



Inn to Inn Winter Backpacking *Lakeland Adventure Weekend*

with Mark Reid
author of 'The Inn Way' and Mountain Leader

Coniston or Grasmere to Great Langdale

Head to the hills for our fantastic guided 2-day **Inn to Inn Winter Backpacking adventure weekend**. Spend 2 days back-packing across the hills, fells and mountains and then spend the evening at the famous Old Dungeon Ghyll pub beside a roaring fire. This trip will take you away from the stresses of everyday life, where you can re-connect with nature. Explore in confidence with a **Mountain Leader**. Experience the freedom of the fells on this weekend to remember!

You can choose your overnight accommodation: either stay at the village pub OR (for the more adventurous) camp overnight at the National Trust's Great Langdale campsite, with great facilities. If you choose to camp, then we'll take your camping equipment to the campsite for you so you don't have to carry it (tent, sleepmat, stove etc), although you will need to carry your own sleeping bag.

OUTLINE ITINERARY

A 2-day circular inn to inn winter backpacking trip in the **Lake District** (Coniston OR Grasmere to Great Langdale). Choose to stay either at the village pub or camp overnight. The walks will cover around 10 miles (16 km) each day, although this will vary according to group needs, weather conditions etc. We will be walking from around 10am until 5pm each day. The terrain will include riverside, field and woodland paths and tracks, rough pastureland, hills, open fells and mountainous terrain (Lake District). In places the terrain will be rough, uneven, rocky and wet/boggy, and there will be a number of inclines, some of which are steep. We may also experience adverse weather conditions, which often adds to the experience. Lunch will be a packed lunch on both days.

Great Langdale boast three great pubs, all within easy walking distance of the campsite. The campsite also has great facilities. On Saturday evening we'll head to the Old Dungeon Ghyll pub for a meal beside a roaring fire. *Please see food suggestions in the Appendix below for lunch & breakfast.*

SATURDAY

- 10am** - Meet at Coniston or Grasmere (Lake District) to discuss the expedition and gear check.
- 11am** - Set off on our walk across dales and fells, taking in fascinating history & beautiful landscapes
- 5pm** - Head to the Old Dungeon Ghyll pub or set up camp at the Great Langdale campsite
- 7pm** - head to the Old Dungeon Ghyll pub for dinner beside the fire

SUNDAY

- 8am** - Breakfast
- 9am** - Continue walk across the dales and fells, walking back to Coniston or Grasmere
- 4pm** - Finish back at a pub or cafe for a drink and bite to eat and then head home.

NB: *The precise route and overall itinerary of the expedition will be determined each day given weather and ground conditions, as well as the needs of the group. The itinerary outlined above is designed to give you an idea of what may be involved. The very nature of a backpacking camping trip requires flexibility whilst out on the hills to ensure a safe and enjoyable experience for everyone. All timings are approximate.*

WHAT TO WEAR & BRING WITH YOU

We can provide items marked with an asterisk * (see below)

What to wear

- DO** wear synthetic fibres, such as polyester or nylon etc
- DON'T** wear cotton, especially jeans

- Base layer - long-sleeved T-shirt
- Mid layer - mid weight fleece *
- Outer shell - waterproof/breathable jacket and over-trousers *
- Walking boots - these must be waterproof with good ankle support and sturdy soles
- Walking trousers
- Warm hat and waterproof gloves *

What to carry in your rucksack - *Staying at the campsite*

- Your rucksack must have a capacity of at least 50 litres *

Clothing & Sleeping Bag

- Spare warm hat & spare gloves *
- Spare warm fleece or down/synthetic insulated jacket *
- Spare socks, underwear and base layer (T-shirt)
- Sleeping bag - please provide your own 3-season sleeping bag with a comfort rating of at least zero degrees C

Food & Water

- 2 x 1-litre water bottles
- Mug and spoon *
- Breakfast and two packed lunches (see appendix below)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)

Sundries

- Waterproof rucksack bag (also double up as a pillow) *
- Toothbrush, small tube of toothpaste, shower gel & toiletries
- Small towel
- Head-torch *
- Plastic bags – *for your rubbish and smelly socks!*
- Medications (if applicable)

Camp Gear - your tent, sleep mat and stoves will be taken to the campsite so you don't have to carry them

- Backpacking tent *
- Self-inflating sleeping mat *
- Stove, pan, gas and 'brew kit' *

NB: *If you provide your own tent, stove and sleepmat then you will need to carry these in your rucksack, as the camp gear will have been taken to Great Langdale before we meet at Coniston.*

The Great Langdale campsite has a well-stock shop, free showers and a drying room.

