

ENGLAND

The Lake District

A Guided Walking Adventure





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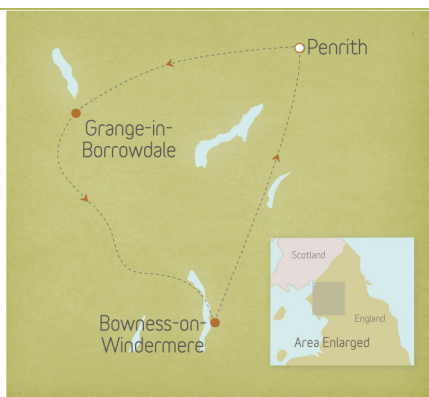
Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.

And, with our **optional Flight + Tour Combo** to complement this destination, we take care of all the travel to simplify the journey. Refer to the attached itinerary for more details.

Overview

The poet William Wordsworth was moved to proclaim England's Lake District "one of the loveliest places that man has ever found." Painters John Constable and J.M.W. Turner were also inspired to render the area's rolling hills, dramatic mountains, and lake-jeweled valleys in paintings treasured today as astonishing achievements in British art. On a walking adventure in this northern region, it is simply nature's mastery that attracts your admiration. The Lake District National Park offers walking through thick forests, around tranquil lakeshores, and along ridgelines graced with sweeping views, pausing in communities with a quintessentially rural English charm. The route to Wordsworth's beloved retreat at Grasmere Vale, the trails around Cumbria's beautiful lake of Ullswater, and the views of the Langdale Pikes, some of England's highest peaks, all create a distinctive destination for a stouthearted day's walk. In idyllic settings, accommodations offer a warm welcome, comfortable amenities, and close communion with the landscape. A classic country-house hotel, once owned by children's author Beatrix Potter, overlooks Lake Windermere. Cozy English pub lunches and elegant dinners featuring local cuisine all enhance this delightful, authentic experience.





Daily Itinerary

DAY 1

Arrival - Penrith. Askham to Pooley Bridge; 4 miles, easy. Afternoon walk, Dockray to Aira Force; 2 miles, easy

Upon meeting your guides, you immediately transfer to the village of Askham to walk through the Lowther Estate, owned by Lord Lonsdale. Continuing on over the fell and into the Lake District National Park, you pass ancient prehistoric settlements and enjoy first views of the Cumbrian Mountains and Ullswater. Descending to the village of Pooley Bridge at the edge of the lake, you pause for lunch in a local pub. This village was one of the earliest settlements on the lake, dating to the Celts.

Following lunch, you transfer to the hamlet of Dockray, overlooking the lake, and walk by Aira Beck toward Aira Force, probably the most famous of the Lake District's waterfalls. Here you admire the views and are regaled with tales from your guides about the romanticism that the region has long inspired.

The short drive to the hotel just a few miles outside of Keswick allows plenty of time to settle in before meeting for a pre-dinner drink and a fuller introduction to the week ahead. The hotel restaurant features local produce whenever possible, so tonight's dinner promises excellent cuisine.

Borrowdale Gates Hotel, Grange-in-Borrowdale

This property is set on two acres of woodland and located in a valley with beautiful views in every direction. All rooms are well equipped and individually decorated.



DAY 2

Morning walk, Seatoller to Grange-in-Borrowdale; 4 miles, moderate. Afternoon walk, circular walk along Derwentwater; 3 miles, easy

After a breakfast buffet consisting of cereal, fruit, pastries, and cold meats, or a traditional hot Cumbrian breakfast, you follow in the footsteps of the men of Borrowdale, quarrymen and miners of yesteryear. This valley was once home to many working slate mines, most of which are now closed. Beginning at the head of the valley, you follow a rambling trail along the side of the dale before descending to the hamlet of Grange. This village is noteworthy for its double-arched bridge of 1675 that crosses the River Derwent. Stone and whitewashed cottages sit snugly here in the heart of the Borrowdale Valley. After lunch, you stroll along a Victorian terrace above Derwentwater before heading down to the lake at High Brandlehow. You finish the afternoon with a ride on a Victorian ferryboat across the lake and a walk back to the hotel. Dinner tonight is at the Lyzzick Hall Hotel, located on the lower slopes of Skiddaw Mountain, with stunning views across the vale. The restaurant here prides itself on using freshly prepared local ingredients and herbs from their own garden.

