

# A Definitive Walker's Guide to **Cohortology**



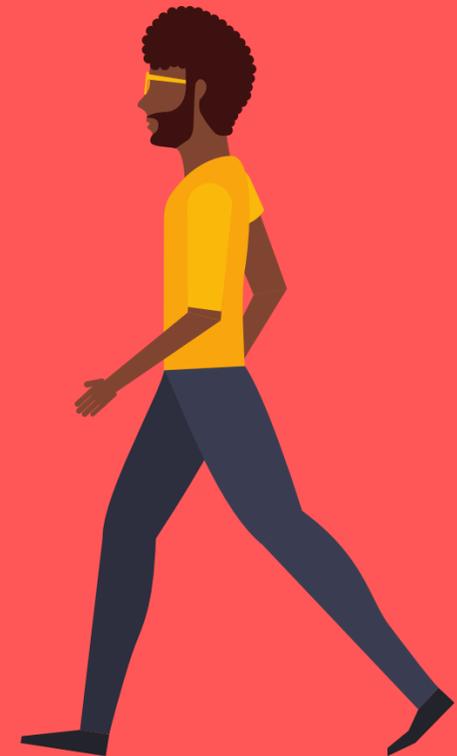
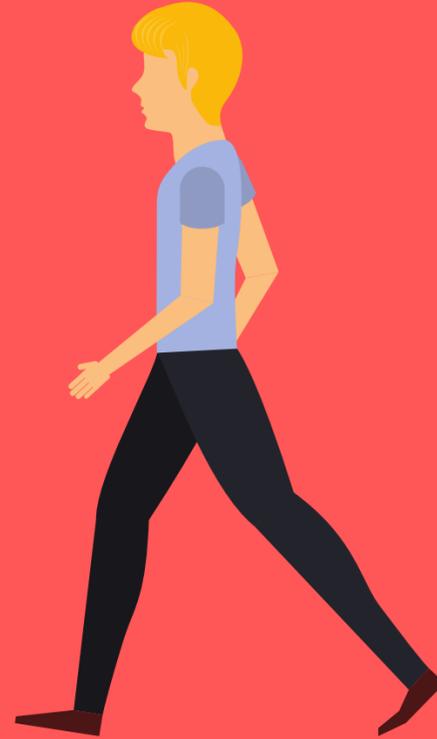
**6 years ago I had  
no-one to go walking with  
so I started a walking group**



**I called it the  
Peak District Walkers  
Hikers Ramblers and Leisure Group**



**100 people joined on that first DAY(!)  
and  
200 the first week and pretty soon  
Pauline my first Co-organiser  
and myself  
had lots and lots of people  
to go walking with!**



lots



and lots



and lots



**With a growing number of competent  
volunteer Walk Leaders  
and additional Co-organisers we have managed  
to organise often three or four walks in a week,  
weekends away in Snowdonia, the Lakes, Scotland  
or Yorkshire Dales every couple of months as  
well as projects like the West Highland Way,  
Coast to Coast, Pennine Way and Hadrians Wall  
and many of us have made an enormous circle  
of wonderful walking friends.**

**I also started two further groups to feed onto our weekends away and to do some more local events**

**National Parks and Trails  
Walks and Weekends  
Midlands Group**

**Nottingham & Derbys  
Walking Activities  
and Leisure Group**

**then came covid  
of course**





**Whilst doing college work during lockdown and looking forward to getting out on the hills with my mates again, I realised the "old" normal wouldn't be around for quite some while and "Cohortology" was born.**



**The romans had 6 groups of 80 soldiers in a cohort and it was a key fighting unit something like a modern battalion.**

**Utilising the romans rule of 6 our "cohort" is central to our ability to fight covid and to continue walking with friends old and new**

**You form a cohort with up to FIVE others making sure at least one of your six is comfortable doing the map reading and follow the downloadable route details for walks that are current on our Meetup pages**

e.g

### Shorter Cohort Based Walk from Hayfield to Mount Famine.

Hosted by Pauline H. Share

Wednesday, September 30, 2020  
Shorter Cohort Based Walk from Hayfield to Mount Famine.



