



**Parcevall Hall  
Appletreewick  
Skipton  
BD23 6DG**

## **2019 Walking Breaks**

### **Guidance Notes**

Our walks are led by competent and experienced walk leaders.

**Group A** walks will involve an element of challenge, either by height or distance, according to the weather – roughly equivalent to 8-12 miles on the flat in good weather.

**Group B** walks will be less demanding – roughly equivalent to 6-8 miles on the flat in good weather.

Participants will be required to complete and return a Health Questionnaire prior to each walking event, and we will also be asking you to confirm to your walk leader that there has been no change to your state of health in the intervening period, when you arrive at Parcevall Hall.

A full recce of the routes and a Risk Assessment will be completed prior to each walking event.

As ever, we advise you to bring with you the requisite amount of good quality outdoor clothing which will equip you for walking comfortably in all weathers over 3 days, and a small rucksack. If you require a hot drink whilst walking, please bring a thermos flask.

Our walk leaders follow best practice. A proviso of joining the walks is that participants agree to follow all instructions given by the walk leader, and that they accept that should an accident occur, the walk leaders will not be held responsible.

That said, we look forward to offering you a very warm welcome to Parcevall Hall, and hope that you enjoy walking in the wonderful Wharfedale landscape.

**Please scroll down to the next page for a sample schedule for our walking events.**

## PROGRAMME

### Day 1

- 4:00pm Arrivals
- 6:00pm Evening prayer (optional)
- 6:30pm Evening meal
- 8:00pm Introductions and planning of walks

### Days 2 & 3

- 8:00am Morning prayer (optional)
- 8:30am Breakfast
- 9:45am Set off on walks (packed lunch provided)
- 4:30pm Tea at Parcevall Hall
- 6:00pm Evening prayer (optional)
- 6:30pm Evening meal
- 8:15pm Social evening

### Day 4

- 8:00am Morning prayer (optional)
- 8:30am Breakfast
- 9:45am Short walks for both groups together
- 1:00pm Lunch at Parcevall Hall followed by departures

Guests are requested to vacate their rooms by 12:30pm on the day of departure. Luggage can be stored in the Archway until departure.