



Peak Walking Adventures

Guided hill and moorland walks

E-Mail: info@peakwalking.com Website: www.peakwalking.com

General Information – Challenge Walks and Trek Training

Thank you for booking with Peak Walking Adventures! We look forward to meeting you and to introducing you to one of our challenge walks or trek training days. 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, we 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 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 litres of water or other (non-fizzy) drinks. Many people will need more than this.
- At least a couple of spare fleeces or jumpers (except in exceptionally warm conditions)
- 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 our trek training or challenge walks. We will be walking at a good pace up and down hills and over rough terrain for up to 12 hours on challenge walks, and up to 8 hours on Trek Training walks, with only short rest breaks. If you are in any doubt about your fitness, then we recommend that you try one of our easier open group walks first.

Safety and the Weather

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

We 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. We do walk in all weathers, 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.

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

We look forward to walking with you!