Borrowdale Gates Hotel, Grange-in-Borrowdale

DAY 3

Whinlatter Pass to Buttermere Valley; 5 miles, easy to moderate

Today you cross Whinlatter Pass, which connects the beauty of the Keswick Valley to Buttermere and beyond. Here magnificent nature predominates, and as you walk along the shores of Crummock Water, you see stirring views of the high mountains surrounding this pretty vale.



Completing the walk at the hamlet of Buttermere, you enjoy a pub lunch and afterward walk along the picturesque shore of Buttermere Lake, before boarding the coach to ride over Honister Pass and back to the hotel via Borrowdale. There is time to refresh at the hotel and enjoy its beautiful surroundings, before heading back into Keswick, where you enjoy dinner in a local restaurant.

Borrowdale Gates Hotel, Grange-in-Borrowdale

DAY 4

The Vale of Grasmere, Rydal Mount; 6 miles, easy to moderate. Optional Loughrigg Fell walk; 1 mile, moderate

Today you meander through one of the region's prettiest dales, walking in the area around two of the smaller lakes, Grasmere and Rydal Water, and in the footsteps of William Wordsworth, one of England's most famous poets of the early 19th century. You begin the walk around the valley along level tracks, enjoying lovely views along the way. If you are feeling more adventurous, you ascend Loughrigg. This wooded fell hill was the backdrop for scenes filmed in the latest Beatrix Potter film. You break for lunch in the village of Grasmere, site of Dove Cottage, Wordsworth's first home. The day is complete with a walk to his last home at Rydal Mount, where you take a tour and admire the views and the gardens he designed.

At day's end, you transfer to the next hotel on the itinerary, located on the edge of the lakeside town of Bowness-on-Windermere. Here a warm welcome awaits, and later you enjoy a delicious dinner prepared by the hotel's chef. Local favorites such as steak-and-ale pie or delicious Cumbrian beef are presented.

Lindeth Howe Country House Hotel, Bowness-on-Windermere

A classic country-house hotel, once owned by children's author Beatrix Potter. The property features a sauna, swimming pool, and rooms overlooking a peaceful lake, gardens, and woodlands.

DAY 5

Beatrix Potter's Tarns over Windermere;
6 miles, easy to moderate

Following a full-English breakfast, you set off for a walk that provides superb vistas across Lake Windermere—the region's second-deepest lake—which snakes its way between the hills of the Southern Lakeland. Departing on foot from the hotel, you board the ferry to cross the lake and, once on land, amble up an easy path past small mountain tarns with open distant views of the undulating and treeless central hills. At the highest point of Latterbarrow, only about a 650-foot elevation gain, there are superb 360-degree views of all of the Lakeland. From this point, you descend to the charming village of Hawkshead for lunch in a traditional 18th-century pub featuring home-cooked fare. Here in Hawkshead you'll find not only young William Wordsworth's school, but also the home of Beatrix Potter, and there is time to visit the gallery of her original paintings in a beautiful 17th-century building. The pedestrian streets, squares, and quaint architecture of this ancient market town invite exploration.



Later, a minibus returns you to the lakeside ferry back to your hotel, and your evening is free to explore the town of Bowness on the shores of Windermere Lake, and eat in a local pub or restaurant.

