





CONTENTS

- 01. Welcome
- 02. T-shirts and Hoodies
- 03. How to get here
- 04. Festival rules
- 05 07. FAQs
- 08 10. Timetable of activities
 - Navigation game explained
 - Run and cycle details
- 13 14.

11.

12.

14.

- Speakers
- Shower system
- 15 16.
- Menus



Welcome, amazing women, to Pretty Gritty's Energetic by

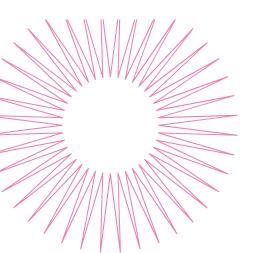
Nature Festival weekend!



Thank you for choosing to spend your weekend with us. We're thrilled to have each and every one of you here and participating in outdoor activities and enjoying the all-female camping experience. This not only includes the participants, but also the certified walk/run/ride leaders, yoga teachers, pilates instructors, sports masseuses, speakers, forager, and caterers – it's an absolute, all-

female affair!

Let's embrace the spirit of adventure and make this weekend an empowering experience together. Here's to laughing around the campfire and relaxing after an enjoyably busy day.



Rate and Emma Rety Trity

01

The deadline to preorder T-shirts and hoodies for the festival is **June 16th**. With these products being specific to the event, **we will not be stocking any in our online shop** or taking any with us to sell. Please order before this date if you wish to buy either item. Thanks to those who have ordered already. We will hand them out on arrival!

irt in forestry green and bure TO FIT CHEST SIZE (unisex) IN INCHES 8-10 XS 35/36 10-12 36/38 12-14 38/40 14-16 41/42 16-18 XL 43/44 18-20 2XL 45/47 20-22 3XL These are unisex sizes, not specific 47/49 women's sizes therefore they will 22-24 4XL come-up ever so slightly larger than 50/52 your average women's S,M,L etc but they are meant to be worn fairly 24-26 5XL 53/55 loosely. erry oodie £25 TO FIT CHEST SIZE (unisex) 8-10 10-12 12-14 14-16 16-18 XL 18-20 2XL 20-22 These are unisex sizes, SO not specifically women's sizes

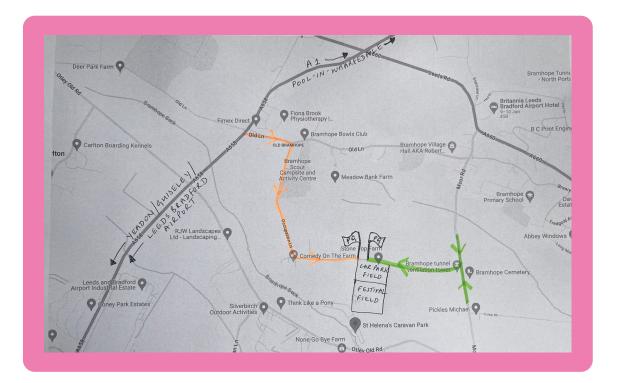
How to find the Festival site

St Helena's Caravan Park, Horsforth, Leeds

From 1pm onwards, on Friday 5th July 2024

Please do not use the main caravan site entrance which is located on Otley Old Road. Instead, use the festival field access road where you will be guided to a parking space. Please see the map below for the location of the entrance which is on **Moorland Road**. You will find this entrance using What3words ///digests.nation.quilt or the nearest postcode **LS16 9HW** (please note this will take you to houses towards the end of Moorland Road so you will need to drive further on to reach the entrance)

You can look out for the large Pretty Gritty flags at the entrance!



Festival Rules!

There are not many rules - We have kept things nice and simple,

but these are in place to keep everyone, happy, safe and having a

fabulous time, so please follow them.

- Fires No individual open fires or fire pits. BBQ's are allowed but must be raised off the grass, so please bring a couple of bricks or a slab if yours is not on legs. We have a very large fire pit area for everyone's use.
- Our shower timetable system has been designed to allow everyone an opportunity to shower without queues forming during peak times.
 Please add your name to the board to secure your slot & stick to the time so that everyone gets their turn! Leave the showers & toilets as you would wish to find them.
- Lights out/quiet St Helena's is also a residential caravan park so it is important that we do not disturb others with our fun! Please keep all noise to a minimum after 10pm.
- On all guided runs, hikes or rides & in any exercise class at the festival, please follow the instructions given. Any injuries should be reported to one of the Pretty Gritty Crew members.
- Please help us to keep the festival site tidy. Place all your rubbish in
 /the bins and use the recycling bins whenever possible.

