



## Philosophy Walks in the Yorkshire Dales

With Mark Reid & Graeme Tiffany

### WALK OVERVIEW

If you enjoy walking and get a buzz from thinking, then you will love our Philosophy Walks, which will stretch your mind as well as your legs!

#### YOUR GUIDES



#### Mark Reid

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



#### Graeme Tiffany

Mountain Leader  
Community Philosopher

Historic landscapes, stunning views, invigorating fresh air and the joy of being in nature. There are few of us unmoved by the 'Great Outdoors', but what of the thoughts and questions these experiences generate; how might we embrace and learn from them? A Philosophy Walk takes that most fundamental movement - walking - and pairs it with the opportunity to reflect with others in enjoyable, rewarding and professionally supported thinking, for pleasure or purpose. Time is invested in thinking about questions stimulated by the landscape.

**WHAT IS PHILOSOPHY?** Put simply, if you are inquisitive about the world, if you love wisdom, you're a philosopher. The emphasis here is on philosophising rather than engagement with the work of famous philosophers. More pertinently, you'll be interested in questions of meaning & value, and most often those for which there isn't a definitive answer. You'll be committed to the process of learning as much as trying to find an answer: thinking, questioning & reasoning will matter to you.

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

- Meet at 9:30am in the village pub for tea & coffee to discuss the day, with a brief introduction to the history of the relationship between walking and philosophy.
- 10am - 3pm. We'll then head out on our walk across beautiful and varied landscapes of the Yorkshire Dales (walk approx. 6 miles). Unlike many guided walks we'll return to the pub relatively early and take time to consider our conversations during the day.
- 3pm- 5pm. Return to the pub to gather our thoughts and examine further the day in a 'Community of Philosophical Enquiry'.

**WHAT YOU WILL GET OUT OF IT** - Walking brings us into contact with the unexpected, from new sights and sounds, to random encounters with others and changes in the elements. These experiences can bring joy or unsettle us, yet all trigger questions. Whilst these questions are often acknowledged, rarely do we take the time to think critically about them, for their own sake but also in pursuit of reasons. Philosophy Walks are designed to create this time and the conditions to take pleasure in moving and thinking, especially with others. Using the stimulus of the outdoors, and the unrivalled knowledge of the history and geography of the landscape your guides possess, you'll be encouraged to wander and wonder, and to explore both the environment and the ideas and thoughts sparked by your - and your fellow walkers' - experience.

## TERRAIN

The walks will include fields, woodland, riverside, rough pastureland and perhaps some moorland and lower hills. 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 may be quite steep, but not sustained. We may experience adverse weather, which usually adds to the experience. We will pass through some lovely villages, explore hidden corners, enjoy wonderful views and soak up the the splendour of the Yorkshire Dales

## WHAT'S INCLUDED

- ✓ Tea/coffee when we meet in the morning
- ✓ Guided walk with Mark Reid and Graeme Tiffany
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme \*

**NB:** All participants must provide their own walking boots, personal walking clothing, 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***

- Sun hat, sunscreen, warm hat, waterproof gloves
- Spare fleece
- Packed lunch, water bottle and snack food
- 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 walk will cover around 6 miles in the Yorkshire Dales, with rough uneven, boggy ground; stiles and stream crossings; road walking and crossings; some hills and inclines. We may encounter adverse weather conditions whilst on the walk.
- Our walks 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.

## 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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