

# **Instep Linear Walking Holidays & White Knight Self-Guided Holidays for Individual Walkers**

## **General Information**

### **Booking with Instep Holidays & White Knight**

In order to start the booking process just phone us. We will book your accommodation along the chosen route, selecting those which we think are best suited to our walkers from the comprehensive register of accommodation. This has been compiled over a number of years from personal experience. Not all B/B's are registered with the Tourist Board and some do not even advertise! They rely on recommendation.

### **Accommodation**

Whenever possible we book the best accommodation that is available unless an alternative is specially requested. Sometimes en-suite facilities are not available. It may be necessary to book the room where the toilet and bathroom is within easy reach of the bedroom. We do endeavour to locate rooms with handbasins, but during busy times this is not always possible.

### **Smokers**

Please note that some accommodation has a "no smoking" rule. Please ensure you tick the appropriate box on the booking form if this concerns you.

### **Dogs**

If you would like to take your dog on any of the walks please state when filling in the booking form as we have to arrange accommodation accordingly.

### **Single Rooms**

These are always at a premium. However when available one can be reserved at a supplement.

### **Time allowed for each walk**

On each walk we have shown average walking time, these can be reduced or extended when necessary - maybe to provide a rest day or for sightseeing. The choice is yours, we can make arrangements as flexible as you wish. We are only too happy to advise.

### **Baggage transfer**

These are included in the price (one transfer per person per day). If you wish to carry your rucksack we can make a substantial reduction.

### **Guidebook**

The latest Guidebook is included **FREE OF CHARGE** so Linear Maps where available. (please note one only per group booking)

### **Car Parking and travel to your Walking Holiday**

On many of our routes we can suggest safe parking at moderate extra cost. We feel it is worth it to know your transport is safe. If you need further details regarding public transport, either in Britain or from abroad, let us know.

### **Clothing and equipment**

We do send a suggested list of clothing and equipment and always recommend walking boots. Always carry a waterproof jacket and trousers for constant weather changes!

### **Meals**

The traditional English breakfast is included in the price but there is a choice at most establishments if you require an alternative. We do not include evening meals (except where there is no alternative)

since we believe in giving walkers the flexibility to eat where and what they need. Some restaurants are recommended by us along with details of where to find them. Alternatively you may wish to purchase snacks in local shops. If you are staying in an isolated place we make arrangements for you to have an evening meal at your accommodation, the cost of the meal is included in the holiday price.

### **Grade of Walk**

Our grading system is based on the assumption that the average walker is physically fit and can comfortably walk 10-12 miles per day over a period of 6-7 hours daily.

<b>Easy:</b>	Level walking i.e. Towpaths
<b>Moderate</b>	Gentle ascents 8-10 miles (16km)
<b>Strenuous:</b>	Steep ascents 8-12 miles (19km)
<b>Very Strenuous:</b>	Steep ascents and descents over short periods.

### **Walking Days**

Contained within the route descriptions are the number of days required, in our experience, to cover the whole walk. Averages are about 12-13 miles per day.

It is inevitable that some days may be long and some short - depending on the location of suitable accommodation. Some walkers with time to spare have a rest day for sightseeing. Others may wish to extend the number of miles per day in order to reduce the overall holiday period. The arrangements we plan are flexible in order to give you more choice. If you have a problem we will be glad to give you advice.

### **European Community**

We have taken advice from our local Trading Standards Dept. and they are happy that we are complying with the E.C. Directive. It is our policy to pay in full for all accommodation in advance. As a further safeguard to protect deposits and monies paid by clients their funds are held and not used until their walk has been completed.