



### **Outline Trip Details.**

Please find typical details for our weekend trips. These details are subject to vary dependent on group, weather and individual trips, but as a general structure this should give you an idea of what to expect.

#### **Friday:**

Arrival is usually any time from 4pm (although you can arrive much later if you prefer). We'll get settled in and then have a little chat, then there will be a night run about 6/7pm. This will be a short exploration of the area usually about ~3 miles. We'll then come back and have a nice meal more than likely a veggie chilli, before bed.

#### **Saturday:**

We'll have breakfast around 8am and then there will be a selection of fillings to make your own pack lunch. We'll have a theory session either about a particular topic of interest to the group or around the route for the day. We'll then head out about 10am to explore the local area, the pace will be steady with plenty of opportunities to stop and take pictures, regroup and chat. Exact route and distance will be planned around the group and weather but aims to cover between 8-15 miles. *Distance is not a primary focal point of our trips, as we run to explore, so if this is less or more than you were expecting, please feel free to get in touch to discuss.* After the run we'll return to the accommodation for a meal or head out to the pub (own cost). The evening will be relaxed and informal with the aim of a chance to socialise.

#### **Sunday:**

After breakfast and make your own packed lunch, we will then either do a shortish run in the morning or more usually we will check out of the accommodation and do a walk which enables people to have a chat. People then generally leave sometime after lunch, although sometimes we squeeze a cafe stop or tourist attraction in the afternoon before leaving.

#### **Want more information?**

I always send out complete joining instructions before each trip, but this pretty much outlines the weekend. If you have any other question's please do not hesitate to get in touch.

**To book:** You will need to complete a weekend disclaimer and booking form which you can find on our website.

Happy Running from all that the TRY Team.