



1-day Guided Mountain walks *Lake District & Scotland*

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

WALKS OVERVIEW

Reach the summit of some of Britain's best-loved mountains in the **Lake District & Scotland** with an experienced **Mountain Leader**.

Get your hands on rock as you **scramble** up some famous ridges, such as Striding Edge onto Helvellyn in the Lake District, or stand on Braeriach, Britain's 3rd highest (and arguably most spectacular) mountain.

Mountains Days include:

- * Scafell Pike, Lake District
- * Helvellyn, Lake District
- * Crinkle Crags & Bowfell, Lake District
- * Braeriach, Cairngorms, Scotland

See our website for dates

YOUR GUIDE



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks

OUTLINE OF THE DAY

All timings are approximate

9:30am: Meet to discuss the day ahead. Route discussion, weather forecast, gear check. Details of the meeting point will be sent to you by email.

10am - 5pm: Full day's hill or mountain walk. The walk will include steep ground, hill and mountain terrain, mountain summits and, possibly, adverse weather conditions. The walk will not include climbing or the planned use of ropes, but may include 'hands on rock' scrambling along exposed mountain ridges (Grade 1).

5pm: Return to a pub or cafe for a post-walk chat over a well-deserved drink

WHAT'S INCLUDED

- ✓ Full day's guided mountain walk with Mark Reid
- ✓ OS map and compass, shared within the group (to brush up your nav skills!)
- ✓ Use of our Berghaus gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, packed lunch, transport and accommodation (if applicable). Over 18s only. * *Loyalty Reward issued on the course.*

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 - 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
- Warm hat, waterproof gloves
- Spare fleece
- Water bottle (2litres) and flask of hot drink
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

PLEASE NOTE

- Please provide a packed lunch and your own suitable walking boots with sturdy cleated soles and ankle support. Mark will provide all other necessary hill/mountain safety equipment.
- No previous experience is required as full guidance will be given; however, a reasonable level of fitness is required as the walks will include steep and mountainous terrain and, possibly, adverse weather conditions.
- These walks do not include climbing or the planned use of ropes, but may include 'hands on rock' scrambling up rock steps or along exposed mountain ridges (Grade 1).
- Over 18s - our courses are designed for adults.
- Vouchers will be issued on the course

ANY QUESTIONS?

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

Final details of your walk will be sent out by email approximately 2 weeks prior to event