



YORKSHIRE SQUARE WALK

Guided Challenge Walk

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

WALK OVERVIEW

Yorkshire Square Walk - 24 miles and 800m of ascent in 11 hours

YOUR GUIDE



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

WHERE AND WHEN TO MEET

We will meet at 7:45am at Middleham in lower Wensleydale. There on-street parking around the Market Place. Middleham lies along the A6108 between Leyburn and Masham. **The walk will commence at 8am.**

OUTLINE OF THE DAY

7:45am: Meet at Middleham

8am - 7pm: Fully guided walk around the Yorkshire Square Walk

7pm: Well deserved celebratory drink at Middleham!

NB: Finish time is approximate

THE WALK

The **Yorkshire Square Walk** was first devised in 1999 by Mark Reid as a challenge walk to celebrate the launch of **Black Sheep Brewery's Yorkshire Square Ale** and also raise money for Marie Curie Cancer Care. Mark Reid re-launched this fantastic challenge walk in 2014, and now offers it as a one-day guided challenge walk. It takes in the beautiful rolling countryside of Wensleydale, with castles, waterfalls, villages and wonderful views along the way. The highest point is the moorland 'pass' between the valleys of Walden and Coverdale (485 metres), but for most of the route the walk follows field, woodland and riverside paths walking from village to village, with walking on good paths and tracks for most of the way.

Highlights include: Leyburn Shawl viewpoint, ruined lead mines, ancient Redmire Church, Bolton Castle, Carperby, Aysgarth Falls, West Burton's waterfall, Height of Hazely moorland pass, beautiful Coverdale, the hamlet of Caldbergh, Braithwaite Hall, Hullo Bridge and Middleham Castle. It is quite a demanding walk due to the length (24 miles) and so must be approached with preparation and training, but it is also an extremely rewarding walk that will be remembered for many years, for the views and landscapes along the way are simply breath-taking, from sylvan riversides to sweeping dales. Mark Reid will guide you around this route, so that you can forget about navigating your way round on the day and concentrate on raising money for your chosen charity instead! **The walk is 24 miles with 800 metres of ascent.**

The walk will take around 11 hours to complete, and so we shall finish the walk at around 6pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 6pm and 8pm. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

All participants will need to have a good level of fitness and stamina, and also prepare for this walk with preparation and training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event.

FOOD AND WATER

Each person completing this walk will burn approximately **5,000 calories over the day**, and also lose around **3 to 4 litres of fluid** over the course of the day. A good breakfast is very important, such as porridge. Eat plenty of snack food throughout the day - little and often - 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 as well. You will need to carry 2 litres of water in your rucksack, and drink this water at regular intervals.

There will be an opportunities to replenish water bottles at the various villages along the route including Middleham, Leyburn, Redmire, Bolton Castle, Carperby, Aysgarth Falls, West Burton and Carlton, so please remember to bring some money with you.

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 (2 litres)
- Packed lunch
- Lots of high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt
- Deodorant!

Please note:

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

WHAT'S INCLUDED

- ✓ Fully guided walk around the 'Yorkshire Square Walk' challenge walk, with Mark Reid
- ✓ Completers Certificate upon completion
- ✓ Use of our outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

Please Note:

- No previous experience is required as full guidance will be given. However, this is a long distance challenge walk that is demanding and strenuous and must be approached with preparation and planning.
- This long distance challenge walk covers 24-miles in a day, with 800m of ascent that is usually completed in around 11 hours. The route predominately follows clear field, riverside and woodland paths but does include a number of steep sections, with a long climb up onto the moorland 'pass' between the valleys of Walden and Coverdale, as well as rough terrain, moorland, stream crossings and some road walking. We may also encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked.
- Successful completion of this walk 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 challenge walk is no guarantee of its successful completion.
- You will burn around 5,000 calories over the day, and also lose around 3 to 4 litres of fluid. It is important to eat high energy snack food regularly throughout the day and drink water regularly.
- All participants must provide their own walking boots, packed lunch and travel/accommodation (if applicable).
- 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.
- * Loyalty Reward issued on the course

TRAVEL

You may wish to stay locally before and after your walk. Middleham offers a choice of pubs and B&Bs. It also has a village shop and cafes.

Post walk - please note that after completing this challenge walk you will feel tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport or stay overnight locally.

CONSENT FORM

Please complete the Consent 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