



Expand your horizons

Spring Newsletter

April - June 2014

Welcome to the second **TeamWalking** quarterly newsletter

NEWS

May is National Walking Month

Walking is simple, easy and free; and almost everyone can do it. It also has great health benefits, from reducing blood pressure, improving cardio-vascular function, toning muscles, strengthening bones, helps weight loss, boosts energy levels and improves mood. And walking in the Great Outdoors gets you out into beautiful countryside surrounded by the natural world.

Living Streets and Walk England have joined forces to promote and encourage walking during May.

For many of us, exercise has become a choice (joining a gym is a great example). But it needn't be. Walking can be incorporated into everyday life - walking to school, work, local shops, at lunchtime etc. It needn't be an 8-hour hike up a mountain! But if you want to explore further in the countryside then you may be worried about where you can walk, getting 'lost', cows, bad weather, mist, wearing the right kit, reading a map etc ... this is where TeamWalking can help!

NEW 'Hill Skills' & 'Mountain Skills' courses roll out...

Mountain Training's new personal skills courses are now available to book. These courses are a practical introduction to the skills required for hill walking and mountain walking. The courses aim to equip walkers with the key skills and knowledge to help them get more from the outdoors.



Hill Skills - Yorkshire Dales

The Hill Skills course is your key to getting started in countryside walking. There is no experience of hill walking required to attend a Hill Skills course because the content of the course is aimed at beginners. If you do have some experience of hill walking but aren't confident about planning walks, navigating and understanding the equipment required, then this course ideal.

21 & 22 June - Reeth; 1 & 2 Sept - Kettlewell

Mountain Skills - Lake District

The Mountain Skills course is an ideal choice for walkers interested in transferring their walking skills to more mountainous terrain. Ideally, participants would have some basic hill walking experience and have a reasonable level of fitness.

10 & 11 May - Great Langdale; 26 & 27 July - Glenridding; 27 & 28 Sept - Coniston

Peak District Walking Weekender - April 2014

Our first Walking Weekender saw 14 people meet up for a weekend of great walking and sociable evenings, based at the brilliant Royal Hotel at Hayfield. After our Friday evening get-together at the pub, we split into 'long' and 'medium' walks up onto Kinder Scout, with Mark Reid and Richard Tarran guiding. We met again at lunchtime at Kinder Downfall, and then the 'long walk' team headed off to Kinder Gates then through the peat hags and groughs for a bit of a navigation challenge, to reach the Trig Point on Kinder Low. Amazingly, we met a couple on the 'wrong' side of Kinder Scout, lost and without a map or compass; they decided to ignore my advice to head down with us to Hayfield and then catch a train back to Edale, and instead headed back across the plateau through the mist! Maybe they're still up there, wandering around?!



Saturday night we had a pub quiz at the Royal Hotel, and then on Sunday we walked as a group up onto the fantastic viewpoint of Lantern Pike. Thanks everyone for a great weekend.

Next walking weekender? Yorkshire Dales Walking Weekender 11th - 13th July.

REVIEWS

Mountain Equipment Lhotse Jacket

COLOUR: Red (navy, blue and black available); **WEIGHT:** 530g; **RRP:** £300
USED: Since January this year; snow, 103mph winds, rain, sun & mist (so far!)

The manufacturer says: *“An outstanding all-round shell for serious walkers and mountaineers who demand full function, 4-season protection. The Lhotse Jacket provides unstinting weather protection for those that head into the mountains whatever the weather. Whether trekking through driving summer rain in New Zealand or battling blizzards on a Scottish winter Munro this is a serious shell for almost any occasion.”*

3-layer GORE-TEX® Pro 40D fabric, with reinforcements. Fully adjustable hood, alpine fit with articulated and pre-shaped sleeves, Storm Construction techniques used throughout, 2 large pockets and 1 Napoleon pocket with moulded AquaGuard® zips, 2-way YKK® moulded AquaGuard® centre front zip, underarm pit zips, adjustable laminated cuffs and dual tether hem drawcords.



I say: What a jacket! Well designed and constructed, feels comfortable, great hood and easy-to-access pockets, even with a rucksack on. The AquaGuard zips stop most of the water from entering the pockets, and a cleverly designed 'run-off' channel under the zip helps keep the rain out. The pockets are external to the jacket, so inside always remains rain-proof. Top-of-the-range, with a price tag to match, but good outdoor kit is essential if you are heading into challenging terrain and conditions.

SPECIAL OFFER

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

OFFER ENDS 1st June 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: **team5-14**

Terms & Conditions: Offer expires 01/06/14. 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, winter 2014



January 2014

Team Building Event in the Peak District

February 2014

Mist and 40mph winds on Buckden Pike - NNAS Straight to Silver course



March 2014

Beautiful light on the summit of Great Whernside, descending towards Nidd Head Spring - NNAS Silver course

UPCOMING COURSES AND ADVENTURES

MAY 2014

7th May 2014	Map Reading course - <i>Fountains Abbey, North Yorkshire</i>
9th May 2014	Guided Mountain Walk - <i>Scafell Pike, Lake District</i>
14th May 2014	Map Reading course - <i>Grassington, Yorkshire Dales</i>
10th & 11th May 2014	Mountain Skills'- <i>Great Langdale, Lake District</i>
31st May & 1st June 2014	NNAS Bronze Award - <i>Grassington, Yorkshire Dales</i>

JUNE 2014

4th June 2014	Map Reading course - <i>Aysgarth Falls, Yorkshire Dales</i>
11th June 2014	Compass & Contours - <i>Muker, Yorkshire Dales</i>
14th & 15th June 2014	Wild Camping expedition - <i>Borrowdale, Lake District</i>
18th June 2014	Map Reading course - <i>Reeth, Yorkshire Dales</i>
21st & 22nd June 2014	Hill Skills - <i>Reeth, Yorkshire Dales</i>
25th June 2014	Map Reading course - <i>Marsden Moor, South Pennines</i>
28th & 29th June 2014	NNAS Bronze Award - <i>Aysgarth Falls, Yorkshire Dales</i>

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 TWO - Kit for Navigating

So often I meet people on the hill who don't even have a map with them. But is a map the only bit of kit you need to help find your way? Here's my list of kit you need to take (on any walk) to assist in navigation.

Map - OS Explorer 1:25,000 for detail, PLUS OS Landranger 1:50,000 or Harvey Mountain Map 1:40,000 for the hills and mountains, to help 'read' the landform (contours). And in case your map blows away!

Compass - a map is impossible to use without a compass, particularly in challenging conditions

Head-torch- it goes dark at the end of every day, even in summer. Don't forget spare batteries.

Watch - what time is it? How long will a leg take you to walk? Are you ahead or behind time?

Route plan - it's hard to manage what you haven't measured

Weather Forecast - It's you against the elements a lot of the time. Can really affect navigation.

Food and water - keeps the brain in full working order!

Plus, of course, waterproof clothing, spare warm clothing, boots, first aid, shelter, repair kit... etc

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