



# Peak Walking Adventures

**Guided hill and moorland walks with Cath Lee**

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## General Information – Challenge Walks

Thank you for booking with Cath at Peak Walking Adventures! I look forward to meeting you and to introducing you to one of my challenge walks. To help you prepare and get the most from the experience, I 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, I suggest that for your Trek Training walk you wear/bring:

#### Essential Items

- Strong, well worn-in and comfortable walking boots (trainers are not suitable)
- Comfortable outdoor clothing (Jeans are not suitable, and shorts are not recommended)
- Waterproof jacket and trousers – preferably made of Gortex, eVent fabric or similar (except in exceptional summer conditions)
- Medium sized rucksack with waterproof liner
- Large packed lunch, and lots of snacks
- An absolute minimum of 2 ½ litres of water or other (non-fizzy) drinks. Most people will need more than this.
- Spare fleeces or jumpers
- Hat and gloves (except in warm summer conditions)

#### Recommended Items

- Sun screen (if sun likely to be out)
- Personal first aid kit
- Gaiters (except in dry conditions)
- Small, light-weight sit-mat
- Small torch or headtorch

#### You may also wish to consider

- Walking poles
- Sun hat
- Sunglasses
- Camera

### Fitness

You must be physically fit to attempt one of my challenge walks. We will be walking at a good pace up and down hills and over rough terrain for up to 12 hours with only short rest breaks. If you are in any doubt about your fitness, then I recommend that you try one of my shorter Trek Training Walks beforehand.

## Safety and the Weather

During the walk, I am committed to considering the safety of the whole group, and may show more caution than individuals might when out walking on their own.

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

## Protecting the upland environment

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

I would like you to be familiar with the Country Code that I expect you to observe on my 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

You can also read about the [charities](#) that I support through corporate sponsorship

## Any Queries?

Please do not hesitate to contact me.

Cath Lee at Peak Walking Adventures.

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*I look forward to walking with you!*

