and feel refreshed by being in nature.

I don't know anyone — can I come alone?

Yes, absolutely. Many people come solo. The group is intentionally friendly and inclusive, and I'll help make introductions where needed.

What's the pace like?

Steady and social. This isn't a race and no one gets left behind. There are regular breaks, and the pace is set for the comfort of the group.

Do I need to be very fit or an experienced hiker?

No specialist experience needed. You just need to be comfortable walking for the stated duration. I'll always share clear details about length, terrain, and difficulty in advance.

How many people will be on each hike?

Numbers are capped to keep the group safe, social, and manageable. Exact caps vary by hike but are kept purposely small.

How do I get to and from the hike?

Each hike is designed with public transport in mind. I'll share a clear meeting point, and finish details in advance, including nearby stations and travel guidance. Routes may be circular or point-to-point, and this will always be stated beforehand so you can plan easily.

I mainly travel by public transport and hence the hikes will always be public transport friendly.

Is there a pub or café at the end?

It depends on the hike. Some finish cleanly, others have optional café or pub stops nearby.

There's never any pressure to stay.

What should I bring?

Comfortable walking shoes, weather-appropriate clothing, water, and anything personal you might need. I'll flag anything specific ahead of time if relevant.

How much do the hikes cost?

The first few trial hikes are free. After that, hikes will be £5 per person to reflect the time, planning, and care that goes into running them.

Are snacks provided?

Sometimes I may bring a small extra on longer walks, but this isn't guaranteed and shouldn't be expected. Please always come prepared.

Can I bring my dog?

Yes, dogs are welcome on our hikes unless stated otherwise. To keep things manageable, there's a maximum of three dogs per hike, including my own.

If you'd like to bring your dog, please message me in advance and I'll confirm availability.

Dogs should be friendly with other dogs and people, be under control with reliable recall, and be kept on a lead around livestock and roads.

Your dog remains your responsibility at all times.

What happens if the weather is bad?

Hikes will go ahead in light rain or drizzle, so please come prepared for typical British weather.

If conditions are unsafe or particularly unpleasant (such as heavy rain, strong winds, or weather warnings), the hike will be cancelled or rearranged and you will be notified in advance.

For paid hikes, you'll always be offered a full refund or the option to transfer to a future date.

What's the cancellation policy?

If you can't make it, please let me know as early as possible so the spot can be offered to someone else.

For paid hikes, cancellation details will be shared at booking.

Who runs the hikes?

All hikes are organised and led by me (Amy). I'm responsible for the route, pacing, and overall group experience, with a strong focus on creating a welcoming and supportive environment where people can connect with nature, breath deeply, and leave feeling refreshed.

Hope to see you on the trails soon.