



Off The Beaten Track – Hill Walking Skills

What is involved?

This inspirational workshop is ideal for all you folk who are looking to get out there and enjoy our local hills under your own steam. We will be based in the Mountains of Mourne for the day – taking in this breath-taking scenery!

Our talented and easy going guides will get you up to speed in the key skills needed to travel safely in the hills such as planning/preparing for your walking route and navigating in poor visibility.

Ultimately by the end of the day you should be ready to 'go it on your own' next time and be safe, without us being there.

Who can take part?

Beginners and also folks who have done a little hill walking before
Teenagers and Adults
14 years + (under 18's must be accompanied by an adult)

Where, When & How Much?

We will meet at our activity base in Newcastle and from here travel out to our walk starting point using our mini-bus.

10th May 2009 (09:30am – 4:30pm)

£49.00 per person

What should I bring with me?

Warm trousers
Warm long sleeve tops
Hat and gloves
Day rucksack
Packed lunch, nibbles for along the way and flask
Sturdy flat walking boots
Any personal medication you may have (for example asthmatic inhaler)

Clearsky Adventure Centre will provide:

Waterproof jackets and waterproof trousers
Hill walking boots and day rucksack (if required)
Friendly and fully qualified guides
Transportation from Newcastle to/from walk
A well deserved mug of tea or coffee at the end of the day!

How do I sign up?

Contact Esme on 028 4372 3933 or email fun@clearsky-adventure.com to book your place.
Places are limited so please book early to avoid disappointment.