That's it! Have fun, stay safe!

04



FREQUENTLY ASKED QUESTIONS

Arrival:

You may arrive on site from 1pm on Friday the 5th of July. You will be directed to a parking space in the field. You may drop off your tent/bags at check in before parking if you have a lot to carry! You will be allocated a camping pitch number and you must camp in this space. If you have ordered a hoodie/T-shirt, you can collect them at check in.

Is there food?

We have fantastic caterers coming both evenings, so if you don't want to cook it's a perfect option!

On Friday evening there is Rita's Indian Kitchen and on Saturday The Yorkshire Pizza Co. Both will serve between approximately 5pm and 8pm. See the final page of this booklet for the menus. During the day there will be an ice cream stall and homemade Brownies by 'Cake is the Answer' for sale. **Please bring some cash/change as well as a card.**

Breakfast boxes can be pre-ordered on our website and will be delivered directly to your tent in the morning.

What cooking equipment should I bring?

Please see the rules section regarding BBQ's. You can bring camping stoves etc. Please note there is **no electric hook up** so items to be kept cool will need to be stored in your own cool box with ice/ice blocks. Please bring a water container which you can fill up at the site

What time is the bar open?

There will be a Pretty Gritty Prosecco Bar in our large yurt! This will be open both evenings from 6pm onwards. You are also very welcome to bring your own drinks!

Can I leave the site?

We would encourage you not to go on and off site in vehicles but it is possible if you need to. There is a supermarket in Yeadon a couple of miles away.



What is the shower situation?

We have limited shower facilities at the festival site and in order for the weekend to run smoothly we have devised a clear system where you will be able to select a time slot for a 5 minute shower on both days. Please see the page 'shower system' for all the details.

Phone charging/electric

There is **no electric hook up** available at the festival. The few sockets available will be in use for the sound system/the bar/the caterers. You will therefore need to ensure you bring a cool box to keep your food cold and battery packs to charge electrical devices.

Dipping Pods - Cold water dipping pods are available at your disposal. Please ensure feet are wiped clean before entering. Look out for Reverend Kate Bottley who will be available to offer instruction on breathing techniques and other tips!

Additional services

Massage - We have sport massages available for a fee going directly to the qualified masseurs. Time slots are available - use the chalk board outside the tent to sign up for either a 15 or 30 minute slot. £10 for 15 mins (ideal for one area e.g legs) or £20 for 30 minutes.

Bike Hire - If you would like to hire a mountain bike for the weekend, we have arranged to have bikes delivered by Riverside ebikes and Cycles at a very competitive rate. You can contact them directly to discuss your requirements and arrange hire for yourself - 0113 2509755

Do I have do play the games and do the activities?

The Energetic by Nature Festival is for you to do as little or as much as you would like. Do the things you love and perhaps have a go at something new! No pressure! Please note, some sessions will be very popular so where they are repeated, priority will be given to those who have not already done one of those sessions over the weekend. Take time to study the timetable enclosed and make a note of the times for the activities you definitely don't want to miss!

06



What useful items should I bring along?

Solar charger/battery pack Umbrella - If you bring one, it won't rain! Toilet roll - Good to have it and not need it! Camping chair for by the camp fire and for listening to the speakers Yoga mat or Towel Bug spray, just in case Wet-wipes Sun tan lotion Something to lift your BBQ off the ground (if applicable) Torch Blanket for sitting out around fire Refillable Water Canister Cash/loose change as well as a card for caterers/ice creams/brownies/bar/pop up shop!

What level of fitness is needed for the activities?

There will be different paced groups taken out by different qualified run and cycle leaders (See run/cycle leaders & a brief overview). This will enable everyone to choose a group that is applicable to their fitness levels. Don't worry about speed, these are social runs not training sessions!!!

There will even be a trail walk for those who don't wish to run and a beginners mountain bike skills group for those who are new to mountain biking.

Road biking routes and local dipping spots

We have some beautiful roads to cycle in the area but guided road rides are not included in the itinerary (short sections of road will be on the mountain bike/gravel rides in order to reach the forest etc) For those wishing to explore on a road bike, we have 3 suggested routes here for you to download. These will not be guided rides.

