



1-day **MAP READING** course 2012

Yorkshire Dales

in association with Yorkshire's National Newspaper **YORKSHIRE POST**

BOOKING FORM

One-day map-reading & navigation skills course in the Yorkshire Dales
with **Mark Reid**, author of *'The Inn Way'* guidebooks and **Mountain Leader**

ONE-DAY NAVIGATION SKILLS COURSE 2012

GRASSINGTON, Wharfedale - Devonshire Arms Hotel

- 28th March 2012
- 13th June 2012
- 19th September 2012

Book your place(s)

MALHAM, Malhamdale- Lister Arms

- 18th April 2012
- 18th July 2012
- 17th October 2012

REETH, Swaledale - Buck Hotel

- 16th May 2012
- 22nd August 2012
- 7th November 2012

YOUR DETAILS

Your name

Your phone number

Your email address

Your postal address

Postcode

A full itinerary will be sent to you by email or post prior to the event

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
- Walking boots. These must be waterproof with good ankle support and sturdy soles
- *plus* walking trousers

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

- Sunhat, sunscreen and sunglasses (spring, summer & autumn)
- Warm hat (autumn, winter & spring)
- Waterproof gloves
- Water bottle (1 litre)
- Flask for hot drink
- Packed lunch
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note:

We will provide you with an OS map and compass for the day. You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

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.

PARTICIPANT INFORMATION

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

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

What is your level of fitness?

- Physical activity 0 or 1 day per week
- Physical activity 2 - 4 days per week
- Physical activity 5 or more days per week

NB: 'physical activity' means a minimum of 30 minutes of moderate exercise, such as brisk walking, swimming, jogging, cycling etc

What regular exercise do you currently do?

Your hill-walking experience

**What Berghaus gear would you like to borrow?
(please give sizes)**

Medical conditions

(Please list any pre-existing medical condition or special requirements that may affect your participation in this activity).

PRICE

£49 per person

This includes

- Full day's navigation skills in the Yorkshire Dales
- Course notes
- Tea / Coffee in the morning whilst we discuss the day ahead
- Use of our Berghaus gear if required.
- OS Map and compass for use during the course

All participants must provide their own walking boots and packed lunch. Over 18s only.

Cheque attached

payable to TeamWalking

Credit Cards

To pay by Credit Card:

PHONE

9am – 6pm, Mon – Fri

01423 871750

TELEPHONE ORDER *(if already paid by phone)*

ON-LINE

Verified SAFE by SecurityMetrics

www.teamwalking.co.uk

ORDER / GIFT VOUCHER NUMBER *(if already paid online)* _____

PLEASE RETURN THIS COMPLETED BOOKING FORM AT LEAST 7 DAYS BEFORE THE EVENT TO

POST: Mark Reid, TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB

EMAIL: info@teamwalking.co.uk

BOOKING TERMS & CONDITIONS *IMPORTANT: please read*

- Part of the attraction of valley, hill or mountain 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. By taking part in this activity, you are aware of and accept these risks.
- All walks will involve a varying degree of rough and muddy/rocky terrain, high ground, open moorland and a number of ascents/descents. We may also encounter adverse weather conditions whilst on the walk.
- 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.
- 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 the natural environment can be demanding at times.
- All participants must provide suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.
- Mark Reid (Walk Leader) accept 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.
- **Accommodation, Food & Travel** - You must book and pay for any accommodation, food and/or travel (the 'service provided') directly yourself. The contract for the service provided is between the person making the booking and the service provider.
- **Payments** - full payment is required prior to the Navigation Skills weekend (the 'event') to secure your booking.
- **Transfer of Booking** – You may transfer your booking to another advertised date (*subject to availability*) subject to the payment of the following transfer fees:
 - Over 14 days before the event – *an additional payment of 25% of the cost of the event.*
 - 7 – 14 days before the event – *an additional payment of 50% of the cost of the event.*
 - Within 7 days of the event – *an additional payment of 75% of the cost of the event.*These transfer fees are payable at the time of transfer (*plus any price difference*). All transfers must be made prior to the event.
- **Cancellations:** You may cancel your booking any time within 7 days from *the date you paid for your booking* ('date of booking'), and we will refund the cost of your booking in full. All cancellations must be confirmed in writing by email, text or post. Cancellations after 7 days from the date of booking will be subject to the following cancellation charges (which will be deducted from your refund):
 - Over 28 days before the event – *cancellation charge of 25% of the cost of the event.*
 - 14 – 28 days before the event – *cancellation charge of 50% of the cost of the event.*
 - 7 – 14 days before the event – *cancellation charge of 75% of the cost of the event.*
 - 1 – 7 days before the event or non attendance – *cancellation charge of 100% of the cost of the event.*
- The event may be cancelled by the Walk Leader within 48 hours of the event due to adverse weather conditions or forecast. If the event is cancelled by the Walk Leader then the event will either be rescheduled for another date, your booking transferred to another advertised date or a credit note issued to be redeemed within 12 months against any TeamWalking event. The decision to cancel the event lies solely with the Walk Leader.
- The pre-planned route may be subject to change whilst on the walk due to adverse weather, 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 event. The decision to change or terminate the walk lies solely with the Walk Leader.
- All participants must be aged 18 years or over.



Mark Reid is a qualified *Walking Group Leader* and *Mountain Leader*, and holds a current Rescue Emergency Care first aid certificate as well as Public and Civil Liability Insurance. **Richard Tarran** is a qualified *Mountain Leader* and holds a current Rescue Emergency Care first aid certificate as well as Public and Civil Liability Insurance.

Approved course providers of the **National Navigation Award Scheme** (Bronze, Silver & Gold awards)

TeamWalking

Mark Reid, TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB

(T) 01423 871750

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I confirm that I have read through the Navigation Skills Course Information form and the Booking Terms & Conditions