

Naturist Ramblers Walks - Guidelines and General Information

These walks were originally started in 1993 under the title of Singles' Outdoor Club (SOC) Walks, but in 2016 the walkers separated from SOC and The Naturist Ramblers Club (NatRam) was set up as a group that totally concentrates on naturist walking. Naturist Ramblers is a member club of British Naturism.

The objective of these walks is to enjoy the exhilaration of walking without the encumbrance of clothing when circumstances permit.

Our walks are open to all naturists 18 or over. New walkers are required to sign a registration form. It requests contact details and requires the walkers to follow the instructions of the Walk Leader and to accept full responsibility for their own actions. Please be aware that these walks are volunteer led. This means you are responsible for your own safety at all times.

The Naturist Ramblers Club is fully compliant with the General Data Protection Regulation - 2018 (GDPR - since Brexit it is now UK GDPR). Any information that we collect from individuals, and how we use it is governed by the Naturist Ramblers Privacy Statement, a copy of which is available from the Club's website.

Walkers who have not previously walked with the Club need to complete three or more successful walks with the Club before being allowed to vote at the Annual General Meeting.

All walkers must pay the annual membership subscription fee on or before attending their first walk of any 'walking' year, which runs from November 1st to 31st October. This automatically gives them cover under the Club's insurance policy. The annual subscription fee for 2026 is £10.

Existing members are encouraged to pay their renewal subscription in advance. This greatly reduces the burden on Walk Leaders collecting subs on the first few walks of the season. The best way is to use online banking to transfer the £10 subscription direct into the Naturist Ramblers Club bank account **Sort Code 08-92-99** Account Number **6579 8001** Reference **MY Sub 2026** (replace **MY** with your own initials).

The Naturist Ramblers Club and Stark Trekkers

The Naturist Ramblers Club merged with Stark Trekkers in February 2020. The combined group operates under the umbrella name "The Naturist Ramblers Club", but the different identities of the two groups have been maintained.

Both NatRam and Stark Trekkers are naturist walking groups, but each has a different style.

NatRam walks run during the summer months and are typically between 10 and 12 miles in length. Stark Trekkers offer monthly walks throughout the year in Kent and Sussex. They are about half the length of NatRam walks. Both sets of walks can be in hilly country, and the going along footpaths through woods and over fields can be rough and at times muddy underfoot in places, so you need to be reasonably fit.

NatRam walks generally start and finish from a pub so a meet-up time is given which normally allows for a swift beverage before setting off. Stark Trekker walks generally start in a car park and because they walk all year round, the weather may not be conducive to standing around consequently the given start time is the actual start time for the walk. Stark Trekker walks finish mid-afternoon, with an optional visit to a local teashop to round off the day, where available.

Once you have joined The Naturist Ramblers Club you are automatically entitled to do both NatRam and Stark Trekkers walks.

Guidance to Walkers

- We enjoy walking nude where circumstances permit. The walks are planned to take place in fairly uninhabited parts of the countryside to minimise the chance of meeting textile (clothed) walkers.
- In 2018, the College of Policing produced a Briefing note for use by the Police. This states that "In the lawful situation where there is an absence of any sexual context in relation to nudity and where the person does not intend the behaviour to be, and is not aware that it may be disorderly, it will not be appropriate to take any police action". The note provides advice to police call handlers stating that passive nudity in public, which includes naked rambling, is considered lawful activity and that no police action is necessary.
- As a result of this guidance, we now generally only 'cover up' in the following circumstances:
 - When passing close to people's homes or active workplaces, eg farms;
 - When walking along roads; or
 - If there are children nearby or approaching.
- Individuals on our walks are responsible for their own actions and can 'cover-up' whenever they want to ensure they are comfortable with the situation. As a result of the guidelines, when we meet textiles, the group will generally remain nude, but as stated above, individuals can do whatever they feel comfortable with. When we do meet textiles it is important to behave in a relaxed and pleasant manner.
- It is our policy to carry 'cover-up' garments. If the Walk Leader considers it appropriate, he will tell the group when it needs to cover-up. It is a requirement on those who take part in the walks that they should cover up when told to do so by the Walk Leader.
- We are aware that under our current cover-up policy our nudity is very evident when we come across textiles. This obviously includes genital jewellery and other similar adornments that may be being worn. While we are happy to rebut any comments about our nudity, we feel that it would not be as easy to counter comments about any genital adornments and claims of exhibitionism. We think there is a low probability of this happening but we want to maintain the best possible relations with the public and the authorities. We have no wish to impose any sort of ban as

such, and would consequently ask walkers wearing this sort of adornment on a walk to refrain from wearing anything that could be interpreted as excessive.

