



summer / autumn Newsletter

July - December 2014

Welcome to the third **TeamWalking** quarterly newsletter

NEWS

Lake District Walking Weekender photo on BBC News website

The Saturday walk on our Lake District Walking Weekender, held at Coniston back in October, started as quite a cloudy and wet day. We walked up through the Coppermines Valley and past Levers Water to Levers Hause, when the Heavens opened. Trudging up Prison Band in the rain to the summit of Swirl How, the clouds then parted to reveal some of the most stunning light I have ever seen on the mountains. I snapped a few shots of the group walking towards the Old Man of Coniston, and then on Monday I sent it to the BBC News website, who then put it on their website.



Here's the photo, and also the link to the BBC News website

<http://www.bbc.co.uk/news/uk-england-29603433>

For more details of our Walking Weekenders, visit www.walkingweekenders.co.uk

Walking Weekenders 2015 dates:

North York Moors - Rosedale Abbey: 10th - 12th April 2015

Yorkshire Dales - Kettlewell: 26th - 28th June 2015

Peak District - Hathersage: 11th - 13th Sept 2015

Lake District - Boot, Eskdale: 9th - 11th Oct 2015

Wild Camping trips 2014 - why wild camp?

This year I did two wild camping trips with groups of people - Lake District in June and Snowdonia in August. For both trips the weather was warm and, perhaps most importantly, not windy during the night! As always, we had a great time as everyone always gets on really well as we have to work together and help each other - teamwork, camaraderie, shared 'mountain moments' etc. But why go wild camping? After all, you have to lug a heavy rucksack around with you for 2 days, you cover less distance, you can't have a shower and your cup of tea is made out of mountain stream water. It is all about self reliance, resilience, simplicity and re-connecting with nature. It is that moment when you wake up at 6am and unzip your tent to reveal the sun rising across a mountain lake with mist swirling amongst the crags around you. It is being up there amongst the mountains at dawn. That is the moment that makes it all worthwhile, and you can't wait for the next trip.



June - Lake District



August - Snowdonia

2015 dates

13th & 14th June (2 days) - Lake District / 29th - 31st August (3 days) - Snowdonia

www.teamwalking.co.uk/outdoor-adventures/wild-camping.html

'Stag Do' on the hills!



Did you know that we take out stag and hen parties for a day of adventure on the hills? Forget the boring old pub crawls, paint balling or pamper days, why not head up to a mountain summit, try your hand at orienteering or go for a wild camping weekend.

The real difference about a day in the hills or mountains is that you have uninterrupted time to talk to your friends, have a few laughs, share memorable moments... Like this 'stag' who decided to have a quick bath up on Malham Moor!

REVIEWS

Alpkit Manta head-torch

COLOURS: Three to choose from: Cactus, Steel and Jaffa; **WEIGHT:** 114g; **RRP:** £18

USED: November night nav off Green Bell in the Howgill Fells and Birks Fell in the Yorkshire Dales



Head-torches are an essential part of your hillwalking kit, but they have become quite expensive. I recently saw a review of this head-torch in one of the walking magazines, and decided to buy one as a spare for my Petzl Myo XP. I used it on a recent night navigation off Birks Fell in the Yorkshire Dales and Green Bell in the Howgill Fells and was amazed at its brightness, beam length and beam width, and also the various coloured LED lights. It has now replaced my Petzl as my main torch.

Only available online at www.alpkit.com, the Manta comes with 3 x AAA batteries included and has a super bright light output of 120 lumens, which it can pump out for 7 hours at max. Hold the main beam button down and the beam dims down to a low level, which will give 150 hours of battery life, which also means you can easily set your own level of brightness. Not only that, but it also has a zoom ring to widen or focus the beam, as well as three other coloured LED lights - red (for night vision), green (for working with maps) and blue (illuminates and differentiates liquids).

My verdict - an amazing bit of kit for only £18!

