



## **Lakeland Winter Walks**

**With Steve Banks**

### **Overview:**

These winter mountain days are designed to provide an exciting experience of winter 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 if 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 snow under the watchful eye of our expert staff.

**Cost: £250 for a group size up to 4 bespoke by arrangement.**

### **Experience:**

You need to be a keen and reasonably fit mountain walker. No prior winter experience is required. The objective is to provide you with the essential skills and knowledge to enable you to enjoy Britain's winter mountains safely and independently and can include relevant cultural, historical and environmental information as required. We do intend to have as much fun in the snowy hills as possible!

### **Equipment**

Thick walking socks and spares

Stiff soled winter boots and Gaiters – flexible summer boots will not take a crampon.

Crampons. These must be suitable for the boots you intend to wear. Check with us!

Ice Axe suitable for general mountaineering. 50 - 55cms maximum!

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

Head Torch plus spare batteries

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.





Goggles – these are vital in adverse conditions.

Food

Several 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 – salopettes are better than trousers

Warm Hat and Balaclava

Gloves and Mitts plus spares

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 one or more winter days call Steve directly - 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.**



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