REMEMBER TO TRAVEL LIGHT - only take ESSENTIALS

What to carry in your rucksack - *Staying at the hotel, inn or B&B*

- Your rucksack must have a capacity of at least 50 litres *

Clothing

- Spare warm hat & spare gloves *
- Spare warm fleece or down/synthetic insulated jacket *
- Spare socks, underwear and base layer (T-shirt)

Food & Water

- 2 x 1-litre water bottles
- Two packed lunches (see appendix below)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)

Sundries

- Waterproof rucksack bag *
- Toothbrush, small tube of toothpaste & toiletries
- Head-torch *
- Plastic bags – *for your rubbish and smelly socks!*
- Medications (if applicable)

REMEMBER TO TRAVEL LIGHT - only take ESSENTIALS

PROVIDED KIT

We can provide the following items (unless you would like to use your own kit). Please mark on your Booking Form what kit you would like to borrow.

- 1 or 2-person lightweight backpacking tent
- Self-inflating sleeping mat
- Stove, gas canister, pan
- Plastic mug and spork
- Waterproof rucksack bag
- Brew Kit (*tea, coffee, drinks etc*)
- Backpacking rucksack
- Head-torch
- Waterproof outdoor jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleece (sizes S - XL)
- Waterproof gloves (sizes S - XL)

WHAT'S NOT PROVIDED

- Accommodation at the hotel, inn or B&B in the overnight village (if you are not camping).
- Walking boots
- 3-season sleeping bag (with a temperature comfort rating of between 0 and -5 C)
- Personal walking clothing and equipment (such as base layers, walking trousers etc)
- Breakfast and lunches (see appendix)

**Your fully packed rucksack should weigh no more than 10kg, including food and water.
The camping gear will be taken to the campsite, so you don't have to carry it**

DO's and DON'Ts

- Leave no trace. Take ALL rubbish out with you. Protect and respect the environment.
- Personal hygiene - it is important to observe good personal hygiene when walking in the hills. Alcohol-based hand gels are a good idea, but use sparingly.
- Never cook inside the tent. If it's raining then cook just outside the porch of the tent with the tent door open and you nice and dry inside. Tent fabric is flammable and stoves give off carbon monoxide.
- Store your stove and gas canisters outside the tent. Unscrew the gas canister from the stove when not in use.
- Be very careful when lighting your stove, handling boiling liquids, or moving around near to stoves. Use the handles for the pans, and light the stove/pour boiling water at arm's length.
- Staying warm and dry is really important. Think about what you wear and take carefully. If you get cold in the night, then put your dry clothes on, including a hat and gloves.
- Travel light. Pack and weigh your rucksack, then un-pack it and see what items are absolutely necessary and what isn't. The lighter your rucksack the better. Don't be tempted to take "luxury" items with you, as you won't use them and they'll weigh you down.
- Bring some cash as we will be using local pubs and shops along the way
- Always keep the inside of the tent dry - never get into a tent wearing wet clothing.
- Pitch the tent with the 'foot end' into the prevailing wind

WHAT'S INCLUDED

- ✓ 2 day backpacking trip in the Lake District with Mark Reid (Mountain Leader)
- ✓ Backpacking equipment - *Expedition rucksack, head-torch, dry-bag etc*
- ✓ Camping equipment (*optional*) - *lightweight tent & sleep-mat*
- ✓ Cooking equipment (*optional*) - *stove, pan, gas*
- ✓ Plastic mug, spork & 'brew kit' (*optional*) - *tea, coffee, sugar, milk, hot chocolate, Horlicks etc*
- ✓ Use of our Berghaus waterproof clothing if required
- ✓ Campsite fees (*camping option*)
- ✓ Camping equipment taken to the campsite for you
- ✓ TeamWalking Loyalty Reward scheme

