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Dates Booking	
Name	
Address	
email	
phone	
Emergency Contact	
Age	
Recent Walking Experience	
Medication / Health Conditions	

"Hill walking, Mountaineering and Mountain Biking are activities with a danger of personal injury or death. Participants in these activities should aware of and accept these risks and be responsible for their own actions and involvement."

Be aware that if weather conditions are too bad then plans may need to be changed for safety reasons and in rare circumstances cancelled or postponed.

I strongly recommend that you take out suitable holiday insurance that covers hill walking and mountain biking.

By signing this booking form you are agreeing with the participation statement above and that you are fit enough for the planned activity.

Signature	Date