



## Outdoor Activities 2012

With Mark Reid

author of 'The Inn Way' and Mountain Leader

### BOOKING FORM

#### National Trust

<b>1-day Map Reading for beginners</b>	<b>Location</b>	<b>Price</b>	<b>Book your place (tick)</b>
25 <sup>th</sup> April 2012	Fountains Abbey, North Yorkshire	£49	<input type="checkbox"/>
2 <sup>nd</sup> May 2012	Marsden Moor, West Yorkshire	£49	<input type="checkbox"/>
20 <sup>th</sup> June 2012	Fountains Abbey, North Yorkshire	£49	<input type="checkbox"/>
12 <sup>th</sup> September 2012	Fountains Abbey, North Yorkshire	£49	<input type="checkbox"/>
26 <sup>th</sup> September 2012	Marsden Moor, West Yorkshire	£49	<input type="checkbox"/>

#### *The* Inn Way

<b>'The Inn Way' 2-day walk</b>	<b>Location</b>	<b>Price</b>	<b>Book your place (tick)</b>
9 <sup>th</sup> & 10 <sup>th</sup> June 2012	Yorkshire Dales	£79	<input type="checkbox"/>
23 <sup>rd</sup> & 24 <sup>th</sup> August 2012	Lake District	£79	<input type="checkbox"/>
13 <sup>th</sup> & 14 <sup>th</sup> October 2012	Lake District	£79	<input type="checkbox"/>



<b>Christmas Pub Walk &amp; Lunch</b>	<b>Location</b>	<b>Price</b>	<b>Book your place (tick)</b>
9 <sup>th</sup> December 2012	Grinton (nr Reeth), Yorkshire Dales	£35	<input type="checkbox"/>
16 <sup>th</sup> December 2012	Grassington, Yorkshire Dales	£35	<input type="checkbox"/>
19 <sup>th</sup> December 2012	Malham, Yorkshire Dales	£35	<input type="checkbox"/>

#### YOUR DETAILS

Your name

Your phone number

Your email address

Your postal address

<b>Postcode</b>

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 (spring, summer & early autumn)
- Warm hat (spring, autumn & winter)
- Waterproof gloves
- Spare fleece
- Water bottle (1 litre)
- Flask for hot drink
- Packed lunch (*full day walks*)
- 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 & compass (navigation skills). You will need to provide your own suitable outdoor footwear, preferably walking boots.*

## 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?**

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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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## PRICES

### £49 per person – 1-day Map Reading for beginners (*in conjunction with the National Trust*)

*This includes...*

- ✓ Full day's navigation training with Mark Reid
- ✓ Tea & coffee on arrival
- ✓ Entry to Fountains Abbey Estate (*Fountains Abbey course*)
- ✓ Course notes
- ✓ Use of our Berghaus gear if required
- ✓ OS map and compass for the day

**NB:** You will need to provide your own walking boots as well as a packed lunch.

### £79 per person – 'The Inn Way' 2-day walking experience

- **The Inn Way... to the Yorkshire Dales** (*Stages 1 & 6*)  
**Grassington - Buckden - Kettlewell - Grassington**
- **The Inn Way... to the English Lake District** (*Grasmere Walking Weekend*)  
**2 circular day walks based from Grasmere – classic mountain walk & Sunday pub walk**

*This includes...*

- ✓ Two full day's guided walk with Mark Reid, author of 'The Inn Way' guidebooks
- ✓ Detailed interpretation of the history, heritage, folklore, geology and geography to bring the landscape alive.
- ✓ A visit to some of England's finest country pubs.
- ✓ Tea & coffee on arrival
- ✓ Signed copy of 'The Inn Way' guidebook
- ✓ Baggage transfer (Yorkshire Dales)
- ✓ Pub Quiz on Saturday night
- ✓ Use of our Berghaus gear if required

**NB:** You will need to provide your own walking boots, accommodation & food. *Numbers limited to 12.*

### £35 per person – Christmas Pub Walk & Lunch

*This includes...*

- ✓ Tea & coffee on arrival
- ✓ Leisurely, enjoyable and informative morning's guided walk with Mark Reid
- ✓ Mince pie and mulled wine break on the hillside
- ✓ 2-course Christmas lunch – turkey & all the trimmings, followed by Christmas pudding (*vegetarian option available*)
- ✓ Use of our Berghaus gear if required

**NB:** You will need to provide your own walking boots. Locations - Devonshire Hotel, Grassington OR Lister Arms, Malham

**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**

ORDER NUMBER or GIFT VOUCHER

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## **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 course or activity (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*

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