Lindeth Howe Country House Hotel, Bowness-on-Windermere

DAY 6

The Langdale Pikes, morning walk, Skelwith Bridge to Great Langdale; 4.5 miles, easy; Afternoon walk along the Langdale Valley; 2 miles, easy

The Langdale Pikes are one of the best loved and most photographed areas of the Lake District. A home for walkers, fell-runners, and climbers, the valley is surrounded by some of the area's tallest mountains, and nearby is England's highest, Scafell Pike. Starting at the tiny village of Skelwith Bridge, you pass by a slate factory, a waterfall, and a small lake before arriving at the hamlet of Elterwater. From there, the walk takes you on a winding track into Great Langdale, deep into the valley where cars are fewer and walkers predominant. After lunch at the only pub owned by the National Trust in the whole country,



located in a hotel that has been catering to walkers for over 300 years, you walk further into the valley, before completing the walk. Returning to the hotel, this evening you toast your explorations with a farewell drink and celebratory dinner in a local restaurant.

**Lindeth Howe Country House Hotel,
Bowness-on-Windermere**

DAY 7

Orrest Head; 2 miles, easy. Departure to Penrith

Departing the hotel, you ascend Orrest Head, which presides above the village; magnificent, lasting views of Lake Windermere are yours to carry home. Orrest Head was the hill first climbed by Alfred Wainwright, Britain's most famous hillwalker, on his first visit to the Lake District, an ascent that inspired him to begin authoring the guidebooks for which he is renowned. You then transfer to the Penrith train station, where you bid farewell to your newfound friends before departing for your next destination.

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

Lake District Search and Mountain Rescue Association: Country Walkers has made a donation on behalf of every tour participant to a local chapter of the Lake District Search and Mountain Rescue Association, which has 10 Teams operating in the Lake District, all staffed by volunteers. They are on call 24 hours a day, 365 days a year, ensuring walkers in the fells are able to call upon their skills if they get into difficulties. CW Guide, Chris Berry, is an active member of the Duddon & Furness Team. To find out more about the valuable work of mountain rescue teams in the English Lake District, visit [ldsamra.org.uk](https://www.ldsamra.org.uk).

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

George Hotel (lobby), Penrith, England, 10:00 a.m.

NIGHTS 1, 2, & 3

Borrowdale Gates Hotel

Grange-in-Borrowdale, England

Tel 011 44 17687 77204

Email hotel@borrowdale-gates.com

borrowdale-gates.com

Wireless Internet, hair dryers, and laundry service available.

NIGHTS 4, 5, & 6

Lindeth Howe Country House Hotel

Bowness-on-Windermere, England

Tel 011 44 15394 45759

Email hotel@lindeth-howe.co.uk

lindeth-howe.co.uk

Wireless Internet, hair dryers, and laundry service available.

TOUR DEPARTURE POINT AND TIME

Penrith North Lakes Train Station, Penrith, England, 12:30 p.m.

EMERGENCY CONTACT

One Call International

Email mail@oncallinternational.com

If communicating from within the US

Text 603.945.0103

Tel 800.555.9095

If calling from outside the US

Tel 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

Tour Facts at a Glance

TOUR LENGTH (WITHOUT FLIGHT PACKAGE)

7 days, 6 nights

DEPARTURE DATES AND PRICE

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

TOUR MEETING POINT AND TIME

George Hotel (lobby), Penrith, England, 10:00 a.m.

TOUR DEPARTURE POINT AND TIME

Penrith North Lakes Train Station, Penrith, England, 12:30 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated easy to moderate with more challenging options on some days, and with an average of 4 to 6 miles per day. There are daily ascents and descents. The hills are short, usually a 30-minute gradual ascent, unless noted otherwise on the itinerary. The steeper, more vigorous walks are those that are the more challenging, and therefore are optional. The terrain can be rocky, sometimes with loose gravel, or with roots, which may become slippery when wet. This tour is ideal for nature lovers, and the guides set an even pace, providing time to take photos and to appreciate the beautiful countryside. There are some cultural visits included in the itinerary, especially for those interested in literature or poetry.

INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one lunch and one dinner; wine and local beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary

- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

GRATUITIES

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency. Gratuities for your bus driver are included in the tour price but extra tips are always welcome.

Traveling To and From Your Tour

If you are interested in reserving the **optional Flight + Tour Combo**, please refer to the attached itinerary for more details.