Burnsall and the Cow & Calf 46 miles

Harewood loop 27 miles

Langbar climb & back road to Bolton Abbey 35 miles

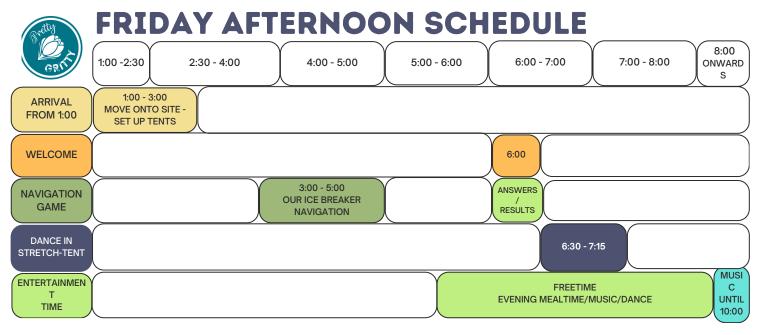
Suggested local dipping spots

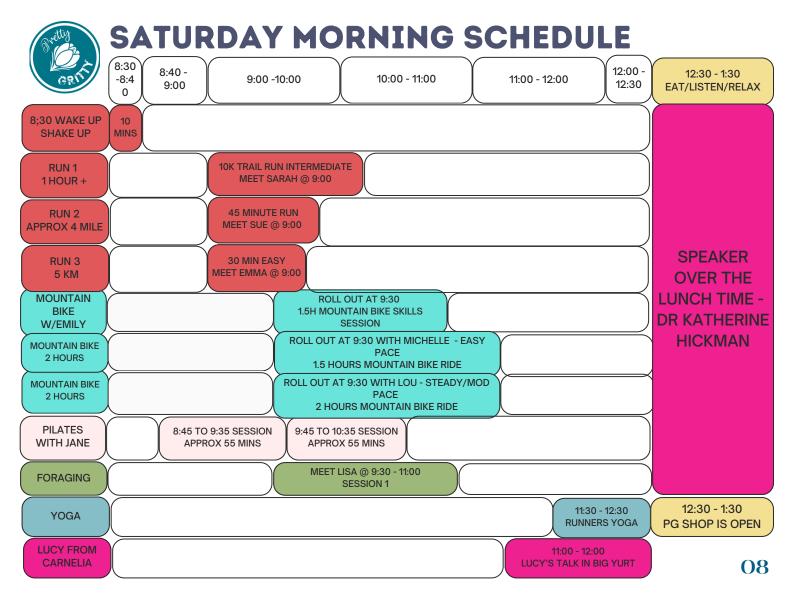
Back of The Fleece Pub, Otley (LS21 3DT) What3words ///craft.imagined.tortoises Park in the pub car park. Access the river from here and buy a drink afterwards! Park at Hamiltons, Addingham (LS29 ORD) Continue through the caravan park on the Dalesway footpath to reach a little beach area in the field What3words///mailbox.jiffy.exporters 07

