



teamwalking 

Expand your horizons

Winter Newsletter

January – March 2014

Welcome to the first **TeamWalking** quarterly newsletter!

NEWS

TeamWalking approved to provide NEW Hill & Mountain Skills courses

In April 2014, Mountain Training is launching two new personal skills courses for new and improving hill walkers. TeamWalking has been approved as a course provider.

These courses are a practical introduction to the skills required to get started in hill walking and mountain walking. The courses aim to equip participants with the basic knowledge and essential safety skills required to start pursuing their own participation in hill and mountain walking as a leisure time activity.



Hill Skills

The Hill Skills course is aimed at the beginner hill walker and ideal for those interested in developing a practical understanding of how to plan walks, become familiar with the use of a map, learn about the equipment required and also gain an understanding of the effects of weather, how to deal with emergencies and gain a valuable understanding of the upland environment. The course utilises countryside and moorland areas where the skills will be transferable to many popular walking areas of the UK and Ireland.

Course duration: 2 days

Course location: Yorkshire Dales

Mountain Skills

The Mountain Skills course is an ideal choice for walkers interested in applying their countryside walking skills to the mountain environment. Ideally, participants would have done some basic hill walking previously and have a reasonable level of fitness. Skills in map and compass, mountain weather forecasting, movement through steep ground, planning and preparation, emergency procedures, seasonal effects and the mountain environment all form the syllabus of this course. The course is run in the main high mountain areas of the UK.

Course duration: 2 days

Course location: Lake District

Course dates and pricing will be advertised in April 2014.

Interested? Please email mark.reid@teamwalking.co.uk to register your interest.

As part of the course, all participants will be required to register with Mountain Training. This is a one-off cost and allows access to either or both courses. *Registration includes:* Access to the Mountain Training Digital Logbook, a copy of the 'Safety on Mountains' handbook, certificate of attendance for both courses, access to technical advice from Mountain Training

Walking for Woodlands in the Yorkshire Dales

Business people who come to the Yorkshire Dales for their team events are helping to create more native woodlands thanks to a new scheme.

Harrogate-based TeamWalking organises team building activities in the Yorkshire Dales countryside. In 2013 TeamWalking teamed up with local charity Yorkshire Dales Millennium Trust (YDMT) to dedicate at least one tree for every organisation booking an outdoor adventure in the Dales, making a total of **19 trees so far**.



The Yorkshire Dales National Park is a popular destination for business people who want a break from the boardroom. Organisations from across England are taking advantage of the beautiful Dales landscape to boost staff morale and build on team working and communication skills, TeamWalking offers a range of walking activities from orienteering to the challenging Yorkshire Three Peaks. The TeamWalking tree scheme means that they can enjoy the Dales and leave something valuable behind when they go back to the office – a brand new native tree.

Mark Reid from TeamWalking said: *“The Yorkshire Dales are a fantastic place to bring our corporate clients as the landscapes are truly inspirational, and offer a completely different environment for people to spend time with their colleagues away from the distractions of the office. Here at TeamWalking, we are passionate about giving something back to the Yorkshire Dales, and so we always base our outdoor adventures from great pubs to help the local economy and we plant at least one deciduous tree in the Dales on behalf of our clients. I firmly believe that we should always give a little back to help sustain this beautiful area for future generations to enjoy as we do today.”*



The TeamWalking tree scheme supports the Dales Woodland Restoration Programme, which is delivered and funded by a partnership including YDMT, Yorkshire Dales National Park Authority and the Forestry Commission. The programme aims to double the amount of broadleaf woodland in the Dales by 2020. The trees dedicated as part of the scheme will help to create new native, broadleaf woodlands which will be planted this winter. The businesses will also have the opportunity to come back to the Dales to visit the new woodlands next year.

YDMT Director David Sharrod said: *“The TeamWalking tree scheme is doing two things that are invaluable for the Dales – helping to restore beautiful native, broadleaf woodlands, and encouraging visitors to appreciate and value this special area. We’re extremely grateful for Mark’s support.”*

REVIEWS

Vaude Power Lizard Ultralight Tent

COLOUR: sand (green also available)

INTERNAL DIMENSIONS (according to Vaude):

Height 95cm, length 230 cm, width 115 cm, porch width (max) 40cm (porch runs full length of the tent).

SIZE: 1-2 persons

WEIGHT: 1.05 kg

RRP: £385

I PAID (online): £250, April 2013

USED: Backpacking and wild camping in the Lake District and Snowdonia



The manufacturer says: “The perfect 3-season tent for solo travelers: Ultralight, quick to pitch and stable in wind and rain. The one arch construction offers a small pack size allowing this lightweight room in almost any pack. With one entrance and a vestibule that’s big enough for a large trekking backpack.”

I say: A superbly designed and extremely lightweight tent. It is promoted as a 2-person tent, but it is really best suited as a very spacious 1-person tent (it would be a tight squeeze for 2 people, although two sleep-mats do fit inside, but spare room for kit would be limited). I am 6-ft 2” and I had plenty of room inside to stretch out and could sit up in the middle of the tent; there was also enough room for the contents of my rucksack inside the inner tent as well to keep them dry. The porch is big enough for my boots (size 14s), my empty rucksack and cooking equipment. It is quick and easy to pitch (10 minutes), but quite difficult to get the flysheet taut, which means there is some flapping in the wind as there is quite a lot of unsupported flysheet, but the central tensioned (powerframe) hoop provides good stability (there is an internal cord attached to the central hoop pole which allows you to increase the tension and stability of the central hoop quite significantly).

