



Regent Walking Holidays - What to expect

A walking holiday is a lovely way to explore our world and for over the 20+ years Regent Travel have been operating our very own walking holiday programme, guests, tour managers and local guides have enjoyed some wonderful holiday experiences together. We hope the information detailed below will affirm that a 'Regent Walking Holiday' is the right holiday for you!

It is important when deciding to join one of our walking holidays, that you should be in good health and have a reasonable level of fitness.

REGENT WALKING HOLIDAY - Everyone is welcome on our walking holidays and indeed the walks are not compulsory. However, you **MUST** be able to walk and have a certain degree of fitness. If you walk distances of over 3 ½ miles regularly at home or perhaps belong to a gym – you should have no issue with our lovely walking itineraries. Please bear in mind that walks are very rarely totally flat but undulating! If you do not walk as a hobby at home these holidays may not be for you. On the other hand, the walking programme is not compulsory, and many guests choose to join our holidays purely for the social side and may only do 1 walk during the holiday or even none!

We are social walkers who enjoy coffee and cake stops, pausing to enjoy the scenery and local beer or gin! We are not serious hikers, we are ramblers; we chat as we walk, we stop and admire, we enjoy the convivial atmosphere that travelling at a slower pace of life encourages.

Our holidays are graded easy to moderate, some may be considered harder not due to length of walks, but due to terrain they are not difficult treks. An individual's opinion on the grade of a walk will differ depending on their personal circumstances. Most people who enjoy a weekend walking at home will enjoy our holidays. They are not however for total novice walkers or for those restricted due to health issues. To be fair to the whole group we aim to keep an average pace of 2 to 2.5 miles an hour. Many of the guests that join us may already belong to a walking group at home.

DURATIONS, DISTANCES & TERRAIN – If you have walked with Regent before you will have a good idea of what we do. Generally, on a week's holiday we try to include- 3 x full day walks and 1 x half day walks. This allows 2 days free for relaxation or further exploration of the area. Half day walk distance: - 4.5 to 5.5 miles, approx. Full day walk distance: - 7 – 9 miles approx. In most cases our walks will involve elements of ascent and descent. Our walks will take place on good made trails, single track walking paths, coastal paths, forest trails, green lanes (very occasionally we may encounter roads). Surfaces may have loose gravel/shale or protruding tree roots, rocks or slippery surfaces due to mud or water. On occasions we may encounter stiles, stepping stones, water crossings, or traffic, we do our best to advise of these before the walk, but it's not always possible.

Each walk will be discussed in detail by your tour manager or walking guide locally, there may be options to just do parts or indeed you could choose to take an extra day off if the walk does not appeal to you.

All walks are undertaken at your own personal risk. Please be vigilant and be aware of potential hazards, as walking involves an element of risk.

EQUIPMENT - Very little equipment is required to enjoy our holidays. However, the following items may improve your comfort. Good walking shoes or boots, already 'walked in'. Walking poles can be a great aid to mobility over uneven ground and can take some strain away from your knees. A waterproof jacket for just in case! A day backpack and water flask (it's good to do our bit for the environment).

TRAVELLER NOTES - Detailed traveller notes are provided for each tour around 8-10 weeks before travel. These notes will provide further suggestion on what to pack. Give more information about the walks; terrain, duration, ascent/descent. Supply details about our optional sight-seeing excursions.

OUR AIM - The most important thing for the Regent Travel Team is that our travellers have a wonderful holiday and experience their chosen walking destination to the full.

Should you have any concerns please contact Regent Travel Team 01785 818202. Looking forward to welcoming you on one of our walking holidays very soon.

David & the Regent Team