**Details**

This is another shorter (what we would normally call mid- week) equivalent to our longer cohort walks. Which day and time your cohort do the walk doesn't really matter as it's whatever you agree with the other members of your cohort. The published dates and times merely indicate the 7 day period for which the walk remains current.

You form a cohort with up to five of our walking friends (and we'll help you make those connections) and do the walk either on the day it is first scheduled or at any point during the following seven days on a date and time to suit yourselves as a group. We provide details of the route and meet location and downloads including PDF and GPX within this writeup for your cohort to use

Organizer tools

Peak District Walkers, Hikers, Ramblers and Leisure Group  
Public group

Wednesday, September 30, 2020, 12:01 AM to Tuesday, October 6, 2020, 11:59 PM GMT+1  
[Add to calendar](#)

Car Park, Hayfield Tourist Information Station Rd, SK22 2ES · Hayfield  
How to find us  
Hayfield Tourist information centre



Here is a walk  
off of our  
PDW (Peak  
District  
Walkers) site

e.g

Here's the map link so you can check the walk out against your paper map or electronic equivalent.

<http://www.peakmeetupgroup.com/cohortwalks/300920.html>

Here's the GPX download so you can load it up to your electronic device with suitable mapping package.

<http://www.peakmeetupgroup.com/cohortwalks/300920.gpx>

Here's a PDF that summarises the detail with an outline map (1:50,000).

<http://www.peakmeetupgroup.com/cohortwalks/300920.pdf>

Total ascent 473m

Approx 6 miles

Sturdy walking boots and waterproofs if needed.

Public Transport bus services from Glossop. Buxton and Stockport.

Enjoy your cohort walking.

**Here are the  
downloadable  
details**

**Our PDW group has been cohorting  
since the beginning of July.**

**After a hesitant start we now have  
three or more cohort walks on offer  
every week with several to many  
individual cohorts tackling each one.  
It's hard to find a perfect solution to  
the current crisis but this one works and  
I shall now extend it fully to my  
other groups.**

**If you are in one of these groups and want to do more cohorting in the Peak District then joining our PDW group as well is a good option.**

**National Parks and Trails  
Walks and Weekends  
Midlands Group**

**Nottingham & Derbys  
Walking Activities  
and Leisure Group**

**<https://www.meetup.com/peak-district-meetup-group/>**

**Yes, there are still some walking groups who believe they are exempt from the governments rule of six but to my mind, this thinking is dangerous and just crazy.**

**The government has recommended since lockdown ended in July that we should limit ourselves to meeting no more than five others outside of our household or work situation.**

**"except in exceptional circumstances"**

**I don't believe going for a walk meets that criteria!**

**This so called "rule of six" has of course  
now got backing in law with  
substantial fines for infringement.**

**Until further notice we will not organise  
events any other way.**

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**Anyone can initiate a cohort whether they are good with a map or not.**

**Look at the walks that interest you but don't be confused by the published dates and times as these just show the SEVEN days for which the walk is current.**

**Each cohort sets their OWN date and time for actually doing the walk.**

**Just go onto the Meetup event page for the walk you want to start a cohort for and post a message saying which date and time you want to do the walk. Let others know if you are happy to do the navigation or need someone else to do that**

**Others will reply to your message until a total of six are doing the walk in which case you tell everyone there are no more spaces.**

**OR**

**Just browse the event pages looking for cohorts that others have started and reply to their posts with confirmation that you want to join them.**



Like this!

**There is also a private whatsapp chat group just for group members to discuss up and coming walks. Joining links for this are emailed periodically to members but not published as this leads to spam postings!!**

# Partying

Could be off the menu for quite a while so why not be safe and keep cohorting. It's fun!



**Gordon Conway**

**Speak up and  
ask for help.**

[gordon@peakmeetupgroup.com](mailto:gordon@peakmeetupgroup.com)

**Thank you**