



GoTread Expedition Tips

GOTREAD
max the weekend

Joining the Expedition

It couldn't be easier! All of our tours start with a pick-up outside the train station; please check your tour details carefully for the train station assigned to the tour and wait for us at the front entrance.

Make sure you arrive on time for the shuttle-bus pick-up. It is recommended that you eat breakfast and use the toilet facilities at the train station before the start of the tour.

Journey time from the train station to the tour start site is approx. 15-20 minutes.

Getting Home

Our tours all finish by 17:30pm. We'll drop you off at the train station assigned to the tour. Please note that usually the pick-up and drop-off will be the same train station but do check your tour details carefully for any variances.

Journey time from the tour end site and the train station is approx. 15-20 minutes; we will aim to return everyone to the station by approximately 18:00pm.



What to Bring

Please bring the right equipment to ensure you are safe and comfortable during the tour:

- Hydration: Bring at least 1 litre of water - there will be opportunities to top-up at drinking taps enroute
- Food: Bring a pack-lunch and small snacks to keep your energy levels up
- Bags: Keep belongings light - a small day pack will suffice
- Gear: Check the weather, bring sunscreen and a hat to prevent sunburn (even on cloudy or cold days!)
- Protection: Bring a windproof/waterproof jacket as the

tours involve long periods of hill-walking.

- Shoes: Comfortable walking boots are essential – footwear should be protective and sturdy enough to cope with hiking over rocks and stones. The terrain may be very muddy and slippery; trainers are not suitable!
- Clothing: Bring warm, durable clothing that can cope with gusts of wind and rain - waterproof trousers are recommended
- Other: Please bring any equipment that you feel supports your outdoor needs (for example walking/trekking poles) as required



Water Sports

If your tour involves water sports (like kayaking and canoeing) you'll need to

bring a change of clothing suitable for getting wet during the activity:

- Shoes: lightweight footwear - for example plimsolls
- Clothing: lightweight clothing like shorts and leggings
- And a towel!

Luggage Allowance

Unfortunately, we are unable to offer luggage storage facilities.

Space on the shuttle-bus will be limited; only one small rucksack per person is permitted.

Valuables

You will need to look after your valuables. No valuables are to be left on the shuttle-bus. The safest place for items such as cameras, phones and cash is on your person.

HEALTH REQUIREMENTS

If you have any medical condition such as diabetes, epilepsy, asthma, take prescribed medicines or have a condition that may affect your participation in the expedition you must tell us at the time of booking.

This information is essential in case of emergency.

Our tour leaders carry a basic first-aid kit only; you should ensure you bring your own medical treatment as required such as pain relievers, sunscreen, insect repellent and blister pads.

They are responsible for your enjoyment and above all your safety on the expedition.

Please ensure you comply with their advice and instructions for the safety of yourself and the other members of the expedition.

It is important to respect the natural environment that we visit.



The Tour Leaders

Our tour leaders are passionate about providing you with an excellent expedition experience.

Itinerary Changes

We endeavor to run all expeditions as they are published, however the expeditions are, by their nature, exposed to natural variables including the weather!

Whilst every reasonable effort is made to deal with these conditions, the tour leaders may be required to vary an expedition at short notice.