TOUR MEETING POINT AND TIME

George Hotel (lobby), Penrith, England, 10:00 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed ready for walking.

MOST CONVENIENT AIRPORT

Manchester Airport (MAN), Manchester, England.

manchesterairport.co.uk

GETTING TO THE MEETING POINT

There are direct flights from New York and Washington, D.C., to Manchester. Other gateway cities include London, Amsterdam, Brussels, Dublin, Paris, and Zurich.

It is possible to take a train from Manchester Airport Station to Penrith North Lakes Station direct, or with one change in Preston. The journey takes approximately 2 hours, depending on stops. For more information including reservations, schedules, and up-to-date fares, please visit the National Rail website at nationalrail.co.uk.

To book a private transfer from Manchester Airport (or an airport hotel) to Penrith, contact Lakeland Taxis at 011 44 1768 865722, or at angusnolan@hotmail.com. The cost is approximately 140 GBP per transfer. If you wish to book this transfer, you need to give the taxi company one week's advance notice.

PRE-TOUR ACCOMMODATIONS

If you are not reserving our optional Flight + Tour Combo, you may wish to stay at our meeting-point hotel, the George Hotel in Penrith, for your pre-tour night. Please contact the hotel directly to make a reservation, and mention that you are with a Country Walkers group.

The George Hotel

Devonshire St, Penrith
Cumbria CA11 7SU
Tel 011 44 1768 862696
Email georgehotel@lakedistricthotels.net
lakedistricthotels.net/georgehotel

Rates: From 150.00 GBP double or single (including breakfast and taxes).

This hotel is located in the attractive town center of Penrith and steeped in over 300 years of history. It is a short taxi ride away from the Penrith North Lakes Train Station. The cost of the taxi is around 2 GBP.

DELAYS AND LATE ARRIVALS

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

TOUR DEPARTURE POINT AND TIME

Penrith North Lakes Train Station, Penrith, England, 12:30 p.m. with departures to London, Glasgow, or Edinburgh

If you plan to schedule your return flights immediately following the tour's conclusion, please contact your airline directly for specific check-in requirements.

For information or hotel suggestions in Manchester, please visit the following website: visitmanchester.com

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

England at a Glance

ENTRY REQUIREMENTS

U.S. citizens: Passports are required and must be valid for at least three months beyond the dates of travel. Visas are not required for stays of up to 90 days.



For more information, see travel.state.gov.

CURRENCY

England uses the pound (GBP). For up-to-date exchange rates, see oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some pounds in small denominations.

TIME ZONE

England is in the Greenwich Mean Time Zone, Eastern Standard Time plus five hours. For more information on worldwide time zones, see worldtimezone.com.

PHONE & INTERNET

England country code: +44

Cell phone coverage throughout England is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

ELECTRICITY

Alternating current of 230V and 50Hz is used in the United Kingdom. Plugs have three flat blades arranged in a triangular formation. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

WEATHER

The British Isles, lying between the Atlantic Ocean and the North Sea, have an oceanic climate with cool summers and mild winters. Average daytime temperatures, May through October, range from the upper 50s to mid-70s. In summer, the prevailing westerly and northwesterly winds have a cooling effect. Although England is known for its rainy weather, most of the rain falls between late October and January. During the drier months, England often enjoys fine weather. The pleasant summer days are long, with daylight lasting until 10:00 p.m.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

FOOD & DRINK



High-quality local cuisine is something many restaurants and pubs in England pride themselves on. Many towns hold farmers' markets on specific days, and many restaurants use excellent local ingredients. Cuisine ranges from international, to local specialties, to basic pub fare.

Dinner menus feature seafood, chicken, beef or lamb, and even venison or duck. Desserts can be lavish and imaginative, and often feature local clotted cream (a very dense cream with the consistency of whipped butter). Typical pub lunches are fish and chips, a wide selection of sandwiches (many vegetarian), and of course, a plethora of tasty brews. From local bakeries, you may enjoy baked products such as sausage rolls, pork pies, or Cornish pasties, plus a range of delicious cakes and scones.

