



Expeditions

Weekend Training Meets – Lake District and Scotland

STRONGLY RECOMMENDED – PLEASE BOOK IN ADVANCE

Our pre-expedition training weekends are designed to help you prepare fully for your expedition, allowing members to meet in order to obtain information, share ideas, train, socialise and most of all gel as teams. Whilst the meets are optional we strongly recommend you attend at least one, but you are welcome to attend as many as you like and you can bring a partner or friend. Meets are held in a variety of different areas across the Lake District and also in Scotland in winter.

**Meets are held in Scotland from January – March
and in the Lake District from May – December**

Partners, friends & past expedition members:

We are happy for you to bring a friend to the weekend meets but please ensure they are adequately equipped and are sufficiently experienced to participate safely. Past expedition members can continue to attend the weekend meets also. Please note accommodation is not included in the cost of the weekends.

Lake District Meets (May – December)

For the Lake District meets, you can come for the weekend and meet us on Saturday morning at 9 am or even just on Sunday as day-trippers!

Format for the weekends:

Saturday	09.00 - 16.30	Mountain Day: informal discussions about expeditions and treks as we walk
	16.30 - 18.00	Free time
	18.00	Meet for dinner at a local restaurant or pub and informal talks about altitude, equipment and trips in general
Sunday	09.00 – 15.00	Mountain Day and/or equipment shopping, (early finish to facilitate onward travel)

Costs for the Lake District weekends:

£60 per person (clients) / £80 per person (non-clients)



Lake District Weekend Dates

Please meet at the designated place ready to leave **promptly at 9:00 am**.
Please make your own arrangements for accommodation – some choices are listed below.

Date	Location, accommodation options and approx. prices	Meet at:
May 14-15 2022	Thirlmere: Thirlspot Farm Campsite 01768 772551 http://www.thirlspotfarmcamping.co.uk/Amenities.html (£8 pppn plus car £2) Kings Head Hotel https://www.lakedistrictinns.co.uk/kings-head	Sat 9.00 am by Kings Head Hotel
June 11-12 2022	Buttermere: Syke Farm Campsite 01768 770222 www.sykefarmcampsite.com (£8.50 pppn plus car £4) Bridge Hotel 01768 770252 www.bridge-hotel.com (from £119.50 pppn) Swinside End Farm B&B 01900 85134 www.swinsideendfarm.co.uk (£44 pppn)	Sat 9.00 am by Syke Farm Campsite Café
July 16-17 2022	Borrowdale: Chapel House Farm Campsite 01768 777256 https://chapelhousefarmcampsite.co.uk (£9 pppn) YHA Borrowdale 03453719624 https://www.yha.org.uk/hostel/yha-borrowdale	Sat 9.00 am at Entrance to Chapel House Farm Campsite
Sept 17-18 2022	Braithwaite: Braithwaite Village C&CC Campsite Not far from Keswick, so plenty of B&B/Hotel options.	Sat 9.00 am by Powter Howe Main Car Park Grid Ref: NY 220 265
Oct 15-16 2022	Langdale: (pictured below) The New Dungeon Ghyll, Langdale 01539 437213 www.dungeon-ghyll.co.uk (from £65 pppn) NT Campsite 01539 432733 www.nationaltrust.org.uk (from £24 per w/e)	Sat 9.00 am by the New Dungeon Ghyll Inn
Nov 12-13 2022	Brotherswater: Brotherswater Inn near Ullswater 01768 482239 Bunkhouse from £18.50 pppn, Campsite from £12.25 pppn	Sat 9.00 am by Brotherswater Inn
Dec 10-11 2022	To be decided upon reaching minimum numbers	



Scottish Weekend Meets (January to March)

Our Scottish weekends are based at the Onich Hotel, just south of Fort William. Please book **at least one month in advance** to enable us to secure the accommodation as places are limited and tend to go quickly. Full payment is required at the time of booking. We would aim to be back at the hotel by 4 pm on Sunday to take account of your onward journey.

Format for the weekends

Friday	21:00	Meet and greet at the hotel. Friday evening meal is not provided, bar meals available until 8.30 pm. Please allow time to meet your guide at around 9 pm.
Saturday	08:15	Breakfast
	09:00 – 16:30	Mountain Day: informal discussions about expeditions and treks as we walk
	18:00	Meet for dinner and informal talks about altitude, equipment and trips in general
Sunday	08:15	Breakfast
	09:00 - 15:00	Mountain Day (early finish at 3-4 pm. to facilitate onward travel)

Getting to Scotland

There are good train links to Glasgow, and some reasonable flight deals to Glasgow Airport. Once in Glasgow, whether you have arrived by plane or train, you can then connect by bus with City Link to drop off at the hotel; buses leave from Glasgow Airport and Glasgow Buchanan bus station (approx 2hrs 30min transfer). See www.citylink.co.uk for times and prices. It is possible to get a train to Fort William from both Glasgow Airport and Glasgow Central station, followed by a bus or taxi for the 9-14 miles to the hotel, but the bus can often be a cheaper option. Alternatively you could hire a car.

Equipment

The Scottish Weekend Meets give you a chance to do some winter walking in the mountains. You will require an ice axe, crampons, goggles and usual winter gear/clothing. All of these can be hired from Adventure Peaks for a small charge. More experienced clients who feel they may want to pair up and do some climbing over the weekend if the opportunity arises, would need to bring appropriate equipment and could also hire a harness and helmet from Adventure Peaks if arranged in advance. A more detailed equipment list can be provided on request.

Equipment must be booked prior to the weekend.

Scottish Weekend Meet dates & costs:

Date	Region	Meeting Point	Cost (per weekend)
18-20 February 2022	Ben Nevis/ Glencoe area	Friday 9 p.m. onwards at the Onich Hotel Bar	£100 per person (clients) £140 per person (non-clients) (for guided walk) PLUS Accommodation below

Accommodation Package:

We can offer the following accommodation package at the Onich Hotel:

En-suite shared room with Fri night B&B, Sat night DBB (3 courses) & 2 packed lunches	£110 pp
Single room supplement	£20 pppn
Extra nights (if booked through us) B&B only	£35 pp
Extra nights (if booked through us) DB&B	£60 pp

Please note requests for extra nights must be made to Adventure Peaks at the time of booking to obtain the above rates and will be subject to availability as we have courses running throughout the winter.

Booking:

Please book online here: [Lake District](#) and [Scotland](#) or call the office.