



## Mountain Skills & Navigation Weekends in the Lake District

With Mark Reid

author of *'The Inn Way'* and *Mountain Leader*

### BOOKING FORM

*An introduction to Mountain Skills and Mountain Navigation for walkers, in the beautiful Lake District.*  
Get the skills you need to safely plan, navigate and look after yourself in the Lakeland fells and mountains.

#### ABOUT THE WEEKEND

- 2-day enjoyable and sociable course, based from a Lakeland inn
- Introduction to the key skills you need to enhance your enjoyment of the mountains in summer conditions
- Suitable for walkers who wish to improve their mountain skills
- Practically based within small groups
- 2 full mountain days taking in classic Lakeland routes and summits

#### 2012 DATES

<i>2-Day Mountain Skills</i>	<i>Location</i>	<i>Book your place</i>
31 <sup>st</sup> March / 1st April 2012	<b>BORROWDALE</b>	<input type="checkbox"/>
13 <sup>th</sup> / 14 <sup>th</sup> August 2012	<b>GREAT LANGDALE</b>	<input type="checkbox"/>
29 <sup>th</sup> / 30 <sup>th</sup> September 2012	<b>GRASMERE</b>	<input type="checkbox"/>

#### YOUR DETAILS

*Your name*

*Your phone number*

*Your email address*

*Your postal address*

<i>Postcode</i>

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

## OUTLINE ITINERARY

On both days, we will walk a classic Lakeland mountain route whilst looking at various skills along the way at appropriate opportunities.

### DAY ONE

**9:30am:** Meet at a Lakeland pub to discuss the day ahead over tea/coffee

**10:30am - 5pm:** Full day's mountain walk in the Lake District

**7:30pm:** Meet at the village pub for a meal (optional)

**Evening** - Route planning exercise for Sunday's walk

### DAY TWO

**9:30am:** Meet at a Lakeland pub to discuss the day ahead over tea/coffee

**10:30am - 4pm:** Full day's mountain walk in the Lake District, where the group navigates the route (shadowed by the instructor).

**5pm:** De-brief then head home.

## 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
- Spare fleece
- Water bottle (2 x 1 litres)
- Flask for hot drink
- Packed lunch (for both days)
- 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 weekend. You need to provide your own suitable walking boots, with sturdy cleated soles and ankle support.*

*We can provide Berghaus outdoor clothing & gear if required, please see below.*

## 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)
- Head-torch
- 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**

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### **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?**

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### **Your hill-walking experience**

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

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### **Medical conditions**

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

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## PRICE

**£99 per person** for the weekend

**This includes:** tea/coffee both mornings, 2 full days' mountain walking with a Mountain Leader (guiding & instruction), OS map and compass, course notes and use of our Berghaus gear if required.

### **Please Note:**

- Please provide a packed lunch for both days, your own walking boots and accommodation (if applicable).
- An interest in and some experience of summer hill-walking would be beneficial, although training and guidance will be given.
- The walks will include mountainous terrain and, possibly, adverse weather conditions.
- This course is not assessed and does not include climbing or the planned use of ropes.
- Over 18s - *our courses are designed for adults.*

### **Cheque attached**

*payable to TeamWalking*



### **Credit Cards**

*To pay by Credit Card:*

PHONE

*9am – 6pm, Mon – Fri*

**01423 871750**

ON-LINE

*Verified SAFE by SecurityMetrics*

**[www.teamwalking.co.uk](http://www.teamwalking.co.uk)**

ORDER NUMBER *(if already paid online)*

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### **PLEASE RETURN TO:**

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

**PHONE:** 01423 871750 / **EMAIL:** [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk)

*Please return at least 7 days before the event, subject to availability.*

## **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 and mountain 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 and/or Richard Tarran (Walk Leaders) accept no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by their 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.



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

(M) 07711 264019

(E) info@teamwalking.co.uk

[www.teamwalking.co.uk](http://www.teamwalking.co.uk)

***I confirm that I have read through the Booking Form and the Terms & Conditions***