



Will 4 Adventure

Good Morning Adventurers!

How was your weekend? In the event that you seem to have sauntered through it with nothing to show for your time – might we tempt you onto one of our brilliant 52 weekends of adventure?

Fear of Heights 2

Dozens of you have now graduated through our Overcome Your Fear of Heights course and ALL of you have been amazed at what you achieved and can now do. But – if you don't use it you'll lose it. So at long last we've conceived and have on line the latest course – the FoH 2 – Improver's course. On this weekend we lead you by the hand through a medley of bouldering, scrambling and climbing – a collection of activities that will prove to you exactly how you can continue to beat the fear! And just as with our original course, it's all support driven and no pressure is exerted upon you at all: the achievements remain 100% YOURS. First weekend is on the 24th/25th July in the Lakes. Who's in?

Scafell Pike Wild Camping Weekend (again)

A wild camping adventure with a twist ... First, take a big rucksack packed with a tent ... and things, and then add a generous "eight" mile walk for good effect and endorphin highs. Make a camp, cook dinner. Sneak in a crafty scramble and summit England's highest mountain before dusk. Return to simmer. RESULT! 13th/14th August – why not join us in the Lakes for the return to this grand adventure?

Three Days Along Hadrian's Wall

Another favourite for me is this three day adventure spent in Northern England. The countryside is rolling, varied and gob-smackingly beautiful. Adorned along our trail is this ancient relic and we cast our thoughts back almost two millennia to think of the Roman soldiers who would have been guarding this frontier post. Your chance to join us for this fantastic walk is the weekend of 28th August – the next bank holiday.

Caption Contest

Calling all you imaginative and curious types – we need your thoughts on this one – with a chance to win a £25 gift voucher too...

Scrambling Weekends

We had a brilliant scrambling weekend in the Lakes at the start of May – and coming up in July we have three excellent weekends including ascents of the infamous Striding and Sharp Edges. If you've never done it before – ascend a mountain via a scramble and it's likely that you'll never want to walk up again.

Morocco High Atlas Adventure NYE

Extract from a diary ... "Day 2 of our trek has been an easy day taking us to another Berber village - Aremd at 1800m. We get there in plenty of time for lunch and then afternoon activities which include a visit to the local hammam (bath house). This hammam is a properly local and working hammam. No gleaming white tiles and fluffy towels here - no this is the genuine experience!

The women head off first and come back glowing, exfoliated, massaged and clean. Then the boys head in - and generally enjoy what would be outlawed at Guantanamo Bay - a mixture of an "athletic" massage followed by a line up in stress positions leaning against a wall with a random selection of hot and cold buckets of water being launched over us while the locals have a good laugh. It should be noted that women work with women and men with men. It took me two years to work out that the experiences afforded to each sex were completely different."

And flights now selling from as little as £250 return...

Enjoy the weather!

Will

Qu. You're out on the hill and a casualty is in shock due to heavy blood loss from a broken leg. What would be the best position to place them in while you wait for medical help?

(a) Both legs raised?

(b) In the recovery position?

(c) Do nothing and leave them as they are?

Calendar

June 2010 . . .

19th - 20th : Rock 1 & 2, Peak District

26th - 27th : Welsh 3000s 24hr event

July 2010 . . .

3rd - 4th : Hill Skills 2, Peaks

3rd - 4th : Free Walking Weekend

10th - 11th : Yorkshire 3 Peaks

10th - 11th : Rock 1 & 2, Peak District

10th - 11th : Scrambles 1 - Striding Edge and Sharp Edge

17th - 18th : Outdoor First Aid, Sheffield

24th - 25th : Overcome Your Fear of Heights 1 Peaks

24th - 25th : Overcome Your Fear of Heights 2 Lakes

27th - 1st : Scrambling Holiday, The Complete Scrambler, Lakes

31st July - 1st August : Scrambles 2 - Improvers

August 2010 . . .

7th - 8th : Free Walking Weekend

13th - 14th : Rock 1 & 2, Peaks

13th - 14th : Scafel Wild Camp

20th - 21st : Snowdonia Scrambles, Llech Duu Spur & Gribin

20th - 21st : Hill Skills 1 & 2, Peak District

28th - 30th : Hadrian's Wall Trek

28th - 30th : Overcome Your Fear of Heights 2 Lakes

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