

# WOMEN'S WALKING WEEKEND

## SAMPLE PROGRAMME AND KIT LIST

### Friday

Arrival from	5.00pm
Dinner (if booked)	6.00pm
Intro Chat	7.00pm
Praise & Worship <i>followed by teaching from Diana</i>	7.15pm
Supper	9.00pm

### Saturday

Breakfast	8.00am
Workshop	9.00am
Mountain Day <i>(Lunch on walk)</i>	9.30am
Tea & Cake	4.00pm
Optional massages <i>(Additional charge)</i>	
Dinner	6.30pm
Reflection & Discussion <i>facilitated by Diana</i> followed by a film	7.45pm

### Sunday

Breakfast	8.30am
Morning Thought <i>from Diana</i>	9.30am
Second walk <i>(Lunch on walk)</i>	10.15am
Tea and Cake	3.30pm
Depart from	4.00pm

### Walking Essentials

A minimum of two complete changes of clothes consisting of:

- Trousers (not jeans)
- Tops
- Warm jumpers / sweatshirts / fleeces
- Thick / hiking socks (spares recommended)

and then:

- Waterproof jacket
- Walking boots or sturdy walking shoes
- Spare shoes / trainers
- Day back pack
- Flask / drinks bottle
- Towel
- Toiletries
- Waterproof trousers
- Hat / scarf / gloves

### Additional Items

- Soft shoes or slippers for indoor wear
- Plastic bag for wet clothes
- A Bible, notebook and pens

### Have any questions?

### Give us a call!

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