

# Joining Instructions

## Start and finish time

Ready to start at 9.30 am, back at cars at 4.00 pm.

## Location

Meet by the footpath sign adjacent to the suspension bridge, on **Bark Lane, Addingham, Ilkley LS29 0RB**. There is on street parking on Bark Lane. It is marked on the map here: <http://tinyurl.com/pwcxt5j> or, if you prefer an OS map, here: <http://binged.it/1r9SaT7> . It is a 10 minute drive from Ilkley, 55 minutes from Leeds, 30 minutes from Harrogate. It is a 15 minutes bus journey and walk from Ilkley Train Station; you can plan a bus and walking route here: <http://tinyurl.com/5hcmvg>.

## Contacts

Chris's mobile is 07817 089352, Andrew's is 07771 766725. Please ring if delayed.

## You will need:

- Walking shoes or boots adequate for 8 miles on the moors and hillside.
- Adequate waterproof and warm clothing, including a hat. When walking in the Dales it's always wise to allow for sun, rain, heat and cold – sometimes on the same walk! The walk and group will go on regardless of the weather, unless it becomes unsafe. Chris and Andrew will help you check if your clothing is adequate for the conditions on the day.
- Packed lunch, water, and a hot drink.

## What will happen:

- We shall meet ready to start at 9.30 am, and give you your camping stool to carry for the day.
- Chris and Andrew will be responsible for leading the walk and conducting the group. You will be responsible for joining in and taking care of yourself.
- We shall have a brief group sat in a circle to introduce ourselves and think about the day ahead.
- We shall walk 4 miles, talking as we go, stopping for brief breathers.
- We shall sit in a circle for lunch and to talk as a group, conducted by Chris and Andrew.
- We shall return and end the day with another brief group to review the day.
- We shall be back at the cars by 4.00 pm.

## Be prepared to:

- Carry the camping stool that we shall provide for you.
- Switch your mobile phone off for most of the day.
- Talk and connect with the others walkers.
- Think and talk imaginatively about the experience of the day and the meanings it has for you.

**Any queries contact Chris Powell – 07817 089352, [chris@spark.uk.net](mailto:chris@spark.uk.net)**

2 Bark Ln - Google Maps

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2 Bark Ln, Addingham

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