



www.netwalkinguk.com

## The inspirational way to grow your business

*A unique networking concept that will inspire, motivate and provide uninterrupted 'talk time', whilst surrounded by some of England's most stunning natural landscapes.*

### BOOKING FORM 2011

#### NetWalking Events 2011

Book your place (please tick)

02/03/11    *Levisham, North York Moors*

04/05/11    *Langthwaite, Arkengarthdale, Yorkshire Dales*

13/07/11    *Askrigg, Wensleydale, Yorkshire Dales*

05/10/11    *Hawby, Ryedale, North York Moors*

07/12/11    *Burnsall, Wharfedale, Yorkshire Dales*

  
  
  
  

#### YOUR DETAILS

*Your name*

*Your phone number*

*Your email address*

*Company name and address*

*Your business category?*


**A full itinerary will be sent to you by email prior to the walk, including where and when to meet, detailed route plan, gear list and safety information.**

## **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
- *plus* trousers, hat and gloves

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***

- Walking boots. These must be waterproof with good ankle support and sturdy soles
- Waterproof/breathable walking jacket
- Waterproof over-trousers
- Sunhat and sunscreen (summer), warm hat (autumn, winter & spring)
- Waterproof gloves
- Water bottle (1 litre)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

### ***Please note:***

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

***We can provide Berghaus outdoor clothing & gear if required, please see below***

### **NEED TO BORROW SOME OUTDOOR GEAR? *We can provide the following Berghaus gear***

- Waterproof outdoor Jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleeces (sizes S - XL)
- Waterproof gloves (sizes S - XL)
- Hat
- Rucksack

*Please fill out your requirements on the participants list overleaf.*

## **PARTICIPANTS LIST**

*We need to know a little about each of the participants taking part.*

### ***Please note:***

Part of the attraction of hill-walking is the challenge of tackling different terrains, landscapes and weather conditions. Every effort is made to minimize potential hazards, however, the very nature of hill-walking involves a certain level of unavoidable risk. No previous hill-walking experience is required and walks are 'pitched' according to the experience and average fitness levels of the group. However, a basic level of fitness and mobility is required as hill-walking can be demanding at times, with steep ground and rough terrain in places. We may also encounter adverse weather conditions whilst on the walk.

### ***Medical conditions:***

Please list any pre-existing medical condition that may affect your participation in this activity. Please ensure that you bring any medication that you may need with you on the walk. If you suffer from a pre-existing medical condition that may make it unsafe for you to take part in this activity, then it may be necessary to seek advice from your GP. All information will be treated in confidence.

**Name**

**Age**

**Dietary requirements / allergies**

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### **What is your level of fitness?**

- Physical activity 0 or 1 day per week
- Physical activity 2 - 3 days per week
- Physical activity 4 or more days per week

*NB: 'physical activity' means a minimum of 30 minutes of moderate exercise, such as brisk walking, swimming, jogging, cycling etc*

### **What regular exercise do you currently do?**

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### **Your hill-walking experience**

### **What Berghaus gear would you like to borrow? (please give sizes)**

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### **Medical conditions**

*(Please list any pre-existing medical condition or special requirements that may affect your participation in this activity).*

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## **PRICE PER PERSON**

**£39 per person**

*(A receipt will be given to you at the NetWalking event)*

## **Cheque attached**

payable to **TeamWalking**



## **Credit Cards**

*To pay by Credit Card:*

PHONE

**01423 871750**

*9am – 6pm, Mon – Fri*

ON-LINE

**[www.innwayshop.co.uk/acatalog/NetWalking.html](http://www.innwayshop.co.uk/acatalog/NetWalking.html)**

*Verified SAFE by SecurityMetrics*

## **PLEASE RETURN TO:**

**POST:** Mark Reid, TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB

**PHONE:** 01423 871750    **EMAIL:** [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk)

*Please return at least 7 days before the NetWalking event*

## **BOOKING TERMS & CONDITIONS** *(IMPORTANT: please read)*

- Whilst every effort has been made to minimise potential hazards, the very nature of hill-walking involves a certain level of unavoidable risk.
- Walking and outdoor activities can be strenuous. Never underestimate the strenuous nature of walking particularly when this is combined with high ground and the elements. A basic level of fitness and mobility is required as hill-walking can be demanding at times.
- All walks will involve a varying degree of rough and boggy terrain, high ground, open moorland and a number of ascents / descents. We may also encounter adverse weather conditions whilst on the walk.
- All participants must provide suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.
- Mark Reid (Walk Leader) accepts no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by his negligence as Walk Leader.
- All participants must take heed of any information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.
- Full payment is required 7 days prior to the NetWalking event to secure your booking.
- **Cancellations:** this payment will be refunded in full if you cancel your place giving at least 7 days notice before the NetWalking event. Any bookings cancelled within 7 days of the NetWalking event will not be refunded.
- The NetWalking event may be cancelled by the Walk Leader within 24 hours of the event due to adverse weather conditions or forecast. If the event is cancelled by the Walk Leader then the event will be postponed for one week. Payments will be refunded in full to those participants unable to attend the rescheduled event, or their booking transferred to a future NetWalking event.
- The pre-planned route may be subject to change whilst on the walk due to adverse weather, pace of the group, accidents or injuries etc. In extreme circumstances the walk may be terminated. Once the walk has commenced then any such changes to the pre-planned walk are deemed to be part of the NetWalking event. The decision to change or terminate the walk lies solely with the Walk Leader.
- All participants must be aged 18 years or over.
- **NetWalking is operated by TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB**

Mark Reid is a qualified **Walking Group Leader** and **Mountain Leader**, and holds a current **Rescue Emergency Care** first aid certificate as well as **Public and Civil Liability Insurance**.