teamwalking

LAKELAND MOUNTAIN
Adventure Weekend

With Mark Reid
Author of *The Inn Way* and *Mountain Leader*

OVERVIEW

An adventurous weekend of mountain walking, based from a great Lakeland inn

YOUR GUIDES

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

John Proctor
Mountaineering Instructor

Graeme Tiffany
Mountain Leader

OUTLINE OF THE WEEKEND   NB: *all times are approximate*

FRIDAY EVENING
9pm onwards: Meet your instructors and fellow walkers to chat about the weekend over a pint in the Strands Inn, a lovely Lakeland pub.

SATURDAY
9:15am: Meet for a discussion about the day, gear and weather check.
9:30am - 5pm: Choice of guided mountain walk

Saturday evening: meal at the Lakeland inn (optional)

SUNDAY
9:30am: Meet for a discussion about the day, gear and weather check.
9:45am - 4pm: Choice of guided mountain walk

NB: The precise routes and mountains will be decided each day, given weather conditions and group needs. All walks will include mountainous terrain, steep ground and mountain summits; we may experience adverse weather conditions. Some walks may include Grade 1 scrambles. It may be necessary to drive a short distance to the starting points (car share).

THE WALKS
The Lakeland fells and mountains are renowned around the world for their rugged beauty. Mark Reid will share his knowledge of these mountains with you, by guiding you to lesser-known summits, hidden lakes and unfrequented corners, often by quieter routes and open fells. All walks will include breath-taking scenery and landscapes, mountainous terrain and steep ground. There will also be some stream crossings, rough and rocky terrain, wet/boggy ground and pathless fells. We may also experience adverse weather conditions on the hills and mountains. The walks will be tailored the group, weather conditions etc.

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. These must be 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
- Spare fleece
- Water (at least 2 litres)
- Packed lunch
- Lots of high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Waterproof bag for your camera, phone etc
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note:
You need to provide your own suitable walking boots, with sturdy soles and ankle support.

WHAT'S INCLUDED

- ✓ Two full days guided mountain walking, with Mark Reid and other Mountain Leaders
- ✓ Use of our outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

Please Note:
- Please provide food, travel & accommodation, as well as a good pair of walking boots.
- No previous experience is required as full guidance will be given. However, this is a multi-day mountain walking weekend that requires a reasonable level of fitness.
- The walks will include rough and rocky ground, mountainous terrain, sustained ascents and descents, some easy scrambling (hands on rock), steep and exposed ground, stream crossings, wet/boggy ground. We may also encounter adverse weather conditions whilst on the walk.
- You will burn around 5,000 calories over the day, and also lose around 3 litres of fluid. It is important to eat high energy snack food regularly throughout the day and drink water regularly.
- * Loyalty Reward issued on the course

BOOKING FORM

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

ANY QUESTIONS?

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