

Hill walking for amateurs

A weekly information sheet based on providing essential hill-walking help and advice to hill-walking enthusiasts all over the country.

This week sees our resident expert, Marie Aspell, expound on some essential and valuable hill-walking hints and tips for the upcoming summer season.

Hill Walking tips for summer:

Get hiking boots one size bigger than your normal shoe size, as intense swelling of the feet may occur.

Wear appropriate clothing to suit weather conditions.

Make sure that adequate amounts of water are taken as sweating can occur during warm summer months.