

## Go Higher Lakeland Treks

15 - 17 May 2010, & 12 - 14 June 2010



Join us on a traverse through the heart of the Lake District Fells incorporating route planning, mountain navigation, night navigation, and a high mountain camp.

We will be travelling with relatively light ruc-sacs, all camping equipment will be stashed in advance.

- On Saturday morning we head out to the fells to start navigation training and the trek. Saturday evening we locate our camp (which will be set up in advance for us) and settle down to dinner at the camp fire.
- Sunday, we continue our journey and training and stay the night in a warm Lakeland guest house.
- Monday we will cross the Western Lakeland fells to our pickup point and return to High Dyonside.



Cost :.....£229



Cost includes

- 3 days guiding and instruction
- 1 night camping including equipment
- 1 night dinner, bed and breakfast
- Travel between High Dyonside and the Fells

Not included:

- Personal Insurance
- Personal equipment or travelling in the mountains
- Transport to Cumbria

Option: Bed and Breakfast at High Dyonside before and after the trek.....cost £26.00/night, Dinner £12.00

The trek will be suitable for an average healthy person. We will plan escape routes and alternative routes each day.

Please contact us for further details and reservations.