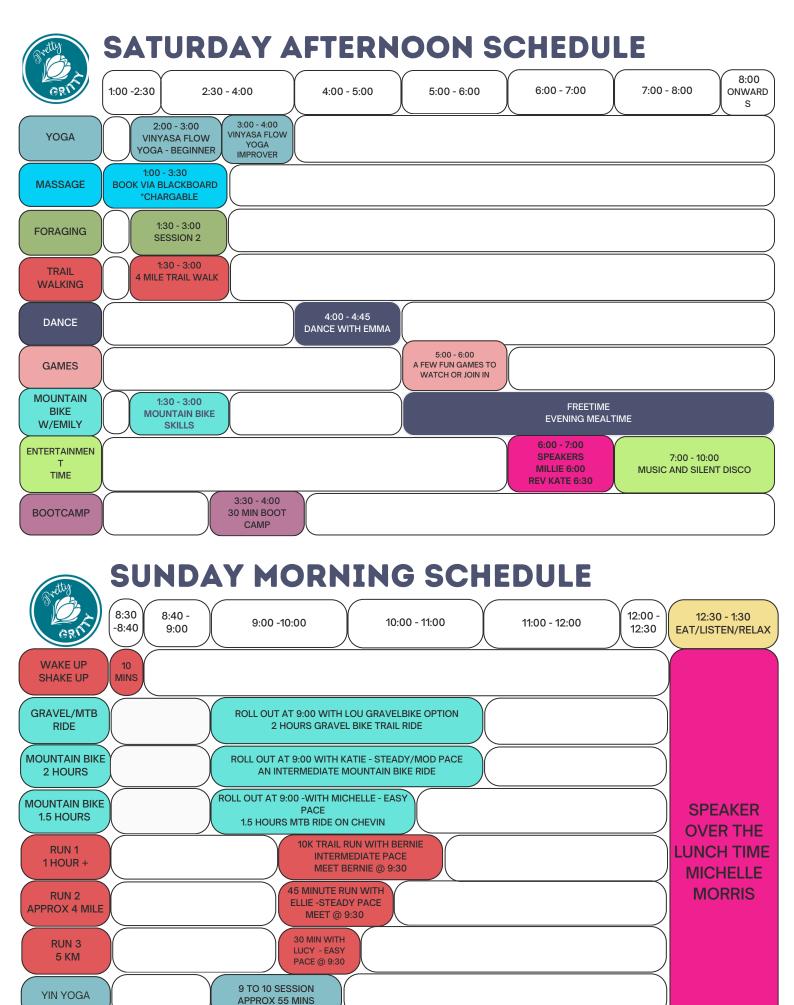
Here is the schedule for the weekend including everything that is happening on and off the site. After a day of some physical exertion, the evenings will offer free-time where you can relax, meet new friends and soak up the atmosphere of the camp.

WELCOME TO OUR FESTIVAL.



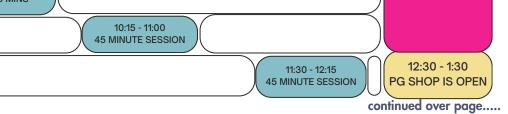






HIP HOP YOGA

HIP HOP YOGA



continued LEANNE & SALLY FROM WELL MINDS	TALK 10:00 - 11:00 IN THE BIG YURT 12:30 - 1:30
PILATES	11:00 - 11:45 PILATES WITH MOLINA
MASSAGE	12:00 - 2:30 BOOK VIA BLACKBOARD *CHARGABLE

SUNDAY AFTERNOON SCHEDULE 1:30 - 2:30 2:30 - 3:00 BOOTCAMP/ STRETCHING 1:30 - 2:00 30MIN BOOT CAMP & FINAL STRETCHES GOODBYES 3:00 PACKING AWAY TO BE OFF THE SITE BY 3 0' CLOCK

NAVIGATION GAME

For those of you arriving early enough on Friday, we have planned a fun navigation game in the local village of Bramhope and its surroundings. If you have never done navigation before, you will find it a fun learning curve!

You will receive a clue sheet (example below).

Blip the QR code which will open a Google map. Find the tag in the associated place, note down the word on the sheet to collect the points, get back within the allotted time and see if you have most points to win. However, don't be late as penalties are VERY HEAVY, undoing your hard work.

The maximum time allowed is 75 minutes. The latest time to start the game would be 3.45pm in order to be finished for 5pm. You can set off anytime after 3pm.

You can run or walk, go quite a distance or just have a mooch around the village when hunting for the clues.

