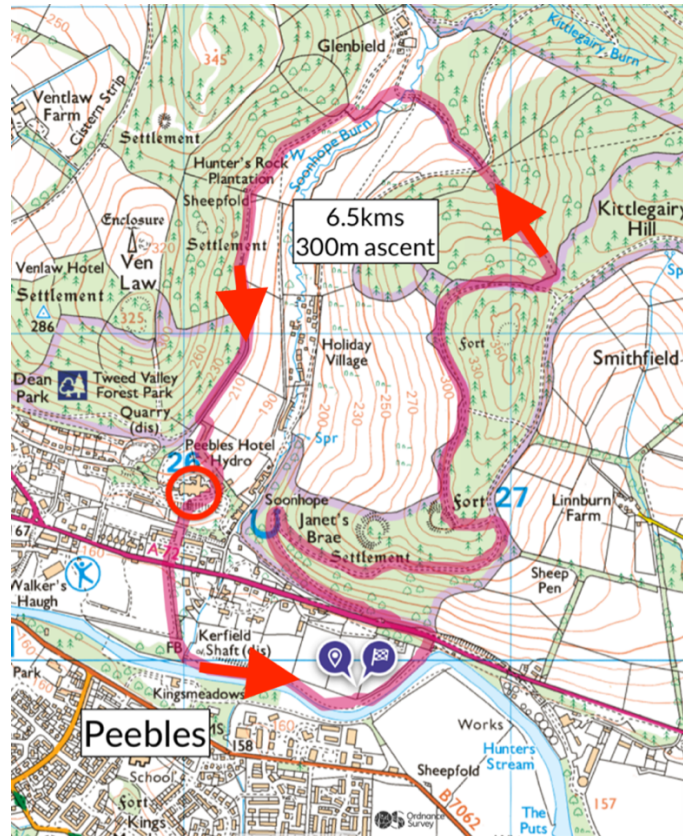


FRESH AIR BUSINESS WALK

PEEBLES & TWEED VALLEY, FRIDAY 17 JUL 26



Hello!

| | |
|-----------------------|---|
| Where are we meeting? | We are looking forward to meeting up in the Regency Room in Peebles Hydro Hotel from 10:00 on Friday 17 th July for brews and breakfast rolls. Reception will tell you where we are. Let me know of any dietary needs. |
| Car Parking | Car parking is available at the hotel. |
| Timings | Gathering from 10:00. Setting off 10:45. Back by 13:45. |

| | |
|--------------------------|--|
| Where are we walking? | <p>This is a wonderful and very doable walk that takes in the River Tweed, Iron Age hill forts, and the fabulous views over the Borders hills that inspired the likes of Sir Walter Scott.</p> <p>We will be on well-established tracks throughout. There may be one or two short muddy sections.</p> <p>The distance is 6.5kms with 300m of ascent and descent.</p> |
| Who is coming? | <p>We are building a group of twenty business leaders, and senior HR managers and Heads of Learning & Development.</p> <p>If others in your networks would like to come, ask them to get in touch and we will onboard them.</p> <p>We will share the group list in a “7 Sleeps to Go” email.</p> |
| And my dog? | Well behaved owners and dogs are very welcome. |
| Who is looking after us? | Dave Stewart and Dr Nick Ord. See bio notes at back. |

What will we be doing?

1. The theme of the walk is Team Effectiveness. Nick and I will be offering a useful structure, insights and tips, and facilitating discussion around any team challenges and opportunities you want to share with the group.
2. The walk is also an opportunity to make new connections, enjoy amazing scenery, breathe fresh air, and share a laugh or two!
3. We will be walking at a pace which allows for easy conversation, and there will be plenty of stops for group discussion, specific asks you may have, and also to have some snacks/lunch (please bring your own).

What about clothing and equipment?

4. We recommend the following 😊
- Small rucksack.
 - Personal medication/comfort items.
 - Sun hat, sun screen, lip salve.
 - Midge repellent.
 - Waterproof jacket/over-trousers.
 - Spare layer for stops if weather is cold.
 - Comfortable walking boots, trail shoes, or trainers with good grip.
 - Drink/snacks/packed lunch.
 - One litre fluids minimum. More if hot weather is forecast.

Toilets

5. There are toilets at the hotel. Thereafter, toilets will be al fresco “moments in Nature.”

Weather

6. The walk will go ahead unless dangerous weather conditions are forecast. We will make a go/no-go/amend decision 36 hours before.

Health & Safety

7. I am an experienced national governing body qualified Mountain Leader. Nick is an NHS Accident & Emergency doctor and a medic with the Tweed Valley Mountain Rescue Team. You will be in safe hands.
8. Let me know in advance of any medical conditions or injuries you have and please bring any medication you are going to need. If you are concerned about the walk in any way, feel free to call and discuss with me. In any case, letting us know about any injuries, medical conditions, or other issues will allow us to plan the best possible support for you.

9. Our route will be on well-established paths, wide woodland roads, and pavements. Nick and I both know the route very well and have conducted a risk assessment, which you are welcome to view. We will point out any specific hazards as we go.

GDPR

10. We have assumed that in signing up for this networking event that you are content for us to share your names and LinkedIn profiles. These will appear on the Group List that we will send out with the “7 Sleeps to Go” email.

11. We would like to take respectful images to support our marketing activities. We will share these for your use too. Please let me know as soon as possible if you are not comfortable with this.

Right then...

12. We are really looking forward to meeting up. It's a cracker of a walk. In the meantime, please let me know about any dietary needs, injuries or medical conditions; and anything else we need to know in order to plan the best possible support for you.

13. I will send a group update in a “7 Sleeps to Go” email.

Dave

Dave Stewart
Managing Director
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26th June 2026

Attachment: Bio Notes, Dave Stewart and Dr Nick Ord.

Dave Stewart



Dave and colleagues at The Fresh Air Leadership Company specialise in helping business leaders build highly effective teams.

His passion for this stems from earlier careers in a rock band, mountain rescue team, and the British Army. The latter included the SAS, leadership of an infantry battalion on operations and leadership of award-winning organisations delivering £1bn portfolios of comms and information systems projects and services. He has also held executive and non-executive roles across various private, public, and not for profit organisations.

Dave is a Chartered Director and Master of Organisational Change. An experienced consultant, facilitator, and coach, he is also a qualified Mountain Leader. He organises free micro-adventures for business leaders around Scotland each month – walks, gravel rides, and canoeing – where the emphasis is on great conversations.

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Nick Ord



Nick is an NHS A&E doctor, medic with the Tweed Valley Mountain Rescue Team, and as associate leadership consultant.

With over thirty years' experience of military, healthcare and high-risk industrial sectors, Nick is particularly interested in the impact of human factors in complex, unforeseen or unpredictable contexts.

His passion for the link between minds and actions started in the British Army on training and combat operations, where the challenge was to blend conceptual and physical skills with individuals' attributes to achieve collective goals.

On leaving the military Nick retrained as a doctor.

When not at work, Nick can be found on a mountain on rock, ice or skis!

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