



## Joining Instructions

### Date and time

Friday 22 June 2012. Ready to start at 9.30 am, back at cars at 4.00 pm.

### Location

Meet at Linton Falls Car Park, which is on Church Road, near Grassington BD23 6BQ. Grid ref: SE 003 632. [www.aa.com](http://www.aa.com) will give travel directions or find on Google Maps at <http://maps.google.co.uk/maps/ms?msid=208639554625394502443.0004a6b824a5fa8bd8273&msa=0&ll=54.064923,-1.997387&spn=0.00379,0.009645>. You will need £4 in coins to park.

### 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 up and down hill on rough tracks in the cold, wet, and mud.

**Adequate waterproof and warm clothing, including a hat. Remember we shall spend at least an hour sat in very cold conditions on a hilltop moor, and it could easily rain all day. The walk and group will go on regardless of the weather, unless it deteriorates to a point Chris and Andrew judge to be unsafe rather than just uncomfortable. Chris and Andrew will refuse to let anyone join the walk who is not dressed adequately for the conditions.**

Packed lunch, water, a hot drink, and £4 for the car park.

### What will happen

We shall meet ready to start at 9.30 am, and give you your camping stool to carry for the day. 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. 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 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)**

Google maps UK



