

WALKINGWOMEN - IMPORTANT INFORMATION AS YOU PREPARE FOR YOUR HOLIDAY

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| <p>Travel</p> | <p>Arrival: Please book travel to arrive by 15.00 at your hotel for check in, settling in and a short orientation walk before a briefing with your guide at 18.00 followed by dinner together.</p> <p>Departure: will usually be after a short morning walk so book trains after 14.00.</p> <p>If you need to travel at different times than stated let us know so we can inform the guide.</p> |
| <p>Trains</p> | <p>If you would like to travel by train, we recommend https://www.thetrainline.com/ The nearest stations to your hotel will be in the holiday information on the website. We can advise if you need help.</p> |
| <p>What to bring</p> | <p>Please check out our kit list and packing check list on the WalkingWomen website https://www.walkingwomen.com/news/the-ultimate-hiking-kit-list-for-women/</p> <p>To ensure you get the best out of your holiday we recommend good walking boots or shoes and layers to cope with changing weather.</p> |
| <p>Being Goat Fit!</p> | <p>Being fit will help you get the most out of your holiday. Please see our goat guide to remind you of what you can expect on your walks https://www.walkingwomen.com/walking-grades</p> <p>Our Get Goat Fit guide may be useful if you would like to step up your fitness https://www.walkingwomen.com/news/get-goat-fit-with-our-8-week-plan/</p> <p>Take a look at the Walking Women exercise videos on our YouTube Channel – simply search for @walkingwomen4978 and you can join Anita and her get goat fit exercise routines.</p> <p>We do also have some Get Goat Fit day walks and weekend walks – we recommend you joining to help build fitness. Keep an eye on our website.</p> |
| <p>Keeping in touch</p> | <p>Just before departure, we will set up a WhatsApp group with your fellow travelers so that you can share travel plans prior to meeting each other, Your guides will be on the group – so if there are any delays on your onward journey you can keep everyone informed.</p> <p>You will be able to use this WA group during your holiday to share information and plans - and of course after the holiday you will want to share photos! (If you do not want to be included in the group, please let us know as soon as possible)</p> |
| <p>What next?</p> | <p>A few weeks before departure we will send you your final holiday information pack and set up a WhatsApp group so you can chat to your fellow travelers and your guide.</p> |
| <p>Questions?</p> | <p>Call us on 01784 664063 or email on contactus@walkingwomen.com <u>We are happy to help!</u></p> |



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