

steve banks outdoors

Lakeland Walks

With Steve Banks

Overview:

These mountain days are designed to provide an exciting experience of mountain walking in the Lakes. We will be more than happy to lead you on a guided walk though we will also be pleased to help you develop your skills and knowledge to help you become more independent as you wish. There is no fixed agenda or syllabus, the time will be structured to meet the needs of the group and adapted depending on the mountain conditions at the time.

Steve is keen to ensure that you have an exciting and stimulating time in the dales and fells under the watchful eye of our expert staff.

Cost: As advertised on the website

Experience:

You need to be sufficiently fit to spend a full day mountain walking. No other prior experience is required.

Equipment

Walking socks and spares

Boots suitable for summer use and gaiters.

Walking Poles if you use them or have 'dodgy' knees

Head Torch - depending on the time of year

Rucksack with something to waterproof the contents e.g. sturdy bin bags

Flask of hot drink

Compass – Silva Type 4 or similar is best if you wish to practise your navigation

Sun protection for eyes, skin and lips.

Food

Thermal underwear tops and bottoms

Fleece/ Fibre Pile mid layers

Warm, stretchy, non-cotton leg covering eg Tracksters

Water and Wind proof shell top and bottoms

Warm Hat and Balaclava

Gloves and Mitts

If you have any problems or questions about equipment please contact Steve he will do his best to solve them for you. **It is especially important to get objective advice if you are considering purchasing any expensive equipment.**

If you wish to discuss or book onto a Lakeland mountain day please call Steve - he will be happy to talk through your needs.

Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by Steve Banks a full refund will be given.