

SAMPLE PROGRAMME

Friday

Arrival from	6.45pm
Dinner	7.00
Intro Chat	7.45
Seminar	8.00
Supper	9.00

Please note that Friday dinner is an optional extra

Saturday

Breakfast	8.00am
Kit workshop	9.00
First walk	9.30
(Lunch on walk)	
Tea & Cake	4.00pm
Dinner	6.00
Seminar	8.00
Film & Supper	8.45

Sunday

Breakfast	8.15am
Second walk	9.15
(Lunch on walk)	
Tea and Cake	2.30pm
Depart from	3.00

KIT LIST

Walking Essentials

A minimum of two complete changes of clothes consisting of:

- Trousers (not jeans)
- Tops
- Warm jumpers / sweatshirts / fleeces
- Thick / hiking socks (spares recommended)

- Waterproof jacket
- Walking boots or sturdy walking shoes
- Spare shoes / trainers
- Day back pack
- Flask / drinks bottle
- Towel
- Toiletries
- Waterproof trousers
- Hat / scarf / gloves

Additional items

- Soft shoes or slippers for indoor wear
- Plastic bag for wet clothes
- A Bible, notebook and pens

