

The Countryside Code

- Keep well clear of livestock and machinery.
- Don't trample crops.
- Help keep all water clean.
- Protect wildlife, plants and trees.
- Be particularly careful when road-walking; where practical face oncoming traffic; keep between traffic and children.
- Make no unnecessary noise.
- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Fasten all gates.
- Keep to public footpaths across farmland.
- Use gates and stiles to cross hedges, fences and walls.
- Be discreet when crossing golf courses and stop when golfers are teeing off.

Most Importantly

- Enjoy the countryside we walk through.
- Appreciate the buildings and worshipping communities that we visit on our way.
- Share any concerns you may have with other pilgrims and if appropriate the organisers.
- Make new pilgrims welcome, greet those who join us for short distances, share our pilgrimage spirit with those we meet.
- Give thanks to God that we have the opportunity and health to make this pilgrimage.

In emergency contact:

- **Aidan (Coordinator) 07801-453891**
- **Monica (Drinks Car and Bookings) 07799-086626**
- **Patrick 07720-432958**

Diocese of Arundel & Brighton Ecumenical Walking Pilgrimages

St David's Pilgrimage 2010

CARDIGAN—Aberporth—New Quay—Llanon—ABERYSTWYTH—Pontryhydfendigaid—
Cellan—Llandysul—CARMARTHEN—Whitland—Haverfordwest—Solva—ST DAVIDS

Pilgrim Code

Let's have a safe and enjoyable pilgrimage!

*Please read these notes carefully BEFORE YOU JOIN THE
PILGRIMAGE; they will help you prepare.*

Safety is everyone's responsibility. The organisers try to minimise the risks to us all, for example by finding safe crossing points on busy roads, but ultimately we must all look after ourselves, and also look out for our fellow pilgrims.

Please read the Equipment List that was sent with your confirmation of booking. I won't repeat all of it, but will stress some important points.

Luggage: you may bring 2 items of luggage in addition to your day pack.

- Your main kit bag (ideally a holdall; soft suitcases and internally-framed rucksacks are OK) should weigh no more than 17kg (37lb). You (and those loading / unloading) will have to carry it – possibly up and down stairs. If your bag is overweight, it will not be carried. ***If, for travel by train, you find it easier to put everything in one bag, then bring a lightweight bag to transfer your bedding into. You don't need 2 weeks' worth of clothes as there are launderettes on both rest days; try to choose clothes that are light in weight, easy to wash, and comfortable.***
- Your bedding, consisting of a sleeping bag, mat or airbed, blanket and small pillow, should be packed separately. These should be in a stuff sack and compressed as far as possible. Black bin liners are unsuitable as they do not compress and they rip too easily. If you must use them, bring replacement bags and ensure you have strapping around them.
- Musicians may also bring a musical instrument (within reason) on condition that they play it.
- Pack bags so they'd survive airport baggage handling - no dangly bits!

Safety in Halls: we will often be a fairly large number in a relatively confined space, with equipment spread out over the floor. Please pay attention to any gangways identified by the organisers, which are intended to allow safe movement around the accommodation, even in darkness. Try to avoid letting luggage spill into these areas.

Remember all halls are smoke-free zones; this is a legal requirement.

Safety near Heat: the risk from hot items in the kitchen is pretty self evident, but be aware of the risk of scalding around the tea urn, when manoeuvring hot drinks around the hall, and when meals are being served.

Weather: the wonderful British weather has so much to offer us: from sunburn and dehydration to a thorough soaking and wind-chill. Make sure you carry (and wear) appropriate clothing, and apply (and re-apply) suitable sun protection. Carry, and drink, water: although a car meets us where possible, don't rely on drinks being available.

Keep your eyes open: it's all too easy to get engrossed in conversation or thought and to trip over uneven terrain. It's painful and embarrassing. Also, watch out for the orange arrows that mark our way: in broad terms, you should always be able to see at least one ahead of you. If you don't see arrows, don't carry on regardless, double check everything and if necessary retrace your steps to ensure you are on the right path.

Keep your ears open too: if you like to listen to music through headphones when walking, make sure you can still hear what's going on around you—traffic noise or other pilgrims trying to attract your attention.

Stay in Touch: make sure you have the route cards and the key contact phone numbers with you at all times. If you are helping with the front marking or back marking, make sure that at least one person in the group has a mobile phone (turned on) and that the number is known to the support team.

To look after yourself & others please:

- Follow the route indicated by the arrows. Be aware that the pilgrim in front may have missed an arrow showing a change of direction. If so, please tell them. Loudly.
- Allow the front markers 10 to 15 minutes to get ahead and mark the route clearly. If you get close, please wait and allow them to get ahead again.
- Remember to carry the alternative transport sheet and route cards. **Always inform the Drinks Car should you decide to take an alternative way.**
- **If you have cold symptoms**, practice infection control (use a tissue, wash your hands, and keep it to yourself) and consult one of our medics.

Should an accident happen: ask for help from the nearest pilgrim. If the problem prevents you walking farther, ring the Coordinator. Assistance in travelling to the next hall will be arranged a.s.a.p. If the accident is serious, call the emergency services and also inform the Coordinator.

The Support Car's primary role is one of safety, in case of a real emergency; it's not a taxi service for tired pilgrims. If you need to drop out, you should endeavour to use public transport. When there is no public transport the support car may, at the driver's discretion, take you to the nearest bus stop.

Boots Off! To keep sleeping accommodation clean, always remove boots before entering the hall and do not put them on again until leaving the premises.

Silent Hours: Sleep is important to all pilgrims, though some like to sleep and rise early, others late. Respect tired people's need for a full night's sleep:

- Lights out and rise times will be announced daily; between these hours a strict rule of SILENCE applies EVERYWHERE within the building, including washrooms and toilets.
- The half hour before lights out and after rise are QUIET TIME, so keep noise to a minimum.
- Always inflate your air bed well before lights out. A communal air pump is available—please take your airbed to the pump, don't move the pump.
- If you wish to rise up to 30 minutes before rise time please ensure ABSOLUTE SILENCE during this time. See that you have unpacked what you need the night before. Rustling plastic bags can be very annoying to slumbering pilgrims!
- You should not need an alarm clock—when these go off at the wrong time and awaken pilgrims everyone is disturbed.

Mobile Phones: As noted elsewhere, mobile phones are an important part of our safety strategy. But a phone ringing at the wrong time can be irritating: please make sure your phone is off or silent during services and at night

Play your part: The pilgrimage relies on community spirit so please be ready to help move luggage, set up tables, pack the van, make filled rolls, tidy the hall and kitchens as necessary.

To prove you've read this—find Bridget and say “Tapir” and you'll get a reward.

Lunchtime Pubs: We have permission to eat our own food discreetly at many of the lunch stops (please see route cards and listen to daily notices) but it is expected that **everyone using the pub will buy a drink there**; don't consume your own drinks.