My first wild camping trip in April 2013 saw it easily withstand 40mph winds and heavy rain (the seams are sealed as well), but I had to put rocks on the end guy-line pegs as they are quite thin and skewer-like and so pulled out of the ground in the strong winds; once that was done it was fine and stable (albeit with flapping flysheet). It was watertight, with little condensation. Again, it was quick and easy to pack away. *Other points to note* – top quality materials; small pack size; zip can snag on the flysheet; pitches as one with fly and inner attached; good ventilation and low condensation as there is plenty of mesh on inner. Looks good (very important when you’re wild camping in the middle of nowhere!). I definitely recommend this tent as a great solo backpacking tent BUT quite pricey.

SPECIAL OFFER

SAVE £5 off our 2014 range of Outdoor Courses and Adventures

OFFER EXTENDED UNTIL 1st FEBRUARY 2014

www.teamwalking.co.uk

www.walkingweekenders.co.uk

Simply input this **coupon code** when placing your online order from our website and £5 will automatically be deducted: **team5-13**

Terms & Conditions: Offer expires 01/02/14. No cash alternative. Cannot be used in conjunction with any other offer. Coupon Code must be used at time of purchase from our online TeamWalking shop. One coupon code per order. New bookings only.

PHOTOS OF THE SEASON

TeamWalking outdoor courses and adventures, autumn 2013



December 2013

Summit of Buckden Pike just before a night navigation exercise back down to the village



November 2013

Sunset on Hawnby Hill in the North York Moors during a team building day. It really was a glorious end to the day, and just as the sun set we reached the Inn at Hawnby with its roaring fire.



October 2013

Walking Weekend in the Lake District, just off the summit of Dale Head overlooking Buttermere.

UPCOMING COURSES AND ADVENTURES

FEBRUARY 2014

9th February 2014 Map Reading course – *Grassington, Yorkshire Dales*

21st - 23rd February 2014 NNAS 'Straight to Silver' - *Buckden, Yorkshire Dales*

MARCH 2014

1st & 2nd March 2014 NNAS Silver Award - *Grinton, Yorkshire Dales*

9th March 2014 Map Reading course - *Reeth, Yorkshire Dales*

12th March 2014 Map Reading course - *Grassington, Yorkshire Dales*

15th & 16th March 2014 NNAS Gold Award (training) - *Reeth, Yorkshire Dales* **FULLY BOOKED**

19th March 2014 Map Reading course - *Malham (National Trust)*

22nd March 2014 Night Navigation - *Buckden Pike, Yorkshire Dales*

23rd March 2014, Map Reading course - *Malham, Yorkshire Dales* **FULLY BOOKED**

24th & 25th March 2014 NNAS Silver Award - *Kettlewell, Yorkshire Dales*

26th March 2014 Map Reading course - *Aysgarth Falls, Yorkshire Dales* **FULLY BOOKED**

29th & 30th March 2014 NNAS Bronze Award - *Malham, Yorkshire Dales*

APRIL 2014

4th - 6th April 2014 Walking Weekender - *Hayfield, Peak District*

9th April 2014 Compass & Contours - *Reeth, Yorkshire Dales*

11th - 13th April 2014 NNAS Straight to Silver - *Kettlewell, Yorkshire Dales* **FULLY BOOKED**

23rd April 2014 Map Reading course - *Reeth, Yorkshire Dales*

24th & 25th April 2014 NNAS Bronze Award - *Buckden, Yorkshire Dales*

26th & 27th April 2014 NNAS Bronze Award - *Reeth, Yorkshire Dales*

27th April 2014 Yorkshire Three Peaks - *Yorkshire Dales*

30th April 2014 Map Reading course - *Malham, Yorkshire Dales*

Courses subject to availability - see our website for latest availability.

TOP TIPS

Mark Reid shares some of his top tips for the great outdoors!

TIP ONE - TIMING

Timing is one of the key ways of keeping track of distance walked, and is used most on walks where there are plenty of features to check your progress along the way. This is because it is reasonably accurate as long as you are aware of roughly how fast you are walking, and is used in combination with 'tick' features and contours to give you a good understanding of how far you have walked. BUT it is too easy to forget to look at your watch, so the answer is to strap your watch around your wrist but OVER your waterproof coat or outer layer, so it is always visible (as long as it's a waterproof watch).

3-km per hour is a slow plod, typically over rough and/or broken ground, snow/ice underfoot or into strong winds.

4-km per hour is a gentle stroll, otherwise known as a 'bimble'! A walk across the narrow valley fields of the Yorkshire Dales with lots of squeeze-stiles and confusing navigation would see you walk at this speed; it also works as an average walking speed as it allows time for checking your map, admiring the view, crossing stiles etc

5-km per hour – a good fairly brisk pace along a flat track or field/riverside path with few obstacles along the way and good terrain underfoot.

6-km per hour – a quick brisk pace, along a good track or road, such as a gently descending farm lane. Walking about as fast as you can without breaking into a jog. Difficult to maintain this speed over long distances.

In reality, you generally walk somewhere between 4 and 5 km per hour on a typical walk in the countryside, and only slow down or speed up depending on the conditions underfoot, weather and/or how you are feeling. To find out your walking speed, just measure a fairly flat and straight 1km on your map and see how long it takes you to walk it, then divide that time into 60 minutes to get your walking speed in km per hour. For example, if it takes you 20 minutes to walk 1 km then your walking speed is 3 km per hour, 15 minutes is 4 km per hour and 12 minutes is 5 km per hour, and so on.

Walking speed is not a constant, but changes throughout the day depending on conditions etc. It is dynamic, and so requires an understanding of the different walking speeds and how these relate to different situations and terrain to be able to estimate timing properly.

Remember

The more skills you have, the more engaged you are with the outdoors, the more you get from your walks

www.teamwalking.co.uk

Mark Reid, 2014