



## Coast to Coast Reunion Weekend

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

## WALKING WEEKEND OVERVIEW

Spend a wonderful weekend of walking, sharing memories and laughs with your fellow Coast to Coasters. This weekend is open to everyone who has walked the Coast to Coast with TeamWalking.

Enjoy a weekend of superb guided walks with Mark Reid that showcase the very best of the beautiful landscapes in the areas. The precise routes will be determined just before the weekend, taking into consideration weather conditions etc.

### YOUR GUIDE



#### Mark Reid

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

### THE WEEKEND

#### FRIDAY

Friday evening 'get-together' at a country pub

#### SATURDAY

An *adventurous* full day's walk taking in some of the surrounding dales, hills, fells and mountains. Return back to the pub late afternoon to recount your day's adventures.

*Saturday evening* - Meal at the country pub (*optional*), followed by a Coast to Coast themed Pub Quiz Night with Mark Reid as your quizmaster! Prizes for the winning team.

#### SUNDAY

A more *leisurely* walk, taking in some of the surrounding dales and hills. Return back to the pub mid afternoon for a final drink before bidding fond farewells...

## FOOD, WATER & FACILITIES ALONG THE WALKS

You will burn around **3,000 to 4,000 calories** and lose around **3 - 4 litres of fluid** during the walk. A good breakfast is important. Eat plenty of snack food throughout the day to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry 2 - 3 litres of water in your rucksack, and drink at regular intervals.

The walks will head into remote hill country, with no opportunity to replenish food or water.

## 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***

- Sun hat, sunscreen, warm hat, gloves and spare fleece
- Water bottle (at least 2 litres) and flask of hot drink (optional)
- Packed lunch 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:** Please provide your own walking boots, with sturdy cleated soles and ankle support.

## WHAT'S INCLUDED

- ✓ Fully guided walking weekend with Mark Reid
- ✓ Table booked for our evening meal together each evening
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme

**NB:** All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable).

### ***Please Note:***

- This is a walking weekend with two full day's walks, which will be quite physically demanding & strenuous; a good level of fitness and stamina is required.
- We will be walking for two consecutive days covering between 8 and 15 miles each day. The routes will include valleys, farmland, riverside, woodland, moorland, open hills, fells, mountains, tracks, lanes and roads (road crossings) with streams and stiles to cross as well as rough, boggy and uneven terrain. We may encounter adverse weather conditions whilst on the walk.
- Successful completion of the walks will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided walk is no guarantee of its successful completion.

- This walking weekend is suitable for over 18s only, who have previously completed the Coast to Coast Walk with TeamWalking.

## CONSENT FORM

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

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

**ANY QUESTIONS?** Email: [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk)  
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