SPECIAL OFFER - 2015 DATES NOW ONLINE

SAVE £5 off our 2015 range of Outdoor Courses and Adventures

We have over 70 outdoor courses and adventures to choose from during 2015, from navigation courses to the Yorkshire Three Peaks. **Book your adventure today and save £5**

Simply input this **coupon code** when placing your online order from our website and £5 will automatically be deducted: **team5-15**

HURRY - Offer ends 31st December 2014

www.teamwalking.co.uk

www.walkingweekenders.co.uk

Terms & Conditions: Offer expires 31/12/14. No cash alternative. Cannot be used in conjunction with any other offer. Coupon Code must be used at time of purchase from our online TeamWalking shop. One coupon code per order. New bookings only.

PHOTOS OF THE SEASON - Summer / autumn 2014



July 2014

(Left) NNAS Bronze, West Burton, Yorkshire Dales



August 2014

(Right) Guided Snowdon mountain walk



September 2014

(Left) Yorkshire Three Peaks challenge walk



October 2014

(Right) Lake District Walking Weekender



November 2014

(Left) NNAS Silver award, night navigation, Howgill Fells

UPCOMING COURSES AND ADVENTURES

DECEMBER 2014

14th December 2014

Christmas Pub Walk - *Grinton, Yorkshire Dales*

17th December 2014

Christmas Pub Walk - *Burnsall, Yorkshire Dales*

JANUARY 2015

24th & 25th January 2015

Winter Wild Camping trip - *Howgill Fells*

PLEASE NOTE - *This is a winter wild camping trip for people with experience of hill and mountain walking in adverse conditions. This trip is subject to weather conditions.*

FEBRUARY 2015

6th - 8th February 2015

NNAS 'Straight to Silver' award - *Buckden, Yorkshire Dales*

21st & 22nd February 2015

NNAS Gold award (training) - *Sedbergh, Yorkshire Dales*

25th February 2015

Map Reading course - *Grassington, Yorkshire Dales*

Courses subject to availability - see our website for latest availability.

TOP TIPS

Mark Reid shares some of his top tips for the great outdoors!

TIP THREE - KEEPING WARM

Winter is fast approaching, and so it is important when you are out on the hills to stay warm and dry. It is much easier to keep warm than try to warm yourself up if you get cold, so here are some top tips:

Layered system of clothing. Layers of synthetic clothing will keep you warmer as they will trap warm air. Wear a good base layer (long-sleeved T-shirt and leggings), insulating mid layers (fleece and lightweight Primaloft jacket), hard shell (waterproof coat and over-trousers).

Extremities - good pair of waterproof gloves or mitts, warm hat, warm socks. Iron Oxide hand-warmer bags are a cheap and great idea to keep cold fingers warm in your gloves

Food and water - you need energy to produce heat, so always eat plenty of food regularly, and carry more food than you think you will need; small bits of snack food are often easier to eat and more tempting. A flask of hot drink is essential, as is drinking plenty of fluids to keep your body systems working properly.

Spares - the clothing you are wearing will probably get wet in winter, and this will cause you to get cold. So, spares are essential, especially gloves, socks and hat for your extremities as well as a spare fleece. Mitts are the best type of gloves for keeping hands warm, and a balaclava is a great idea for keeping your head, face and neck warm. **NB:** a spare is not the piece of clothing you are not wearing; it is an extra additional piece of clothing in your rucksack.

Survival Bag - I have heard so many times "I'll warm up if I keep moving", but you need to have breaks to check your map, eat lunch etc. Also, what happens if you can't keep moving if you've had an accident. A cheap £5 orange plastic survival bag will save your life in such a situation. Or why not invest in a group shelter (2, 6 or 12-person), which will transform a cold and quick lunch stop into a warm and sociable experience!

Be bothered - If you are starting to get a bit chilly, stop and put on an extra layer, eat some more food and have a drink. You need to intervene to prevent the chill becoming hypothermia.

The more skills you have, the more engaged you are with the outdoors, the more you get from your walks

www.teamwalking.co.uk

Mark Reid, 2014