

Expand your horizons



# Winter Newsletter

*October 2015 - March 2016*

Welcome to the seventh **TeamWalking** newsletter

## NEWS

### **BOOTS & BEER IS MARCHING ON!**

*All four walking weekends sold out in 2015...*

This year's walking weekends filling up fast...

Our new range of seasonal Boots & Beer Walking Weekenders are proving popular with discerning walkers who enjoy expertly guided walks through beautiful landscapes, friendly people and cracking country pubs.



Howgill Fells - Ravenstonedale: *8th - 10th April 2016*

Peak District - Youlgrave: *24th - 26th June 2016*

Yorkshire Dales - Aysgarth Falls: *9th - 11th Sept 2016*

Lake District - Coniston: *7th - 9th Oct 2016*

**FULLY BOOKED**

2 PLACES LEFT

17 PLACES LEFT

12 PLACES LEFT

*Availability correct as of 01/02/16. Places subject to availability. Maximum of 20 walkers per weekend.*

#### What's included

- Friday night 'get-together'
- Choice of guided walks on Saturday and Sunday (led by Mark Reid and Richard Tarran)
- Detailed interpretation of the local history, geology, fauna, flora as well as various discussions along the walks.
- Saturday night Pub Quiz
- Goodie bag
- Black Sheep Brewery T-shirt.
- Weekend of great walks and fantastic company!

[www.walkingweekenders.co.uk](http://www.walkingweekenders.co.uk)

# DOES YOUR COMPANY HAVE TEAM EVENTS?

*We specialise in taking corporate groups outdoors...*

Did you know TeamWalking offers team building and team events?

- Team Building
- Challenge Walks
- Outdoor Experiences
- Competitive Orienteering Treasure Hunts



*"The walk last week was the fourth one I've done with you in the setting of being a team member or taking my own team out; each of the four has been an inspirational day that provides the opportunity for reflection, breaks down the normal work barriers and lives long in the individual and collective memory for those involved. Thanks again Mark, and looking forward to seeing you again later in the year."* **Kuehne & Nagel Ltd, Team Building day, January 2016**

Our walks are tailored just for you, and we cover the whole of the UK. We always base our walks from great country pubs.

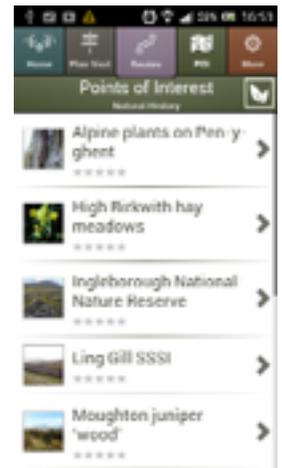
**Contact Mark Reid on 07711 264019 to discuss your requirements**

## REVIEWS

### Yorkshire Three Peaks APP

Produced by the Yorkshire Dales National Park, this 'official' Yorkshire Three Peaks app is detailed, accurate and informative. Created to help you make the most of your visit to this iconic part of the National Park, and also help raise vital funds to maintain the popular Three Peaks footpaths as every penny of the £2.29 the app costs goes to the Three Peaks project.

Now, I have to admit that I am not a big fan of phone apps for the hills, as 'hill nouse' can't be downloaded at the touch of a button, but I am impressed with how much information they have packed into this app. If you're planning to walk the Yorkshire Three Peaks then this will help you prepare for this challenge walk, and also provide interest during the day.



It has everything you would expect, all of which is front-loaded so you don't need a signal. This includes route directions and 1:50k maps; advice on what to wear, equipment to bring, notes about safety and emergency procedures; travel and accommodation as well as where to eat and drink. In addition to this there are alternative routes up the three mountains if you just want to tackle them individually, summit panoramas for when they are shrouded in mist (this is what the view *should* look like), but what stands out for me are the places of interest (POI) along the way, and your phone pings as you pass them, ranging from archaeology to natural history, such as Ingleborough's Iron Age hill fort and Sulber limestone pastures. Often Three Peaks walkers have their heads down intent in

completing the route in under 12 hours and miss things along the way; a walk is about the journey, not the finish time. The app contains the usual warnings about not using it to navigate; a map and compass should always be carried on any walk.

I've walked the Yorkshire Three Peaks numerous times, and regularly guide small groups around the route. There are two things that strike me about the Three Peaks; how much people under-estimate the strenuous nature of the walk (and how much easier they find it if they have done some training), and how much litter there is along the route. This app would benefit from information about pre-walk training, as well as a note to pick up litter if you see it, and where public bins are located. The key to successfully completing the Yorkshire Three Peaks is plenty of training to improve fitness levels, and also good preparation. This app helps with this preparation.

**Mark Reid**

## PHOTOS OF THE SEASON - Winter 2015/16



# Upcoming Dates

*Please see website for availability.*

## **FEBRUARY 2016**

**6th & 7th February 2016**

NNAS Gold award (training) - Grinton, Yorkshire Dales

**12th February 2016**

Night Navigation course - Kettlewell, Yorkshire Dales

**13th February 2016**

Map Reading course - Burnsall, Yorkshire Dales

**22nd & 23rd February 2016**

NNAS Gold award (training) - Hawes, Yorkshire Dales

**24th February 2016**

Relocation Skills - Grassington, Yorkshire Dales

**26th - 28th February 2016**

NNAS 'Straight to Silver' award - Grinton, Yorkshire Dales

**27th & 28th February 2016**

NNAS Silver award - Grinton, Yorkshire Dales

## **MARCH 2016**

**4th March 2016**

Business NetWalking - Grassington, Yorkshire Dales

**11th - 13th March 2016**

NNAS 'Straight to Silver' award - Buckden, Yorkshire Dales

**16th March 2016**

NNAS Silver 'refresher' day - Ilkley Moor, West Yorkshire

**18th March 2016**

Compass & Contours - Kettlewell, Yorkshire Dales

**19th & 20th March 2016**

NNAS Bronze award - Malham, Yorkshire Dales

**23rd March 2016**

Map Reading course - Aysgarth Falls, Yorkshire Dales

[www.teamwalking.co.uk](http://www.teamwalking.co.uk)

**Mark Reid, 2016**