



Winter Dales Escape Yorkshire Dales

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

WALK OVERVIEW

Spend three days exploring the beautiful Yorkshire Dales in winter - blow away the cobwebs, refresh and revitalise your mind, body and soul. **Mark Reid** knows Wensleydale extremely well, and will guide you to hidden waterfalls, rarely visited fell-tops and quiet paths.

- 3 days of fantastic walks in Wensleydale, Yorkshire Dales
- Walks guided by Mark Reid, so you don't have to worry about route finding.
- Mark will share his knowledge of the history, heritage & geography of the area
- Social evenings at local pubs, including a quiz night
- Enjoy some superb winter walks, cosy pubs and crackling log fires

YOUR GUIDE



Mark Reid

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

OUTLINE OF THE WEEKEND - *All routes, timings & distances are approximate*

FRIDAY

Meet at 12 noon at the village pub to discuss the weekend ahead. After lunch, we'll spend the afternoon walking through Wensleydale, with a 6-mile low-level route taking in villages, waterfalls and fantastic views. Return to the pub for a fireside drink at around 5pm.

Evening: meal together at the village pub (optional)

SATURDAY

Meet at 10am at the village pub, then set off on a full day's hill walk through Wensleydale (10 miles), taking in dales, moorland and fells, returning to the pub at around 5pm.

Evening: meal at the village pub (optional), followed by a Pub Quiz

SUNDAY

Meet at 10am at the village pub, then set off on a half day's mid-level walk through Wensleydale (7 miles), taking in dales and moorland. Return to the pub at around 2pm for a farewell drink.

TERRAIN

The walks will include fields, woodland, riverside, rough pastureland, moorland and fells, with some Open Country (no paths). There will be stiles and small streams to cross, rough and uneven ground, muddy/wet ground, roads, lanes and farmyards. There will be some inclines along the way, some of which will be steep and, perhaps, sustained. We may experience adverse winter weather, which usually adds to the experience. We will pass through a number of lovely villages, explore hidden waterfalls, enjoy wonderful views and soak up Wensleydale in winter.

WHAT'S INCLUDED

- ✓ Three day's guided walks with Mark Reid
- ✓ Pub Quiz on Saturday evening
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, personal walking clothing, packed lunch, transport and accommodation (if applicable).

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

- Warm hat, waterproof gloves
- Spare fleece
- Head-torch and spare batteries
- Water bottle (2 litres) and flask of hot drink
- Packed lunch (for Saturday & Sunday) 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: You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

PLEASE NOTE

- No previous experience is required as full guidance will be given; however, a reasonable level of fitness and mobility is required as the natural environment can be demanding at times.
- The walks will NOT include any technical winter walking that would require specialist equipment.
- 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.

ANY QUESTIONS?

info@teamwalking.co.uk / 01423 871750 / 07711 264019

Final details of your walk will be sent out by email approximately 2 weeks prior to event

