**Ver Valley Society. Mayfly Walk General Guidelines**

Walkers are asked to:

1. ***Carry your own water***, food, personal first aid and hand sanitiser as you feel necessary
2. ***Carry a torch*** if you have one. ***Wear high viz*** or reflective apparel if you can. (We have a short stretch of a generally quiet public lane to walk where there is no pavement or verge.)
3. Take ***extra care around the river.***

Our meet point is here:  
Riverside Way Car Park, St Albans AL2 3TX. <https://goo.gl/maps/UWjzUyfwz9q>

If you have any questions, please contact John Pritchard [johnp@riverver.co.uk](mailto:johnp@riverver.co.uk).