

ULTIMATE EXPEDITION

The most challenging Outward Bound experience. Spend three weeks on an incredible wilderness journey, camping out every night underneath the stars.

This is an **example itinerary** for your programme, providing you with a **guideline** of the type of activities and level of challenge involved. Your actual programme will depend on weather conditions and your ability as a group.

DAY2-3: Pack up and travel towards base camp. Get an intro to mountaineering skills, navigation, camp craft and canoeing.

DAY 1: Enjoy your evening meal, provided on arrival. Meet your instructor and team mates.

Grab your kit and learn how to pack your rucksack. Arrive at your first campsite.

DAY 10-11: Relax and reflect on your journey so far on your 'solo'. A chance for you to take time out alone and think about what you've achieved so far and what you want to achieve in the future.

DAY 7-9: Continue your journey on foot. Take in many peaks on route, including some of the UK's most famous mountains. Learn how to handle yourself out in the wild, as you gain a new sense of independence.

DAY 4-6: Tackle single pitch rock climbs, abseils and gorge walks.

Overnight spent at base camp. Spend time as a group and get ready to take on even more challenges together.

DAY 18-19: You made it! Spend your final day at the centre. Make use of 1:1 review session with your instructor. Receive your Outward Bound certificate. Relax and enjoy an evening barbecue with your team then depart the next morning after breakfast.

DAY 14-17: Your final expedition! Use all your new skills and teamwork to plan and lead an unaccompanied journey through the mountains, with just your team mates for support. Your sense of personal responsibility will be tested whilst you'll feel more confident and independent than ever before.

DAY 12-14: Multi-pitch rock climbing day. Ascend another peak on a day of scrambling.

Continue your journey with a more challenging gorge walk.

Preparation for your final expedition: decide your route and pack your rucksack. Chill out before your journey begins.