



Peak Walking Adventures

Guided hill and moorland walks with Cath Lee and Rachel Bolton

www.peakwalking.com

General Information – Trek Training Walks

Thank you for booking with Peak Walking Adventures! We look forward to meeting you and to introducing you to some challenging hill walks. To help you prepare and get the most from the experience, we would like to provide you with the following information.

What to Wear and Bring

To enjoy your walk in comfort and safety, it is essential that you are properly equipped. If you are training for a challenging mountain trip abroad or in the UK, I suggest that you wear the boots that you intend to wear on your trek, and bring the equipment and clothing that you intend to carry. As a minimum, we suggest that for your Trek Training walk you wear/bring:

Essential Items

- Strong, comfortable hiking boots (trainers are not suitable)
- Comfortable outdoor clothing (jeans are not suitable)
- Waterproof jacket and trousers – preferably made of Gortex, eVent fabric or similar (except in exceptional summer conditions)
- Medium sized rucksack with waterproof liner
- Packed lunch, snacks and plenty of water/drinks
- At least one spare fleece or insulated jacket that you don't plan to wear
- Hat and gloves (except in warm summer conditions)

Recommended Items

- Sun screen (if sun likely to be out)
- Spare snacks
- Personal first aid kit
- Gaiters (if ground likely to be wet)
- Small, light-weight sit-mat

You may also wish to consider

- Walking poles
- Sun hat and sunglasses
- Camera
- Small Binoculars
- Small torch

Safety and the Weather

As your leaders, we are committed to considering the safety of the whole group, and may show more caution than individuals might when walking on their own.

We undertake continuous risk assessment, and may take the decision to change or modify walking plans at short notice. This most commonly occurs in bad weather conditions. We do lead walks in all weather, so long as it is safe to do so.

Protecting the upland environment

We hope that you share our desire to protect the fragile upland environment in the areas where we walk, so that they can be enjoyed by generations to come. Our website describes [how we try to help protect the environment](#) and to support local communities and the rural economy. Also what you can do to help.

We would like you to be familiar with the Country Code that we expect you to observe on our walks:

- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Leave all gates as you found them
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Make no unnecessary noise

Any Queries?

Please do not hesitate to contact us.

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Rachel Bolton (for trek training in the Peak District)

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We look forward to walking with you!



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to print this?