- If you intend to leave early please inform the walk leader both at the start of the walk and when you go.
- We do encourage walkers to have a map with them that covers the area of the walk. The OS Explorer series (1:25,000) are the best for this purpose. The walk description indicates which OS map sheets cover the area of each walk. OS mapping is also available [on-line](#) and as a general guide if you draw a 10km radius from the walk start point or pub (given in the Walk Description), then you should obtain adequate map coverage of the route.
- It is recommended that you come well equipped with strong walking boots or shoes.
- You should also bring a rucksack for your clothes, a picnic lunch, at least a litre (two pints) to drink if hot sunny weather is forecast, and rainwear and warm clothing when appropriate.
- Other things to consider bringing with you are a hat, insect repellent, sun block cream and hiking poles, especially if you ever had any trouble with your knees or balance.
- A limited first aid kit will generally be carried on each walk. It does not contain any medication, so you will need to carry any medical basics that you may require, such as: antihistamine cream, anti-septic cream, etc.
- A mobile phone can also be very useful. Make sure that it is well-charged, and that you have the number of at least one other person on the walk. It is good to exchange a number at the start. It is recommended that you register your phone with the emergency services. This will make it much easier to contact them in case of an emergency - see the video on the NatRam main page for details of how to do it
- <http://www.naturistramblers/contact/contact.htm>
- We do urge our walkers to have regard to the "rules" of the countryside, having due respect for those whose livelihood is the land, shutting gates behind us, clearing up debris from picnic lunches and so on.
- When we meet at a pub, due to the numbers walking with us, it will not always be possible for everybody to park in the pub car park. Cars can usually be left near the pub for the afternoon, but if you have to park elsewhere around a village please be considerate to local residents.
- For each walk a description of the start point is given along with postcode and grid reference. If you use the postcode in conjunction with a satnav, you do need to be aware, particularly in rural areas, (as the area covered by the postcode can be significant) that your satnav may take you to a location some distance from the actual walk start point.
- NatRam is not able to arrange lifts to and from railway stations. People will need to make their own arrangements (whether by mutual lifts, taxi, public transport etc.) to get to the starting point of each walk. We have tried to give contact

details for local taxi firms, but they do come and go, so you are advised to check in advance that they still exist.

- Where we have given train and bus times, be aware that they were taken from the relevant timetables at the end of 2024, so it would be well worth double checking in case things have changed, especially for walks taking place after the next train timetable change expected in May, 2025. However, these changes are expected to be to be mostly minor tweaks.

Walk Cancellation

- It is very unusual to cancel a walk, but there are circumstances where it may be necessary to do so. If we do cancel then you can rest assured that we only do it as a last resort! Typical reasons could be unavailability of the Walk Leader, or an appalling weather forecast.
- Should we need to cancel a walk then we will endeavour to send an email to everybody giving at least 24 hours' notice. For those of you not on email, the programme entry for the walk on the NatRam webpage will say that the walk has been cancelled. If you are in any doubt, phone the Walk Leader. His number is given in the Walks Programme next to the walk in question. We will endeavour to reschedule the walk.

Inappropriate Behaviour

- Inappropriate sexual behaviour is illegal by law in public places. As our walks take place in the public domain, walkers are reminded that any such behaviour on our walks will be breaking the law. As a result, such offenders may risk prosecution and thus are not welcome on our walks.
- With our newfound freedom to enjoy our naturist lifestyle in public comes also a responsibility. Naturist walking is probably best seen as a privilege and not a right, and one which could be easily withdrawn if there were vociferous complaints by members of the public - so it is even more necessary that the tradition of courtesy and consideration which has long been a feature of these walks continues not only among ourselves but towards others we may meet on the walks.

NatRam Short Walk Options

- Most NatRam walks have a shorter route option and are marked accordingly in the programme (with the letter 'S'). However it is quite common for walkers to do just as much as they want along the main route and then just retrace their steps back to the start point. For example, re-tracing your steps after the lunch-stop, is an easy and convenient way of doing a short walk. Consequently it is possible to do a shorter walk on all our walks - and the views are different!
- When available (shown by the letter 'S'), the planned short option is a shortened version of the full walk. We cannot guarantee that the shorter option will be led by a walk leader. If you plan to do the short walk option then you will need a map of the area and also have appropriate map reading skills. The short alternative may

not be as 'nude friendly' as the full route. The aim with these is to provide an alternative walk of about seven miles or less, though this hasn't always been possible.

Dogs

- Dogs are welcome on most of our walks (except those where, because of the frequency of livestock, "no dogs" is specifically mentioned in the walk details), but they do need to be kept under control, especially around livestock. Dog owners MUST make themselves aware of all the situations which may occur on a country walk which call for dogs to be under close control (i.e. on a lead). If you are not prepared to do so, then you must keep your dog on the lead at ALL times or leave it at home. Dog owners need to be aware that a farmer is allowed to kill your dog if it's worrying their livestock!

Delayed Arrivals

- If you are delayed it might be possible for us to delay the start of the walk, or failing that give you a good indication as to which direction we will be setting off in. Initially contact the Walk Leader whose mobile phone number is beside his name for each walk. If this does not work, for NatRam walks try phoning 07875 395 032, or for Stark Trekkers walks try 07798 861 467. Please use these mobile numbers only on the day of the walk, not for general enquiries.
- Please be aware that many of the walk start points are quite 'rural' and may not have a mobile signal! If the phone rings but is not answered, please consider leaving a message or sending a text, as the person that you are trying to contact may be driving and unable to answer their phone.

Photography

- During each walk we generally take photographs for use on the NatRam website. When we take "full frontal" group photographs it will be made known that they might appear on the NatRam website. Anyone not wishing to appear in such a photo should therefore stay out of view. Rear view photos taken while the walk is in progress may also be taken. These are generally indistinct but nevertheless may also appear on the NatRam website.
- Anyone not wishing to appear in such "rear view" photos should make it known to the walk leader before the start of each walk. Any walker wishing to take photographs during the walk should speak to the walk leader so they can be advised of the guidelines.
- Walkers are reminded that photos appearing on the NatRam website may be copied by people not connected with NatRam.

For general information about any of these walks or our past walks, look on the [Naturist Ramblers website](#). If you have a particular query you can email the [NatRam Secretary](#).