



## Summit Challenge & Navigation Workshop | Pre-Event Information

We are thrilled that you have signed up for what is looking to be an action packed weekend in The Muckle Toon!

**Please read the following Information carefully before attending on the 16th & 17th June 2018.**

### **Directions:**

If coming via A7 North, you will approach Langholm over a traffic lighted road bridge. Continue for a ¼ mile before turning right into Langholm Rugby Football Club.

If coming via A7 South, you will approach Langholm over a traffic lighted road bridge. Continue through Langholm High Street and as you exit the town you will see Langholm Rugby Football Club on your left hand side. Continue for ¼ mile before turning left into Basecamp, just over the crest of the hill. Please take care on entering Basecamp as pedestrians and participants will be in the vicinity.

### **MTAF Basecamp:**

On entering Basecamp you will be directed to the Car Park. Please drive carefully and obey the 10mph speed limit. Basecamp Car Park is FREE for all day parking. Camping opens from 3pm on Friday 15th June

### **Registration:**

Registration will be in the main Marquee from 8.30am. Here you will be registered for your hiking challenge and asked to fill in a 'Health Screening' and 'In Case of Emergency' card which we request you please carry on your person for the duration of the event.

Bring all medications, inhalers, GTN sprays etc that you might require on a day to day basis.

[www.mtaf.co.uk](http://www.mtaf.co.uk)

You will be introduced to your trusty guides or “Muckle Makers”, before heading off for a day of adventure.

**Terrain/Weather:**

All routes cover a variety of rough terrains, open moorlands, steps, bridges and road crossings. Please ensure you wear appropriate footwear. Hill walking over rough terrain requires concentration and awareness and we advise you take the utmost care when negotiating styles, steep descents, narrow footbridges etc. The use of walking poles may help you to balance when negotiating rough ground.

We advise all walkers on the 5 Summit and 3 Summit routes to carry a rucksack and relevant equipment to protect against all weather conditions. If it is forecast to be warm, think about using sunscreen and keeping hydrated. In the event of high winds, low temperatures and/or rain, ensure you have warm, suitable clothing to keep you comfortable throughout the whole walk.

**Food and Hydration:**

Please ensure you carry enough food and drink with you to keep you going throughout the duration of your walk!

**Health/Fitness:**

If you know of any injury or health issue on the day that may prevent you from completing the event, please let us know at registration. We will assess whether it is safe for you to participate or perhaps suggest an alternative, less strenuous walk on that day. Participating in an activity you know you may struggle to complete will put yourself and other members of the group at risk so please speak to a member of the team at Registration for further advice.

Our guides reserve the right to prevent the participation in guided walks, should they feel participants don't have the appropriate footwear, clothing and or food supplies.

**Enjoy Your Walk**

We hope you have a fantastic time at this year Muckle Toon Adventure Festival. Help make the event a huge success by packing a smile and plenty of energy for what looks set to be an action packed weekend in the Muckle Toon

**Saturday 16th & Sunday 17th June 2018**

Five Summit, Three Summit and Summit Challenge Series. – 9AM

Register in Marquee from 8:30am.  
Walk Starts 9AM

**THIS ROUTE IS ON OPEN PATHLESS AND EXPOSED HILLSIDE. WATERPROOF/GORTEX WALKING BOOTS HIGHLY RECOMMENDED**

**Saturday 16th & Sunday 17th June 2018**

Hill Skills and Navigation Workshop – 1.30pm

Register at Basecamp Marquee. 1.15pm  
Workshop Commences at 1.30pm

DISTANCE: - 3 miles approx.  
DURATION: – 2hours

Map and compass provided in pairs however if you have your own compass please bring it along. All the above information regarding appropriate walking clothes etc applies to the workshop.

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**The Muckle Toon Adventure.**

A company Limited by guarantee, registered in Scotland, number SC448923.

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