

Fresh Air Business Walking

Fresh thinking | Fresh conversations | Fresh action

A membership and pay-per-walk programme for business leaders and their guests.

Inspiring walks in beautiful places.

Breathing fresh air and bringing fresh perspectives to business conversations.



THE
FRESH AIR
LEARNING
COMPANY

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Let's take a walk together

When intelligent, motivated people journey together through inspiring landscapes, a creative spark is lit. Add expert facilitation and the effect can be transformative.

This is what underpins Fresh Air Business Walking - a membership programme for business leaders and their guests seeking fresh air, fresh perspectives, and fresh conversations.

"What a simple yet super-effective way to spin up some fresh ideas and meet some fellow business folks! It was a great couple of hours and set me up for a fabulously productive day. Thank you!"

SONJA, BUSINESS OWNER.

Is this for me?

Do you want:

- Fresh air, great conversations, and laughter in your business life?
- Time-out to relax, and draw energy and inspiration from stunning natural environments?
- A powerful alternative to indoor meetings - with your team, your clients etc.?
- Access to a more creative and engaging form of networking?
- Outdoor coaching, to think more clearly and creatively about big challenges and choices?
- Safe and supported access to some of the UK's most iconic natural landscapes?
- An expertly led walking programme to support achievement of your health and fitness goals?
- An opportunity to develop some outdoor leadership skills?

If any of these apply to you, Fresh Air Business Walking will provide the space and support to meet your needs.

How does it work?

There are two-ways to enjoy Fresh Air Business Walks. Many of our clients take up a subscription membership and then invite guests on a pay-per-walk basis. Non-members can join walks on a pay-per-walk basis too.

Subscription members can enjoy as many walks as they like from a rolling programme that includes two scheduled walks each month in their region. One is 2 - 3 hours long, and one is 4 - 6 hours long.

We also aim to offer a third, short notice walk each month to take advantage of a great weather forecast. These can include night ascents of regional mountains to experience unforgettable summit sunrises.

Once per quarter there will be an "out of area" walk in one of the UK's National Parks or other stunning upland or mountainous area. This will be at additional cost.

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How fit do I need to be? How long are the walks?

All our walks are on established paths and conducted at a pace that allows people to talk comfortably. There are plenty of stops too. Nevertheless, some walks are more demanding than others in terms of length and ascent. Detailed walk descriptions are posted on Eventbrite (www.eventbrite.co.uk) which also serves as the booking platform for pay-per-walk clients. If you are in any doubt about your ability to undertake a walk, consult your GP.

What about clothing and kit?

We'll provide a clothing and kit list on the Eventbrite (www.eventbrite.co.uk) post for each walk. We have a limited number of items we can lend if required. In any event clients are strongly advised to invest in a pair of lightweight breathable waterproof walking boots (e.g. with a Goretex or similar lining). Get in touch and we can advise. Note that we can also provide a 15% discount arrangement with Cotswold Outdoor (www.cotswoldoutdoor.com). Wellington-style boots are not suitable.

What about the weather?

The walks will go ahead in all but the most extreme weather. Your leaders will ensure everyone has a safe and rewarding walk. Routes may be modified to make the best of conditions.

What is the price?

The **pay-per-walk** price varies between £30 and £60 depending on the level of challenge, topic, and distance from our home base. **This covers:**

- Provision of qualified outdoor leaders on a leader-client ratio of 1:8.
- Provision of business coaching (if required).
- Instruction in outdoor leadership skills (if required).

The **6-month subscription** price is £300.

This covers:

- The pay-per-walk features above.
- Two scheduled walks per month and any other short notice walks we are able to lay on.
- An invitation, once per quarter, to an "out of area" walk in one of the UK's National Parks or other stunning upland and mountainous area (at additional cost).
- A free lift on a first come, first served basis from a convenient city location.
- The opportunity to network on-the-day, as well as across the wider subscription membership.
- The opportunity to bring along guests on a pay-per-walk basis.
- Loan of outdoor clothing and kit (excluding boots) on a first come, first served basis.
- 15% discount at Cotswold Outdoor (www.cotswoldoutdoor.com)





Who's looking after me?



We will always aim to provide experienced and qualified Mountain Leaders on a ratio of 1:8 clients. Their details, including their wider business leadership and coaching experience, will be included on the Eventbrite post for each walk. Dave Stewart, MD The Fresh Air Learning Company, will lead many of the walks. You can read more about him

www.freshairlearning.com/why-us/our-people

How do I sign-up?

Pay-per-walk

Simply check out our Fresh Air Business Walking programme (www.freshairlearning.com/open-events) and follow the relevant link to Eventbrite for full details and to make your booking.

Subscription membership

Email us at info@freshairlearning.com and we will invoice you by return for your 6-month membership.



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