



2-day Wild Camping Mountain Experience

With Mark Reid

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

Lake District & Snowdonia 2012



BOOKING FORM

Experience the wild splendour and solitude of the mountains with a **wild camping expedition**. Spend the day walking across the Lakeland fells or Snowdonia mountains then overnight amongst the majestic mountains and wake up at sunrise to enjoy a breakfast experience like never before!

2012 DATES

<i>2-Day Wild Camping</i>	<i>Location</i>	<i>Book your place</i>
14 th / 15 th April 2012	BORROWDALE Lake District	<input type="checkbox"/>
19 th / 20th May 2012	PATTERDALE Lake District	<input type="checkbox"/>
7 th / 8th July 2012	CAPEL CURIG Snowdonia	<input type="checkbox"/>
4 th / 5 th August 2012	ESKDALE Lake District	<input type="checkbox"/>
11 th / 12 th August 2012	ESKDALE Lake District	<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

2-day wild camping expedition in the Lakeland or Snowdonia mountains, with an overnight wild camp beside a mountain lake. The routes will generally be based upon classic mountain 'horseshoe' walks, and will take in areas such as High Street, Great Gable, Scafell, Langdale Pikes or the Carneddau.

Day 1

10am - Meet at a café to discuss the expedition and also check through the gear. We will always start from a village where there will be parking and accommodation available.

11am - set off on our walk up onto the mountains, taking in classic routes and breath-taking summits, with plenty of rest stops as well as environmental and navigation coaching.

6pm - Set up camp and have dinner, followed by a night walk (weather depending) to watch the sunset from a mountain summit.

DAY 2

7am - Breakfast and break down camp.

9am - Continue walk across mountains and then finish back at a pub or cafe mid afternoon. Have a drink and bite to eat, 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 carry in your rucksack

Your rucksack must have a capacity of at least 60 litres.

Clothing

- Sunhat & sunscreen
- Warm hat & waterproof gloves *
- Spare warm fleece or down/synthetic insulated jacket
- Spare socks, underwear and base layer
- Thermal leggings ('long johns') and thermal long-sleeved T-shirt to sleep in

Food & Water

- 2 x 1-litre water bottles
- Packed lunch (for the first day)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Camp food (brew kit, evening meal, breakfast and lunch for Day 2) *
- Stove, gas canister, pan, spoon, bowl & mug *

Camp gear

- 1 or 2-person backpacking tent. *The tent weighs around 2kg **
- Self-inflating sleeping mats. *The mat weighs around 1kg. **
- Sleeping bag. *Please provide your own 3-season sleeping bag with a comfort rating of around -5 C.*
- Waterproof rucksack bag. *I will provide you with one of these to put everything in to keep things dry in your rucksack. They also double up as a pillow at night. **

Sundries

- Toothbrush & small tube of toothpaste
- Alcohol-based hand gel (to clean your hands)
- Deodorant
- Toilet roll & box of matches
- Head-torch *
- Plastic bags – for your rubbish and smelly socks!
- Hip flask, iPod, camera etc...
- Medications (if applicable)

PROVIDED KIT (marked by an asterisk*)

I will provide all of the following items:

- 1 or 2-person backpacking tent.
- Self-inflating sleeping mat.
- Stove, gas canister, pan, spoon, bowl & mug
- Waterproof rucksack bag.
- Camp food – *please indicate any dietary requirements on the form below*

I can provide all of the following items if you require:

- Backpacking rucksack
- Head-torch
- Waterproof outdoor Jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleece (sizes S - XL)
- Waterproof gloves (sizes S - XL)

What's Not Included

You will need to provide your own:

- Walking boots
- 3-season sleeping bag (with a temperature comfort rating of around -5 C)
- Personal walking clothing and equipment (such as trekking poles, base layers, hip-flask etc)
- Packed lunch for the first day.

Please indicate your requirements on the 'Participant Information form' below

Sharing

If you have booked onto this Wild Camping expedition with a friend, relative or partner/spouse then why not share a tent and save over 2kg of weight in each of your rucksacks. You can share a 2-person tent, cooking equipment and some personal items. *See below for more details.*

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 gear would you like to borrow?

