

Serious Adventure

8 days, Aberdovey, Loch Eil or Ullswater, 14-18



Are you ready for some serious adventure? If you're looking to discover amazing new places with new friends and equip yourself with some new outdoor skills, then this is the experience for you. Climb rocks, navigate through the hills, scramble up gorges, paddle across breathtaking lochs or cross the UK's second largest lake, before finally building up to a full-on two night expedition at the end of the week. You'll be challenged in ways you never expected and will develop a new perspective on things like teamwork, and as a result, be ready for anything! **As we are an Approved Activity Provider for the Duke of Edinburgh's Award, this programme meets the conditions of the DofE Residential section. Please contact us if you need further details.**

Why Serious Adventure

Serious Adventure gives you the opportunity to discover some of your hidden talents in some of the most dramatic scenery in Britain. Along with many new outdoor skills such as canoeing, kayaking, rock climbing and gorge walking, you will also learn about yourself. At the end of the course your instructor will be both friend and guide. Those attending the course will come from all over the UK and Europe so you will not be the only one beginning a new adventure.

On most nights, you'll sleep in dorm-style accommodation in one of our centres but you'll also get to experience a multi-day expedition, sleeping out in the wild under the stars, cooking over a fire and learning the basics of camp craft.



Sample itinerary [guideline only]

Day 1

Arrival is in time for evening meal, followed by a welcome to the centre, other group members and your instructors. You will be issued with the necessary kit and then your instructor will set up some icebreakers in the centre grounds. These will be short and fun so you can start getting to know each other quickly and let the adventure begin!

Day 2

After a hearty breakfast you will be ready to try more of the famous Outward Bound activities. You will start with some simple problem solving activities and build up to higher challenges as the day progresses. Later in the day you may prepare a bivvi in the woods or near the beach which you will sleep out in.

Day 3 & 4

These two days may be spent rock climbing where a range of climbs will challenge everyone and you will get the chance to abseil down the rock you have just climbed up. Other options might include water activities or some of Outward Bound's well-known activities such as the high ropes course, the Zip Wire, Jacobs Ladder or the Trapeze. It's then time to scramble up a waterfall before orienteering in the evening – if everyone is still awake!

Day 5, 6 & 7

This is a chance to experience some of the surrounding scenery as you embark on a two night expedition, including staying in a log cabin or tent. You will carry a rucksack with your personal kit, including sleeping bag, as you head off into remote mountain areas. En route through the mountains you will gain firsthand experience in navigation, teamwork and leadership.

Day 7 will bring together all of the skills you have gained during the week with a series of challenges and activities that will test you individually and as a group. In the afternoon, as well as helping in a big clean up, you will have some time with your instructor to discuss your week's experiences.

Day 8

Your course finishes after breakfast when you will be presented with your Outward Bound certificate. You will have plenty of time for goodbyes and taking photographs to remember your group's adventure forever.



Is this course for you?

To get the most out of this programme no previous experience is required. The days are quite long and are full of activity so can be physically challenging. However, they are not beyond the reach of average fitness! You need to be open minded to new experiences and prepared to get on with people from a wide range of backgrounds. Teamwork and communication are just some of the very important aspects of this course. As well as having a lot of fun, you will learn and develop many new skills. Serious Adventure also qualifies for the Gold Residential Section of The Duke of Edinburgh's Award.

Age groups

Groups will be split into age bands of 14-15 and 15-18.

Group size

Groups are fairly small – 12 people maximum.

Clothing and personal items

The centre provides all specialist equipment, including waterproofs and boots [£10.00 deposit required]. All damages and losses must be provided for. You are welcome to bring your own kit and use it, providing it meets our safety requirements.

- 2 pairs of trainers, one of which will get wet!
- 2 jumpers [fleece or wool]
- 2 pairs of trousers [not denim]
- Shorts and several casual shirts/T-shirts
- Personal toiletries – Please note that aerosols may not be brought to the centre
- Sunhat, sunglasses and sunscreen
- Hat and gloves
- Swimwear
- Pyjamas or similar
- Underwear, including plenty of thick socks
- 2 towels
- Some loose change for vending machines

Optional extras

- Torch
- Wellingtons
- Flip-flops or sandals
- Camera
- Book
- Pen/pencil and notebook
- Insect repellent

General information

All food, accommodation and tuition are included in the price. Meals include cooked breakfasts, packed lunches and evening meals. We do cater for all diets [please inform the centre at least two weeks before arrival] and a vegetarian option is always available.

There is little time to shop mainly due to our busy schedule and our locations. Therefore only a small amount of spending money is required. Each centre has a shop selling confectionary, toiletries etc.

We actively discourage smoking, those under 16 are not allowed to smoke. There is no smoking allowed on activities or on expedition. In addition consumption of alcohol during an Outward Bound course is banned at all centres.

Arrival and departure times?

The programme will start at 5.30pm on Saturday and will finish at 9.00am the following Saturday. Please call the appropriate centre to inform them of your arrival and departure times. You are advised to arrange your transport as close to the start and finish times as possible. You may like to take advantage of our Coach Transfer Service, see our website for details.



Further information

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