

How to apply

Complete either the Booking Form below or download and complete the Generic Booking Form available on the Region Website and send it together with a cheque for the full amount to:

Girlguiding North West England, Floor 3 Room 3d,

Recycling Lives Centre, 1a Essex Street, Preston PR1 1QE

Please make cheques payable to 'The Guide Association N.W.E'*

Closing date for bookings: **30th March 2012**

*Payments for this event are regrettably non refundable.

For further details or information, please contact :

Tarja Wilson on **01200 428863** or email tarjarobwilson@talktalk.net

Travel: Nearest train stations are Long Preston, Settle and Clitheroe. Pick ups can be arranged from the stations. Please contact Tarja.

Region Training & Assessment Walking Weekend

13 - 15 April 2012

Name:

Address:

Tel:

Mobile:

Email address:

Guiding role(s):

County:

Please tick *one* of these walking programme options:

Social Walking

Level 2 Training

Level 2 Assessment

Friday evening meal required?

Level 2 Walking Training and Assessment Weekend plus social walking

13 - 15 April 2012

based at Stephen Park, Dalehead, Nr Slaidburn, Lancashire



Girlguiding
North West England

girls in the lead

Walks and training sessions

Approved Level 2 Walking Scheme Training

The Level 2 training course is aimed at adults wishing to extend their existing navigational skills, to learn how to lead groups safely in **open country**, and work towards gaining a walking qualification. The course will include practical and theoretical sessions on:

- Route planning
- Group management
- Navigation (including night navigation)
- Equipment and food
- Emergency scenarios
- Hazards and weather
- Access and conservation

Approved Level 2 Walking Scheme Assessment

The Level 2 assessment course is aimed at adults who have already attended a Level 2 training course. Participants will be assessed on all aspects of the Level 2 training. Experience of walking in open country is required.

Essential information

Weekend only **£65** (NW England members) **£75** (members from other Girlguiding UK Countries/Regions). Cost includes food and accommodation.

The venue is on the boundary between Bowland and the Yorkshire Dales so a great opportunity for some good walks

Accommodation: In male and female rooms with access to showers and toilets. Room sizes vary from 2 beds to 8 beds per room

Kit: Bring boots, waterproofs, day sack with usual walking kit, warm clothing, change of clothing, soft shoes, nightwear, toiletries and towel.

Programme: Arrive from 5pm on Friday evening.
Evening meal available at 7.30pm.
Please indicate whether you require this meal on the booking form.

Full day or half day walks will be held on Saturday and Sunday finishing at circa 4pm on Sunday.



Social Walking

Fancy something a little more informal?

Join us for a weekend of informal walks, enjoying some beautiful countryside in the company of like-minded people. Whatever your experience or level of fitness there will be a walk to suit you!

Led by experienced volunteers, a selection of walks will be available, from a village wander to full day walks across the moorland. After stretching your legs, it's time for some relaxation in pleasant company. Open to members and supporters aged 18 years and over.

About the area

Stephen Park

Stephen Park is a beautiful rambling 16th century farm house nestling in the heart of Gisburn Forest. The park is set within the Forest of Bowland Area of Outstanding Natural Beauty and located in the Ribble Valley in Lancashire. The building has been used as an outdoor centre for many years and has been upgraded, offering training and outdoor activities for children, young people and other users.

The Forest of Bowland

Designated an Area of Outstanding Natural Beauty, the Forest of Bowland covers 312sq miles in rural Lancashire and North Yorkshire and includes the famous landmark Pendle Hill. For more information about the area, visit www.forestofbowland.com

Yorkshire Dales

The 680sq miles of rolling hills and deep cut valleys give the Yorkshire Dales its distinct character. The beautiful scenery and wildlife haven provides an immense interest to visitors all year round.