

Explore Outdoor Escapes Information Document

Peak District National Park 13th-15th May 2022

OVERVIEW:

The Explore Outdoor Escape weekend is an opportunity to explore the beautiful Peak District hills with experienced mountain leaders. Over 2 days you will get the opportunity to take part in guided hikes discovering the flora, fauna, history and geology of Peak District, as well as the opportunity to have a go at rock climbing on one of the Peak Districts famous gritstone edges.

AIM:

The aim of the weekend is to provide a friendly introduction to the Peak District National Park, explore new areas and the opportunity to learn from our experienced leaders.

ACCOMMODATION:

The Old Shippon
Thorpe Farm,
Hathersage
Hope Valley
S32 1EG

The accommodation is a traditional rustic bunk barn consisting of shared room/bunk style dormitories.

1 x 12 person dorm / 2 x 4 person dorm / 1 x 8 person dorm

Showers and wash facilities will be available, as well as a fully equipped kitchen, and dining/meeting room.





FINANCE:

The total cost of the weekend is £155, a non-refundable deposit of £50 must be paid to secure your space. Places are only booked once payment has been received, places are allocated on a first come first served basis.

Full payment must be made 28 days in advance. Please follow the instructions on making payment on the last page of this document.

TRANSPORT:

No transport is provided, but we encourage participants to car share. If you are able to transport others, or would like to share a lift we will help put participants in contact with each other.

INSTRUCTORS:

Frank Carn-Pryor will be the lead instructor for the duration of the trip. An experienced Mountain Leader and Rock Climbing Instructor and outdoor first aid qualified instructor. Explore Outdoor operate with 1 instructor to 10 participants.

Contact - Frank Carn-Pryor
frank.carn-pryor@acleisure.com
07983 918318





ITINERARY:

This is a loose outline for the weekend, times are flexible.

Friday

- 1700 Accommodation opens
Feel free to arrive any time after 5pm. We know some participants won't be arriving until late.
- 2200 Meet and greet participants and brief for Saturday
- 0000 Lights out

Saturday

- 0800 Rise, wash, breakfast
- 0900 Day Brief – aims / weather / route
- 0930 Depart for hillwalking
- 1230 Packed lunch on hill
- 1300 Continue Route
- 1630 Finish Routes / Return to Accommodation
- 1700 Debrief and wash
- 1830 Evening meal
- 1930 Free time / Training sessions
- 0000 Lights Out

Sunday

- 0800 Rise, wash, breakfast, pack kit, clean accommodation
- 0930 Day Brief – aims / weather / route
- 1000 Depart for rock climbing / unguided hike
- 1230 Packed lunch on hill
- 1300 Continue route
- 1600 Finish routes / return to vehicles
- 1630 Depart for home



EQUIPMENT:

All individuals are to be in possession of the equipment as detailed in Kit List. All personal kit should be labelled with the owner's name.

FOOD:

Food for Saturday and Sunday will be provided for by Explore Outdoor. Please provide any dietary requirements prior to the weekend.

Saturday

Breakfast - Provided by Explore Outdoor

Packed Lunch – Provided by Explore Outdoor

Evening Meal - Provided by Explore Outdoor

Sunday

Breakfast - Provided by Explore Outdoor

Packed Lunch – Provided by Explore Outdoor

Hot drinks and snacks will be available throughout the weekend.

WEATHER:

The weekend's weather can't be predicted this far in advance. In May the weather is generally warmer, but it may get down to freezing temperatures on high summits with wind chill. All upland areas can be affected by adverse weather throughout the year and we may need to change our objectives if cloud, high water levels or strong winds effect our desired objectives. As with all mountain environments prepare for wet and cold weather and hope for dry, clear warm days.



PERSONAL EQUIPMENT LIST –

All participants are required to bring the following kit. Discuss any issues or questions with Frank Carn-Pryor frank.carn-pryor@acleisure.com. It may be possible to hire some items of equipment on request.

- Walking boots
- Gaiters (Optional)
- Hat, Gloves, Scarf/Buff
- Waterproof jacket
- Waterproof trousers
- Head Torch (spare batteries)
- 2 pairs of walking trousers (not jeans)
- Number of t-shirts/thin jumpers/tops
- Warm jumper/fleece
- Underwear and socks (note: 2 pairs of socks may be worn with boots to avoid blisters)
- Small daysack/rucksack - For use on the hill. Day sacks should have wide comfortable shoulder straps and ideally a waist belt for support.
- Large Rucksack/Holdall - To transport and store personal equipment for the weekend
- Sleeping bag
- Plastic bags/bin liners
- Personal wash kit
- Towel
- Water bottles / or hydration system- platypus/ camelback (Minimum of 2 litres to be carried on the hill)
- Flask (Optional)
- Energy snacks (No caffeinated energy drinks)
- Sunglasses & sunscreen
- Whistle
- Personal First Aid Kit and medication

It is important that no items of cotton or denim clothing are worn on the hill. Cotton, once wet takes a long time to dry and will make you cold very quickly.

Group kit provided:

- Maps, map cases & compasses
- Group first aid kit
- Survival bags / Survival Shelter
- Walking Rope
- Climbing equipment



Mountain Skills Payment Information

To book your space a £50 non-refundable deposit must be paid.
The remaining balance must be paid 28 days prior to the start of the event.

How do I book?

You **MUST** book online in advance. Book 1 ticket per adult.

Please use the below website link, and then follow the instructions as stated to book.

- https://abbeycroft.legendonlineservices.co.uk/explore_outdoor/ticketing/browse?StartDate=2022-05-13&ActivityId=30&LocationId=2237&ResourceId=2828
- Click "**ExO Escape Weekend - Peaks**"
- Click "ExO Mountain Skills - £50"
- Leave barcode box blank
- Add 1 to the non-member box
- Click to "View and Accept the Attendance Rules"
- Click "Select and Confirm"
- Complete the information form (check your details are correct)
- Click "Add to Basket"
- Click "Continue"
- Re-enter your email address
- Tick the "Terms and Conditions" box
- Click "Confirm" to book

We will send out the venue address and venue details the week prior to the course.

Please contact exploreoutdoor@acleisure.com or phone 07983 918318 with any booking questions.

Attendance Rules:

The British Mountaineering Council (BMC) acts on behalf of walkers, climbers and mountaineers in the UK and offers the following participation statement that we ask you to agree to:

"The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

It is expected that you have the suitable fitness for walking in a mountainous environment.

Abbeycroft leisure takes no responsibility for participants on the course during travel to or from the accommodation. Abbeycroft leisure takes no responsibility for participants when not under instruction on the hill. The group leader is responsible for the welfare of the group as a whole when on the hill, personal responsibility is expected at all times. Risk cannot be eliminated. No participants should take any undue or unnecessary risk. Feel free to talk to the mountain leader about any concerns or worries throughout the trip.

As a participant you agree to listen to and obey all instructions from the group leader.
I acknowledge that I am participating in this event at my own risk and I am aware of the risks involved.

By making your booking you agree to all of the above information and guarantee the information provided is accurate.

