

## GUIDED WALKING TERMS & CONDITIONS

**IMPORTANT: please read carefully**

- **Hill & Mountain environment** - Hill and mountain walking are adventurous activities with a risk of personal accident and/or injury. Part of the attraction of valley, hill and mountain walking is the challenge of tackling different terrains, landscapes and weather conditions; indeed, risk is often an integral part of the activity. Every effort is made to minimise potential risks & hazards; however, the very nature of valley, hill and mountain walking involves a certain level of inherent and unavoidable risk of personal accident and/or injury. The most common accident and/or injury in the outdoors include slips, trips and falls, as well as personal injury such as blisters, strained muscles, scratches & stings, sunburn, getting cold and varying degrees of personal discomfort due to weather/ground conditions (these are just examples and is not an exhaustive list). Of course, more serious accidents/injuries may occur due to the natural environment (steep, uneven, rocky, wet, slippery ground), personal health issues and extreme weather conditions. By taking part in this activity, you are aware of and accept these risks.
- The Coast to Coast is a strenuous long distance walk, covering 203 miles in 14 days; with daily mileages of up to 20 miles. All walking days will include uneven, rocky and rough terrain, muddy/boggy/wet ground, fields, riverside, lakeside, woodland, rough pastureland, remote open country, high ground, hills, moorland and mountainous terrain, stiles, stream crossings, roads and lanes, farms and livestock as well as a number of ascents/descents, some of which are steep and sustained. We may also encounter adverse weather conditions on the walk, as well as darkness and/or poor visibility. There are a number of busy roads to cross.
- Walking and outdoor activities can be strenuous. Never underestimate the strenuous nature of walking particularly when this is combined with the natural environment, hill / mountainous terrain and the elements.
- The Walk Leader accepts no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by their negligence as Walk Leader. We strongly recommend you have adequate personal insurance cover for accident or injury, as well as travel insurance in case of cancellation.
- All participants must take heed of any safety information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.
- **Fitness and Experience** - Some previous hill-walking experience is required as this is a multi-day long distance walk across valleys, hills and mountains. However, full guidance will be given as this is a guided walk. A good level of fitness and stamina is required as the natural environment can be demanding at times. We recommend that you undertake a 3-month training plan prior to this walk, with regular long distance training walks (over 12 miles) and an increase in general exercise and activity levels on a daily basis. We recommend you complete at least four 2-day walks of at least 12 miles on consecutive days prior to this walking holiday (i.e. four walking weekends). *Increase your activity levels slowly and steadily over time.*
- All participants must provide full, complete and accurate information on their Booking Form, including any medical conditions, special requirements, allergies and/or recent illnesses; participants must inform the Walk Leader of any changes to their personal information (including medical information) that have occurred between signing their Booking Form and the day of the walk.
- All participants must provide suitable waterproof walking boots, with sturdy cleated soles and ankle support.
- The Walk Leader reserves the right to refuse to take a participant whom they consider will be unable to complete the planned activity, is wearing unsuitable clothing, ignores direct safety instructions from the Walk Leader or whose behaviour falls below an acceptable standard that puts others within the group at risk.
- **Alcohol, smoking & dogs** - As this is an Adventurous Activity in a natural environment then we operate a no alcohol & no smoking policy during the activity. Dogs are not permitted on any of our walks. This is due to ground nesting birds, livestock & other walkers/countryside users.
- Any of the pre-planned walking days may be cancelled, alternative routes chosen prior to or during the walk due to adverse weather conditions, pace of the group, fitness and ability levels, accidents or injuries etc. In extreme circumstances the walk may be terminated. Any such changes to the pre-planned walk are deemed to be part of the event. The decision to change or terminate the walk lies solely with the Walk Leader.
- All participants must be aged 18 years or over.

**These Terms and Conditions must be read in conjunction with the other information sent to you by Coast to Coast Packhorse; together, these documents form the contract between us.**