



Geography of the North York Moors

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

FIELD STUDY DAY

YOUR GUIDE



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks
Fellow of the Royal Geographical Society

WHERE AND WHEN TO MEET

We will meet at 9:30am at a village car park in the North York Moors (*with facilities*)

OUTLINE OF THE DAY

9:30am: Meet at a village car park in the North York Moors

9:30am - 4:30pm: Full day's guided walk in the North York Moors, looking at the physical and human geography along the way. The walk will cover around 8 miles over the day, with plenty of rest stops and time to admire the explore and admire the views.

4:30pm - 5pm: De-brief back at the village

NB: *Finish time and distances are approximate*

THE WALK

We'll cover around 8 miles (13 km) over the day, following paths across farmland, valleys, riversides, woodland, moorland and hills in the beautiful North York Moors, with some rough, uneven and wet ground in places. Some of the paths may be steep in places and slippery underfoot. We may head off paths across Open Country, which will be rough underfoot (moorland). We may experience adverse weather conditions whilst outdoors.

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 and spare fleece
- Water bottle (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

- ✓ Full day's guided walk with Mark Reid, looking at the physical and human geography of the North York Moors
- ✓ Detailed course note
- ✓ 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). * *Loyalty Reward issued on the course.*

Please Note:

No experience required. Full guidance will be given.

All walks are tailored specifically for each group according to your needs, aspirations, experience and fitness levels. However, a reasonable level of fitness is required as the natural environment can be demanding at times.

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 prior to the event

ANY QUESTIONS? Email: info@teamwalking.co.uk
Mob: 07711 264019 Web: www.teamwalking.co.uk