



# Duke of Edinburgh Award Silver Award



## Seven Day Expedition

### Walking, Mountain Biking or Open Canoeing

1 day of training to be undertaken at your venue (school, college, etc.) or our site subject to numbers. The day will include looking at equipment required, erecting tents, using camping stove, discussing suitable food along with health and safety issues relating to cooking food on a camping stove and packing a rucksack.

What is considered suitable clothing and why. First aid and emergency procedures.

3 days practice expedition. Navigation, including compass work, plays a large part in the training. Route cards, Countryside Code, and the importance of working together are also stressed, tutored by our qualified staff.

3 days qualifying expedition supervised and assessed by our qualified staff.

Each section on dates to your availability

Additional Accreditation. Candidates can also be accredited under the National Navigation Award Scheme or Mountain Training Hill Skills

#### Prices are per person and include:-

Qualified and experienced staff.

Use of tent, stove, fuel, rucksack, rollmat, waterproofs.

2 maps & 2 compasses, basic first aid kit and bivi bag per group.

#### Food and transport are not provided.

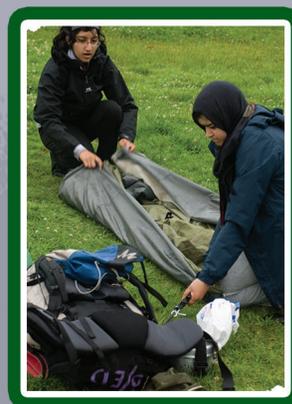
Camp site fees are additional. Minimum of 5 people per group.

If you ONLY require qualified and experienced tutor. Please call with your requirements.

**West Pennine Moors, Yorkshire Dales, Forest of Bowland and Lake District.**

Additional training should be considered for Mountain Biking and Open Canoeing

Other areas are available for an alternative course fee.



## Contact: Outdoor Activities Service and Alternative Adventure

New Meadows Gap Cottage, Cranberry Lane, Cranberry Fold, Darwen, Lancashire, BB3 2HZ

Web: [www.altadv.co.uk](http://www.altadv.co.uk) • Tel: 01254 704898 • Fax: 01254 774420



\*prices as of 01/01/2020