Please note:

- This 2-day inn to inn backpacking expedition will take you up onto remote hills, fells and mountains, with the potential for adverse weather. The walks will include uneven ground, rough and rocky terrain, stream crossings as well as a number of steep ascents & descents.
- A good level of fitness is required as you will be walking across hills and fells carrying a rucksack with much of your overnight gear, equipment and food (approx. 8 - 10kg)
- We will walk approximately 16 km (10 miles) per day, although this will vary with each expedition according to weather conditions, pace of the group, terrain etc.
- There will be plenty of rest stops throughout the day, as well as 30-mins for lunch.
- You will need to provide your own walking boots, sleeping bag (camping option), personal walking clothes, food and hotel/B&B accommodation for the trip.
- Please provide your own travel to and from the meeting point.
- Mark Reid will carry a group first aid kit, water purification tablets, mobile phone, spare batteries and other emergency equipment.

- Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.
- **Winter Weather** - for the January trip, the walks will NOT require the use of specialist winter equipment (ice axe, crampons etc), however, we may encounter winter weather conditions whilst on the walks; the precise routes will be determined on the day given the weather conditions. This trip will NOT take place if extreme weather is forecast or prevailing; if this happens then you will be transferred onto either one of our summer Wild Camping trips or the autumn backpacking trip. In the event of cancellation, TeamWalking's liability is limited only to the cost of the event (£95), and not to any additional costs.
- **Camping option** - We will be camping overnight in a tent in a valley campsite with facilities. Some of your camping equipment will be taken to the campsite for you, so you don't have to carry it (tent, sleepmat, stove). Choice of 1 or 2 person tents, so you don't have to share. *NB: if you provide your own camping equipment then you will need to carry this in your rucksack as our equipment will be taken to the campsite before we meet. You will need to carry your own sleeping bag.*

**Final details of this expedition will be sent to you
approximately 2 weeks prior to the event**

ANY QUESTIONS?

info@teamwalking.co.uk / 01423 871750 / 07711 264019

APPENDIX

BACKPACKING FOOD (*staying at pub*)

You will need to bring:

Lunch x 2
Snack food

CAMPING FOOD (*staying at campsite*)

We will provide you with a stove, gas canister, 'brew kit' and cooking utensils. As food tastes are quite personal and many people have allergies, intolerances or dislikes, then please provide your own food.

You will need to bring:

Lunch x 2
Breakfast x 1
Snack food

SUGGESTED FOOD TO BRING

Look for low weight, high energy (calorie) food that is either ready to eat (after re-heating in its packaging; i.e. boil-in-the-bag) or just requires hot water to rehydrate. Ideally, you will be able to eat the prepared food out of a mug or straight out of the bag or packaging. Avoid bulky or easily damaged packaging, as well as food that requires cooking or more complex preparation, and you don't want any washing up! Look for food that can be stored at ambient temperatures.

The following items are suggestions only, not a complete list.

Lunch ideas

- Dried pasta lunches in a packet or small plastic container (such as Mug Shots, Pot Noodles etc)
- Heinz 'squeeze & stir' soup sachets
- Dried 'cup-a-soups'
- Mini cheeses
- Mini pitta bread
- Bread buns, brioche, fruit scones etc
- Dried meats that can be stored at ambient temperatures
- John West 'Tuna Light Lunch Salads' (these can be stored at ambient temperatures)
- Crisps, mini-Cheddars etc
- Fruit (apples, oranges, bananas)

Breakfast ideas

- Instant porridge pot
- Dried fruit
- Breakfast cereal bars

PLUS snacks, such as malt loaf, muesli bars, chocolate bars, dried fruit, chocolate raisins etc.

MARK REID WILL CARRY A STOVE ON THE WALKS, SO YOU CAN MAKE HOT DRINKS OR SNACKS FOR LUNCH