Travel Tip

The English Pub

The much-written-about English pub or “public house,” described in the past as the heart of England, is apparently experiencing a decline in numbers. That being said, much of English social life still revolves around the pub, especially one’s “local.” Like so many things in travel, there are many unwritten rules governing pub etiquette. Catching the bar tender’s eye without wild gesticulation, respecting the invisible line (queue!), and paying immediately in cash for your drinks are just a few. A range of alcoholic and nonalcoholic drinks are available at a pub. When ordering beer, the key information for the bar tender is whether you want a pint or a half-pint, and a lager, bitter, or another type of beer (for example a bottle, usually displayed on the shelves behind the bar). If the bar tender is not too busy, he or she may have time to provide some explanation about local or regional brews.

Pub hours

Monday-Saturday: 11:00 a.m.-11:00 p.m.*

Sunday: 11:00 a.m.-10:30 p.m.*

*Some pubs may have a 24-hour drinking license and be open after 11:00 p.m.!

LIFE IN ENGLAND

Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 5:30 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Most department stores and some supermarkets are open all day, every day of the week, from 9:30 a.m. to 10:00 p.m.



Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday (with some branches open on Saturday mornings).

Meal times

Breakfast (“brekkie”) is served at hotels from 7:30 a.m. to 10:00 a.m. In restaurants and pubs, lunch is served from noon to 2:00 p.m. and dinner is usually served from 6:00 a.m. to 10:30 p.m. (but verify locally). “Elevenses” is a late-morning coffee or tea break, and Afternoon Tea is usually taken around 4:00 p.m.

TIPPING

In restaurants and pubs, if service is not included (check your bill), it is customary to leave 10 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, a small tip is appropriate, at your discretion.

TRAVEL RESOURCES

National tourist board official sites

visitbritain.com and visitengland.com

Public holidays

To assist in travel planning, it may be helpful to be aware of public holidays, festivals, or calendars of events. Visit the tourist board's website, visitbritain.com, and click on "Travel tips," then "Traveler tips" for a list of public holidays. A list of festivals and events is available at visitbritain.com/en/Things-to-do.



Travel Tip

If you rent a car in the United Kingdom, remember to drive on the left side of the road and to pass on the outside right lane—also important to keep in mind when crossing busy city streets! Here are the official rules of the road: direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm.

TRAVEL IN ENGLAND

A wealth of travel information is available at visitbritain.com.

Airports

The majority of international flights arrive at London's Heathrow Airport (heathrowairport.com) or Gatwick Airport (gatwickairport.com).

Information on domestic flights is also available through these sites.

Trains

BritRail: britrail.net, the national railway company site with schedules, fares, and pass options. Another resource is nationalrail.co.uk.

Raileurope: raileurope.com or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

OTHER LOCAL TRANSPORTATION

In addition to rail and airlines, the United Kingdom also has an extensive bus (or “coach”) network that, for some towns and cities, may be more convenient and affordable than the train, see

nationalexpress.com. Most major car rental agencies are available at airports and train stations. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For more information go to **visitbritain.com**, and then to the “Transport” tab.

Travel Tip

London's famous black taxis still exist, although they now come in a variety of colors. Black cabs can also be found in most towns and cities throughout Britain.

Packing List

PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Waterproof hiking boots or walking shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 5-8 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Wool or synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)

- » Dinner attire: dress is smart casual. Shorts and walking boots/shoes are not appropriate in any dining rooms on this tour.

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood. This gear must be of good quality and not just water resistant, but properly waterproof. It would also be a good idea to bring gaiters as this may keep your legs dry when walking through wet bracken or heather.
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Telescopic walking sticks. (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel.
- » Personal first-aid kit including any medications you ordinarily take (in their original containers)

OPTIONAL

- » Binoculars
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen

- » Field guides
- » Bandana
- » Alarm clock
- » Folding umbrella
- » Washcloth (many European hotels do not have them)
- » Lightweight gloves (wool or polypropylene)