



www.netwalkinguk.com

## NETWALKING BOOKING FORM

*£25 per individual NetWalk*

*Date of NetWalk:*

*Location of NetWalk:*

*Please pay securely on-line: [www.netwalkinguk.com](http://www.netwalkinguk.com)*

*Guest:*

Our NetWalks take place at various locations throughout Yorkshire including the Yorkshire Dales, North York Moors, South Pennines and Yorkshire Wolds. We walk on a mid-week morning four times a year with a walk for each season - Spring (March), Summer (June), Autumn (September) & Winter (December). All NetWalks are guided by **Mark Reid**, who has exceptional local knowledge and is a qualified and insured Mountain Leader.

**NetWalks include:** tea and coffee when we meet in the morning at a great country pub, bring a guest (*one guest per paying NetWalker*), a detailed list of who is joining you on the NetWalk and use of our waterproof outdoor clothing (*if required*).

Please read through this Booking Form carefully, then fill it out and return it to us. *Thank you.*

### YOUR DETAILS

*Your name*

*Your phone number*

*Your email address*

*Company name and address*

*Business description*

*Emergency Contact*


**Please see our website for full details of our NetWalks**

## 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
- High energy snack food
- 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 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 overleaf.*

## PERSONAL INFORMATION

We need to know a little about you. All information will be treated in confidence.

Name

Age

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What is your level of fitness?

What regular exercise do you currently do?

- Physical activity 0 or 1 day per week  
 Physical activity 2 - 4 days per week  
 Physical activity 5 or more days per week

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

Your hill-walking experience?

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

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**Medical conditions, allergies, special requirements or recent illnesses**

*Please list all pre-existing medical conditions, allergies, special requirements or recent illnesses that may affect your participation in this activity, even if you think they may not be relevant. Please give full details of your condition(s), as this helps us provide an enjoyable and rewarding day for all.*

*If you have 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. Please ensure that you bring any medication that you may need with you on your activity.*

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Signed (by the participant)

Date

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**By completing, signing and returning this Booking Form you confirm that you have read through, understood and accepted the Terms & Conditions, and that you are fully aware of the type of activity you have chosen to take part in.**

**PLEASE RETURN TO:** TeamWalking, 102 Leeds Road, Harrogate, HG2 8HB

## **BOOKING TERMS & CONDITIONS - *IMPORTANT: please read carefully***

- Part of the attraction of valley, hill and mountain 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 and mountain walking involves a certain level of unavoidable risk of accident and/or injury. By taking part in this activity, you are aware of and accept these risks.
- All walks will involve a varying degree of rough terrain, muddy/rocky/wet ground, remote open country, high ground, moorland, mountainous terrain, stiles, stream crossings, roads and lanes, farms and livestock as well as a number of ascents/descents, some of which may be steep. We may also encounter adverse weather conditions whilst on the walk.
- 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.
- No previous hill-walking experience is required and walks are 'pitched' according to the experience and average fitness levels of the group. However, a reasonable level of fitness is required as the natural environment can be demanding at times.
- All participants must provide suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.
- Mark Reid accepts no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by their negligence as Walk Leaders. 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 information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.
- The Walk Leader reserves the right to refuse to take a participant whom they consider will be unable to complete the planned activity or is wearing unsuitable clothing.
- **Accommodation, Food & Travel** - You must book and pay for any accommodation, food and/or travel (the 'service provided') directly yourself. The contract for the service provided is between the person making the booking and the service provider.
- **Payments** - full payment is required prior to the NetWalk (the 'event') to secure your booking.
- **Cancellations:** You may cancel your booking any time within 14 days from *the date you paid for your booking* ('date of booking'), and we will refund the cost of your booking in full. All cancellations must be confirmed in writing by email, text or post. There are no refunds for cancellations made after 14 days from the date you paid for your place. *All bookings are non transferable.*
- The event may be cancelled by the Walk Leader within 48 hours of the event due to adverse weather conditions or forecast. If the event is cancelled by the Walk Leader then the event will either be rescheduled for another date, your booking transferred to another advertised date or a credit note issued to be redeemed within 12 months against any other NetWalk. The decision to cancel the event lies solely with the Walk Leader. In the event of cancellation by the Walk Leader, then TeamWalking's liability is limited to the cost of your chosen activity only. We recommend you have adequate travel insurance in case of cancellation.
- The pre-planned routes may be subject to change whilst on 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. Once the walk has commenced then 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.

Mark Reid is a qualified **Walking Group Leader** and **Mountain Leader**, and holds a current **Outdoors First Aid** certificate as well as **Public and Civil Liability Insurance**.