	ENERGETIC BY NATURE NAVIGAT TEAM NAME		T TIME	FROM YOUR START 1-5 M	vin late – 200 point loss vins late – 300 point loss vins late – 400 point loss vins late – 500 point loss	
	OUTSIDE #21. 20MPH POST	25	20	Fire hydrant 100		
2	THE CROSS. THE KNOLL. THE CHEVIN SIGN POINTER	26		RANCH. MIDDLE TREE OF 5		
3	OUTSIDE NUMBER 16 'RANWORTH'. TELEGRAPH POLE			YORKSHIRE ROSE ON WALL		
4	STREETLIGHT. B58	28		BLUE GRIT BOX		
5	PARKLANDS GATE T SIGN UNDER THE TREE	29		BIRD SCULPTURE IN WOODS		
6	50 LAMPOST IN GINNEL	30	OPPOS	ITE NUMBER 54. BLACK LAMPOST		
7	TRIATHLON SCULPTURE	31	IN	THE HOLE IN THE HUGE TREE		
8	OPPOSITE NUMBER 40. 20 MPH SIGN	32	BENCH	SET IN THE TREES ON MAIN ROAD		
9	22 TREADGOLD GARTH. STONE MARKER NEAR GATE	33		CYCLING SIGN NEXT TO JUBILEE COPSE		
10	TELEGRAPH POST NEXT TO TUNNEL POPPING OUT OF GROUND	34	10	RED LETTER BOX		
11	FLAG POLE	35		sign. 'T' LS16		
12	40 VILLAGE HALL RAMP	36	ON THE YELLOW	MARKED POST WHEN ENTERING THE WOODS		
13	PUBLIC FOOTPATH	37		IN THE GINNEL		
14	ST GILES GATE PILLARS	38	ON TH	E FENCE AS YOU GO INTO THE FIELD		
15	TOWN POINTER ON TRIANGLE	39		IN FENCE. ELECTRICITY SUB STATION		
16	Manor Gates	40		OLD FORGE MEWS		
17	OLD STONE GATE POSTS IN THE WOOD	x 6	BONU	S QUESTIONS; WHICH WORD FITS	? GRAND	
18	30 GREEN BOTTLE BANK	x 5	50 =	30 POINTS PER CORRECT ANSWER	TOTAL	
19	FINGER POINTER OF THE PUBLIC FOOTPATH	x 4	10	IGHT PRODUCING		
20	'BRAMHOPE'	x 3		CCUMULATE/STORE		
21	BIN OPPOSITE BREARY COURT		4. P	ARSLEY FAMILY		
22	BOOT SCRAPER			5. VELOUR IN FRENCH		
23	FOOTPATH WAYMARKER	x 3	30 = TOTAL P EARNED			
24	TREADGOLD GARTH SIGN	BON		TEMALTICS		

RUN AND CYCLE DETAILS

Run details

30 minute short steady trail run with Emma on Saturday and Lucy on Sunday

Approximately 45 minute trail run of 4 miles with Sue on Saturday and Ellie Sunday

Approximately one hour run of 6 miles with Sarah on Saturday and Bernie on Sunday

On all of these guided runs there will be a tail runner in addition to the run leader. Please ensure you have suitable trainers for trail running.

Ride details

Saturday -

Beginner/skills session with Emily. This will be a short ride focussing on tips to improve off road bike handling. Saturday morning and Saturday afternoon.

Approximately 2 hour easy mountain bike ride with Michelle.

Approximately 2 hour steady to moderate mountain bike ride on Saturday with Louise

Sunday -

Approximately two hour gravel bike ride (also suitable for mountain bikes) with Louise

Approximately two hour steady to moderate mountain bike ride with Katie

Approximately 90 minute easy pace mountain bike ride with Michelle

On all of these rides there will be a tail rider in addition to the ride leader. Please note - You are responsible for bringing your own inner tube and bike tools.

GUEST SPEAKERS









Rev. Canon Kate Bottley - Saturday at 6.30pm

Reverend Kate became a fan favourite on Gogglebox after going viral as the officiate in a wedding flash mob. Taking a break from full-time parish ministry, she presents Good Morning Sunday on Radio 2 and is seen regularly presenting Songs of Praise. She has also made appearances on Steph's Packed Lunch, Celebrity Masterchef, 8 Out of 10 Cats and the Hairy Bikers to name a few. Kate has made interesting programmes such as The Footsteps of Judas, an Easter documentary for BBC 1, and journeyed to the Camino de Santiago for BBC 2's The Pilgrimage. She is the author of Have A Little Faith: Life Lessons on Love, Death and How Lasagne Always Helps. She will give a talk and make you laugh.

Michelle Morris - Sunday at 12.30

The Marathon des Sables is the stuff of legends – a truly gruelling multi-stage adventure in one of the world's most inhospitable environments, the Sahara Desert. It is indisputably the Toughest Footrace on Earth. Physically, it is six days' running over 250 kms (156 miles) across endless sand dunes, rocky jebels and white-hot salt plains, carrying what you need to survive on your back. Dr Michelle Morris will give you the insiders story from her own Marathon Des Sables experience.

