



Lake District Training Weekend

22-24 November 2019

Come and join us!

For a weekend of orienteering on the top quality technical terrain of the Lake District. It's a great place to learn to read contours and improve all-round navigation skills. Any member of an East Midlands club is welcome.

On **Saturday**, LEI's Toni O'Donovan will coach us at Haverthwaite Heights, using controls provided by the Orienteering Foundation. The area is regarded as one of the very best, with intricate contours and beautiful, runnable woodland, and used by regional and British squads. Abilities from TD3 to TD5 can be catered for.

LOC are hosting a regional event at Bethacar Moor on the **Sunday**, where you can put your skills into practice. Courses from yellow to brown. You will need to pre-enter on the Fabian website.

Accommodation

B&B is provisionally booked at YHA Coniston Holly How youth hostel for the Friday and Saturday nights in single sex shared rooms. A family room may be available if required. It's about 30 min drive from the training and event days. You may of course make your own alternative arrangements if you wish.

Travel

Make your own arrangements. Car sharing is encouraged, so please either talk to one another or contact the organiser if interested, or if you need a lift.

Costs

£60 per adult /£45 per school child if booked by 14/9/2019, or £65 per adult / £50 per child thereafter. This includes 2 nights B&B plus entries fees for the coaching day (Saturday) only. Travel, meals and entry fees for the Sunday will be additional costs.

To Book

Please contact Esther erevell.uk@gmail.com. Numbers are limited and the club will need full payment to secure your place. If insufficient numbers by 14/9/2019, we will cancel the trip and refund.

Refunds and cancellation

The trip is being organised "at cost". In the event of cancellation we will refund as much as possible, less any deposits paid for accommodation and coaching.

- Cancellation before 16/9/2019 will mean a 100% refund.
- Cancellation before 26/9/2019 will mean a 70% refund.
- If you are unable to come due to injury or illness, a refund can be made if a substitute is found to take your place.
- If the trip is cancelled last minute due to bad weather, the coaching day fee of £6 can be refunded, but **not** the accommodation.