Please tick

- Backpacking rucksack
- Head-torch
- Waterproof outdoor Jacket (sizes S - XL) *Size?*
- Waterproof over-trousers (sizes S - XL) *Size?*
- Berghaus fleece (sizes S - XL) *Size?*
- Waterproof gloves (sizes S - XL) *Size?*

What type of tent would you like to borrow?

Please tick

- 1-person backpacking tent
- 2-person backpacking tent

Sharing

If you are happy to share a tent and cooking equipment with a friend / relative / partner, please tick here:

What is the name of the person you will be sharing with: _____

Medical conditions

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

DO's and DON'Ts

- Leave no trace. Take ALL rubbish out with you. No fires.
- Personal hygiene - it is important to observe good personal hygiene when walking in the mountains, in particular hand washing. Regular hand washing in streams is important, without the use of soap as this may harm the stream ecosystem. Alcohol-based hand gels are a good idea, but use sparingly.
- Toilet – go to the loo at least 50 metres away from the campsite, water sources and footpaths. All other sanitary items must be bagged up and taken out.
- Water out of fast-flowing, clear mountain streams is fine to drink as long as it has been boiled first ('rolling boil' for a couple of minutes) or sterilized using Chlorine Diox tablets.
- Never cook inside the tent. If it's raining then you can cook just outside the porch of the tent with the tent door open and you nice and dry inside. Tent fabric is highly flammable and stoves give off carbon monoxide.
- Staying warm and dry is really important. Think about what you wear and take carefully. If you get cold in the night, then put your dry clothes on, including a hat and gloves.
- Travel light. Pack and weigh your rucksack, then un-pack it and see what items are absolutely necessary and what isn't. The lighter your rucksack the better. Don't be tempted to take "luxury" items with you, as you won't use them and they'll weigh you down. Your fully packed rucksack should weigh around 12 - 15kg, including all camping gear, food and water (allow 5kg for tent, sleeping mat, food and cooking equipment).

We will discuss the above in more detail during the pre-expedition briefing.

I will carry a group first aid kit, water purification tablets, mobile phone, spare batteries (for head-torches) and other emergency equipment.

PRICE

£109 per person – 2-day Wild Camping Expedition in the Mountains

This includes...

- ✓ 2-day wild camping expedition in the Mountains with Mark Reid (Mountain Leader)
- ✓ Overnight wild camp in the mountains
- ✓ Camping kit *Tent, sleep-mat, waterproof clothing, rucksack, head-torch etc*
- ✓ Cooking equipment *Stove, pan, mug, plate and spork*
- ✓ Camp meals *Foil-packed evening meal with couscous, pudding, 'brew kit', muesli breakfast & soup lunch*
- ✓ Use of our Berghaus gear if required

Please note:

- A reasonable level of fitness is required as you will need to carry a rucksack with your overnight gear, equipment and food (this rucksack will weigh approx. 12 - 15kg). *You can significantly reduce the weight of your rucksack by sharing a tent and some kit.*
- We will walk approximately 10 km (6 miles) per day, although this will vary with each expedition according to weather conditions, pace of the group, terrain etc.
- There will be plenty of rest stops throughout the day, as well as 30-mins for lunch.
- You will need to provide your own walking boots, sleeping bag, personal walking clothes and equipment as well as a packed lunch for the first day.
- Maximum group size - 6 participants. Over 18s only.

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 *(if already paid on-line)*

PLEASE RETURN TO:

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

PHONE: 01423 871750 / **EMAIL:** info@teamwalking.co.uk

Please return at least 7 days before the event.

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 and mountaineering 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, mountainous terrain 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. *Camp kit (tents, sleep-mats, stoves etc) and camp food are deemed to be an integral part of this Outdoor Activity, and therefore falls within the remit of these Booking Terms and Conditions.*
- **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 (M) 07711 264019 (E) info@teamwalking.co.uk
www.teamwalking.co.uk

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