

Balsall Common u3a - Ramblers and Short Hot weather walking - General guidance

Neither the Third Age Trust nor the Ramblers Association have very specific guidance.

The general guidance is to avoid the hottest parts of the day, have sun cream, water and a hat. Seek shady paths where possible.

The nature of our walks makes it difficult to change walking times (the pub lunch is an important part of the walk for many) and with walks planned some weeks in advance changing routes isn't always an option.

Specific guidance.

We did find this guidance on temperatures:

- Over 30°C (86°F): Strongly advise against. High risk of severe heat-related illness.
- 25°C to 30°C (77°F to 86°F): Use extreme caution. Limit activity, seek shaded routes, and drink plenty of fluids.
- Under 25°C (77°F): Safe for rambling, though you should still adjust your pace and water intake based on direct sunlight and humidity.

Proposal for our Groups

In the warmer months (May to Sept) walk leaders will add sufficient walk details and advice to help individuals decide for themselves whether or not the conditions are suitable for them on that day. If there is any doubt or confusion the walk leader will discuss this with the group leader or other experienced walk leaders.

Walk leaders should be prepared to cancel a walk on the day of the walk if weather conditions are variable and should warn group members to look out for this in advance by liaising with the group leader.

During periods of forecast high temperatures the Group leader (Martin or Richard) will review with the walk leader before a reminder is sent out.

Where the forecast is for the temperature to be over 25°C at 1.00PM it is likely the walk will be cancelled unless other factors suggest it is appropriate to proceed.

Some changes to, or shortening of, routes may be possible. It is still the responsibility of any walkers to make their own judgement about the walk and their fitness to undertake it.

Martin & Richard

NB: The Ramblers Risk Assessment can be found here: [Ramblers-u3a-Risk-Assessment-updated-Nov-2025.pdf](#)

Revised 27th July 2026