

Wednesday 30th July 2008 – Cray, Upper Wharfedale, Yorkshire Dales

BOOKING FORM

Your name

Your phone number

Your email address

Company name and address

What is the nature of your business?

A full itinerary will be sent to you by email prior to the walk, including where and when to meet, detailed route plan, gear list and safety information.

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer – fleece
- Outer shell - waterproof/breathable coat and over-trousers
- *plus* trousers, sun-hat, sun-cream and gloves

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Walking boots. These must be waterproof with good ankle support and sturdy soles
- Waterproof/breathable walking jacket
- Waterproof over-trousers
- Sunhat and sunscreen (summer), warm hat (autumn, winter & spring)
- Waterproof gloves
- Water bottle (1 litre)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

NB: we can provide Berghaus outdoor clothing & gear if required (except walking boots), please see next page

NEED TO BORROW SOME OUTDOOR GEAR? We can provide the following Berghaus gear

- Waterproof outdoor Jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleeces (sizes S - XL)
- Waterproof gloves (sizes S - XL)
- Hat
- Rucksack

Please fill out your requirements on the participants list below.

PARTICIPANTS LIST

We need to know a little about each of the participants taking part.

Please note:

Part of the attraction of hill-walking is the challenge of tackling different terrains, landscapes and weather conditions. Every effort is made to minimize potential hazards, however, the very nature of hill-walking involves a certain level of unavoidable risk. No previous hill-walking experience is required and walks are 'pitched' according to the experience and average fitness levels of the group. However, a basic level of fitness is required as hill-walking can be demanding at times, with steep ground and rough terrain in places. We may also encounter adverse weather conditions whilst on the walk.

Medical conditions:

Please list any pre-existing medical condition that may affect your participation in this activity. Please ensure that you bring any medication that you may need with you on the walk. If you suffer from a pre-existing medical condition that may make it unsafe for you to take part in this activity, then it may be necessary to seek advice from your GP. All information will be treated in confidence.

Name	Age
Dietary requirements / allergies	Your level of fitness
Your hill-walking experience	What Berghaus gear would you like to borrow?
Medical conditions	

PRICE PER PERSON

£57.57 per person, inclusive of VAT (a VAT receipt will be sent to you)

FILL OUT YOUR DETAILS BELOW OR CALL MARK REID ON 01423 871750 or 07711 264019 TO PAY OVER THE PHONE USING YOUR CREDIT CARD

Cheque (payable to InnWay Publications)

Credit/Debit Card (Mastercard, Visa, Visa Debit, Switch)

Name on Card			
Cardholder's Address			
Card Number			
Cardholder's signature			
Expiry Date		Valid From Date	
Issue Number (if applicable)		3-digit security no.	

BOOKING TERMS & CONDITIONS

- Whilst every effort has been made to minimise potential hazards and problems, the very nature of hill-walking involves a certain level of unavoidable risk.
- Walking and outdoor activities can be strenuous. Never underestimate the strenuous nature of walking particularly when this is combined with high ground and the elements. A basic level of fitness is required as hill-walking can be demanding at times.
- All walks will involve a varying degree of rough and boggy terrain, high ground, open moorland and a number of ascents / descents. We may also encounter adverse weather conditions whilst on the walk.
- The pre-planned route may be subject to change whilst on the walk due to adverse weather conditions, the pace of the group, accidents or injuries etc. In extreme circumstances the walk may be terminated. Once the walk has commenced then any such changes to the pre-planned walk are deemed to be part of the guided hill-walk. The decision to change or terminate the walk lies solely with the Walk Leader.
- Mark Reid (Walk Leader) accepts no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by his negligence as Walk Leader.
- All participants must take heed of any information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.
- All participants must be aged 18 years or over
- TeamWalking is operated by InnWay Publications, 102 Leeds Road, Harrogate, HG2 8HB

Please return by post to:

Mark Reid
InnWay Publications, 102 Leeds Road, Harrogate, HG2 8HB