



Mallerstang Yomp Challenge Walk

Guided challenge walk in the Yorkshire Dales

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

WALK OVERVIEW

Kirkby Stephen - Wild Boar Fell - High Seat - Nine Standards

23 miles – 1,300m of ascent – 12 hours

YOUR GUIDE



Mark Reid

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

WHERE AND WHEN TO MEET

We will meet at 7am in the Market Place in the centre of Kirkby Stephen. There is on-street parking throughout the village, and there is also a train station (Settle and Carlisle Railway). **The walk will commence at 7:30am.**

OUTLINE OF THE DAY

7m: Meet at Kirkby Stephen, in the Upper Eden Valley (Westmorland Dales)

7:30am - 7:30pm: Fully guided walk around the Mallerstang Yomp challenge walk

8pm: Well deserved celebratory drink at local pub

NB: *Finish time is approximate*

THE WALK

The **Mallerstang Yomp** is a challenge walk around the hills, fells and mountains that encircle the Upper Eden Valley, known as Mallerstang, in the western Yorkshire Dales (Westmorland Dales). This long distance challenge walk starts and finishes in the lovely town of Kirkby Stephen, and takes in fells and mountains of Wild Boar Fell (708m), Swarth Fell (681m), Gregory Chapel (695m), High Seat (709m) and Nine Standards (662m). Much of this walk follows indistinct paths across exposed, open moorland and fell; some sections are pathless across rough, open ground. There are sustained climbs, particularly up onto Wild Boar Fell and also Gregory Chapel, with some steep ground in places. The ground is wet, boggy, rough and uneven grassy moorland for much of the day, with some rocky sections and stream crossings. **Mark Reid** will guide you around this route, so that you can forget about navigating your way round on the day and concentrate on raising money for your chosen charity instead! **The walk is 37km (23 miles) with 1,300 metres of ascent.**

It is a demanding walk that must be approached with preparation and training, but it is also an extremely rewarding walk that will be remembered for many years, for the views and landscapes along the way are simply breath-taking, particularly from the summit escarpments on Wild Boar Fell and Mallerstang Edge. The walk will take around 12 hours to complete, and so we shall finish the walk at around 7:30pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 6pm and 8pm. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

All participants will need to have a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event.

FOOD, WATER & FACILITIES ALONG THE ROUTE

Each person completing this walk will burn around **5,000 calories** and lose **3 to 4 litres of fluid** over the course of the day. A good breakfast is important. Eat plenty of snack food throughout the day to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry at least 3 litres of water in your rucksack, and drink at regular intervals. **No facilities along the route.**

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 and spare fleece
- Water bottle (3 litres) and flask of hot drink (optional)
- 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: Please provide your own walking boots, with sturdy cleated soles and ankle support.

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt
- Deodorant!

WHAT'S INCLUDED

- ✓ Fully guided walk around the Mallerstang Yomp challenge walk with Mark Reid
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable). * *Loyalty Reward issued on the course.*

Please Note:

- No previous experience is required as guidance will be given. However, this is a long distance challenge walk that is demanding & strenuous, and must be approached with preparation & planning.
- This long distance challenge walk covers 37-km (23 miles) in a day, with 1,300m of ascent that is usually completed in around 12 hours. The route includes steep sections, rough, boggy and rocky terrain, moorland, stream crossings, stiles, paths, tracks and lanes, high moorland escarpments and pathless open country for much of the day. We may also encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk prior to the event.
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided challenge walk is no guarantee of its successful completion.
- You will burn around 5,000 calories over the day, and also lose around 3 to 4 litres of fluid. It is important to eat high energy snack food regularly throughout the day and drink water regularly.
- All participants must provide their own walking boots, packed lunch & travel/accommodation.
- Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

KIRKBY STEPHEN / TRAVEL

Kirkby Stephen lies along the A685 between the A66 at Brough and the M6 Jct 38 (Tebay). There is a train station at Kirkby Stephen on the Settle and Carlisle line. You may wish to stay locally before and/or after your walk. Kirkby Stephen offers a choice of pubs, B&Bs and campsite. It also has cafes, several shops and a small supermarket.

Post walk - please note that after completing this challenge walk you will feel tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport or stay overnight locally.

BOOKING FORM

Please complete the Booking Form, which also includes our **Terms and Conditions**.

Final details of this walk will be sent to you approximately 2 weeks prior to the event

ANY QUESTIONS? Email: info@teamwalking.co.uk
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