Dr. Katherine Hickman - Saturday at 12.30

Do you often feel overwhelmed and struggle to prioritise yourself amidst the chaos? Join Katherine Hickman, a certified Life and Tiny Habits® coach, and GP with 20 years of experience, in a transformative workshop designed specifically for women like you. Katherine knows firsthand the challenges of balancing life and a demanding career, having navigated her journey through burnout 10 years ago.

By combining the powerful Tiny Habits® coaching method with her personal and professional insights, Katherine helps women make sustainable, lasting changes through small, manageable habits.

Millie Bell - Saturday at 6pm

Millie is a member of the Great Britain Ice Swimming team, podiuming in her age group at the most recent World and European Championships. When the water temperature rises she enjoys long distance swimming and is currently training for a solo attempt at the English Channel having recently swum from Jersey to France. Mittie enjoys spending time in the Lake District and has swum the length of Windermere, Ullswater and Coniston for the past three years with podium finishes.

Join her for an interesting talk on ice swimming and training for the channel!

Lucy Hall - Saturday at Ilam

Lucy discovered the joy of triathlon after giving up alcohol completely in 2020. Join her to discover how taking a break from alcohol could boost your health and wellbeing, and enable you to go further and faster in your training, excel at work and improve your relationships at home and beyond. She'll also outline the amazing range of online and in person support that now exists for the sober and sober curious, including the work of the Sober Butterfly Collective, for whom she raised money when running the London Marathon in April 2024.

Leanne & Sally - Sunday 10am

Leanne and Sally make up the Well Minds PTS team. They are qualified and accredited Psychotherapists trained in lots of different therapies like CBT, EMDR and Couples Therapy for Depression. This means they have lots of different skills and tools to help with lots of different mental health problems and struggles. They are passionate about helping people to feel better about their mood and strongly advocate time in nature and exercise as part of a good mental health plan.

Join them for a talk full of tips on mindfulness and wellbeing.

The shower system

There are two shower blocks within the festival site. There will be a blackboard outside of each of these shower blocks. Please add your name into one of the 5 minute time slots each day. These are for peak shower times (7am - 8.30am, 11.30am - 1pm and 4.30pm - 6pm) and will help to avoid any queues forming.

Outside of these times you can use the shower whenever you like if they are available.

Please stick to the 5 minutes you have chosen during peak times and always use the changing cubicles provided rather than changing in the shower unit itself.



RITA'S INDIAN KITCHEN

1.	Chicken Masala Curry with rice Delicious Punjabi chicken curry with onions, garlic, ginger, dried fenugreek, tomatoes and made with authentic Indian spices and garnished with coriander (Gf).	£8.50
2.	Chickpea Curry (Gf, Ve, V) with rice – Chickpeas Cooked in cumin seeds, homemade garam masala, chilli powder, turmeric, ginger, garlic, onions, tomatoes garnished with coriander.	£8.50
	Drinks: Soft Drink/Fruit shoot Bottle of Water Gf: Gluten free Ve: Vegan V: Vegetarian : Halal	£1.50 £1.50

حلال

@ritasindkitchen Image: Image:

The Yorkshire Pizza Co

The Menu

Neapolitan style pizza. Hand stretched bases.

Homemade dough, made with Italian flour, Yorkshire water, salt & yeast. Proved for 24 hours.

The Leeds

Margherita - Italian tomatoes, fior di latte (mozzarella), Grana Padano, fresh basil, extra virgin olive oil £9.00

The Ripon

Yorkshire pepperoni - Italian tomatoes, fior di latte, Lishman's of Ilkley award winning pepperoni, Grana Padano £10.50 - add hot honey) 50p

The Kirkstall

Italian tomato, fior di latte, fennel salami (Lishman's of Ilkley), sweet piquanté peppers, Grana Padano £10.50 - add hot honey **)** 50p

The Bradford

Funghi - Italian tomatoes, fior di latte, mushrooms, garlic oil, Grana Padano, oregano £9.50

The Harrogate

Brie - Italian tomatoes, fior di latte, brie, caramelised onion chutney, Grana Padano £10.00

The Vegan

Italian tomatoes, vegan cheese, vegan nduja, sweet piquanté peppers, extra virgin olive oil £10.50

Garlic mayo £1.50 Chipotle mayo £1.50 🌙

Vegan cheese £1. Gluten free bases £2

Extra toppings- meat £1.50, veggie 50p

Please let us know of any allergies or dietary requirements before ordering