

## **DARTMOOR GUIDED WALK - ITINERARY**

**Wednesday 21<sup>st</sup> September / Wednesday 11<sup>th</sup> October**

**6 km approx. 5-6 hours.**

The terrain is mostly grassy paths/trails but this is wild country and the paths are uneven so care is needed. However, this is a walk and no climbing or scrambling is required. There are hills which are steep in places on the route with approximately 300 metres of ascent over the whole day. At the summit of Brat Tor/Widgery Cross there is a very short optional scramble to the summit cross but this can be avoided. The guides will be on hand to help select the most appropriate route based on the fitness of the clients

**9:45am** – meet the guides at the hotel

- Collect picnic lunch (supplied by The Arundell)
- Depart The Arundell in transport to travel to the start of the walk.
- The day will typically cover navigation skills, suitable flora and fauna of Dartmoor, Dartmoor history and folklore, basic bushcraft skills – fire lighting using a variety of methods.
- There will be an opportunity to make individual fires (following latest Dartmoor National Park guidance) and boil water using the kelly kettle for coffee, tea or hot chocolate with marshmallows and flake. (This will be provided by the guides).
- The walk will take you to a wild swimming spot on the River Lyd, nestled beneath Brat Tor, where swimming is possible (at your own risk). It is only 10 minutes back to the car from here and therefore towels and swimwear can be left in the car and collected at the end of the walk.

**4:30pm** - Return to the hotel

### **Fitness**

Moderate fitness will be needed - if there are any fitness concerns or adjustments required, please let us know in advance so that we can try our best to accommodate.

### **Dogs**

Dogs are most welcome but may need to be on leads so as not to disturb nesting birds or any livestock grazing in the National Park. Please see Dartmoor National Park guidelines <https://www.dartmoor.gov.uk/enjoy-dartmoor/planning-your-visit/visiting-with-your-dog>

### **Poor weather**

We are a hardy lot and with the appropriate kit, the walk will be fine in most weather conditions. However, if the forecast is very poor an alternative route will be taken for a more sheltered walk. It would be only in the case of a severe weather warning or thunderstorms that the decision to cancel would be taken.

### **Kit List**

- Strong comfortable walking boots with ankle support (no trainers or shoes).
- Waterproof jacket & trousers.
- Suitable outdoor clothing (jeans are not suitable).
- Medium sized rucksack (25 ltr size suggested min).
- Waterproof liner for rucksack or smaller waterproof bags for items of clothing.
- At least 1 additional layer of warm clothing (e.g. long sleeve fleece or insulated jacket).
- A warm hat and gloves or sunhat (weather dependent).
- A packed lunch & snacks.
- At least 1 litre of water/fluids (avoid carbonated drinks)
- Swimwear and towel (If suitable and wishing to take a dip/wild swim at the end – Optional)